

**ANDEMS RUNNERS assisted by Rochdale Harriers present**

## **The Gairloch 2 Lochs 10k Road Race**

(SA Laws – permit applied for)

**Tuesday 5<sup>th</sup> June 2012  
7.00pm**

from the Millcroft Hotel, Strath, Gairloch, Wester Ross, Scotland IV21 2BT

**ANDEMS RUNNERS** are pleased to stage the Gairloch 2 Lochs 10k Road Race in this most beautiful part of the Western Highlands of Scotland. The route is an out and back run on the coastal road.

Prize list to cater for all categories/ prize to ALL finishers!

Entry fee: £6 SAL club runners, £8 others plus £1 extra on the night.  
Cheques payable to “Andems Runners GRR”.

Post your entry slip with cheque to: Andrew O’Sullivan MBE, 40 Crowshaw Drive, Lower Healey, Rochdale OL12 0SR – tel. 07766 176560  
or email [info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)

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**Please PRINT CLEARLY!! – Entry form for Gairloch Sunflower 10k Road Race**

Name ..... Age ..... Sex .....

Address .....

.....Tel. No. ....

Club (if any) ..... UKA reg. No. ....

I accept that the organisers of this race cannot be held responsible for any injury, loss or damage incurred before, during or after the race. I am physically fit and enter at my own risk. I am an amateur as defined by Scottish Athletics.

Signed ..... Date .....  
(to be signed by parent or guardian if entrant under 18)