

## **ENTRIES**

**Enter online:** [www.therunningshop.uk.com](http://www.therunningshop.uk.com)

**Series Entry:** Enter at a discounted price, avoid queuing on race day, speed up the on the day results & help the organisers by pre-entering.

Or complete the form and enclose a cheque payable to "The Running Shop" and sent to The Running Shop, 17 South Mount Street, Aberdeen, AB25 2TN **by Friday November 11<sup>th</sup>**.

**Series cost:** Seniors/Veterans £24 (+£6 SAL) and Juniors (U11-U17) £5. The Try-A-Trail series can also be entered for £5. Note. **NO** series entries will be accepted at Knockburn.

**Individual event:** Seniors/Veterans £11 (+£2 SAL), Juniors (U11-U17) £2.

**Try-a-Trail:** A shorter run (approx ½M-¾M) will also be available for 5 to 8 year olds £2. The series can be pre-entered for £5.

**Registration:** Race numbers can be picked up on the day up to 30mins before each event. A new race number will be allocated for each meeting.

**Application form:** Junior age categories as of 1<sup>st</sup> September 2011. Senior/Vets - age on day. Runner details will be taken as the first event: same age category and club throughout the series. If you do enter each race individually please complete each form the same using the same spelling of names, same club/school, etc. to avoid errors in the results.

## **TIMETABLE**

Each meeting will start at 12.00pm & feature the same programme of events. Entries close 30mins before each event. (All under SAL permits).

<b>Event</b>	<b>Start</b>	<b>Distance</b>
<b>Boys/Girls Try-a-Trail</b>	<b>12.00pm</b>	<b>&lt;1Mile</b>
<b>Senior Men &amp; Women</b>	<b>12.15pm</b>	<b>3Miles</b>
<b>U15 Boys, U17 Men/Women</b>	<b>12.45pm</b>	<b>1Mile</b>
<b>U11 Girls</b>	<b>12.55pm</b>	<b>1Mile</b>
<b>U11 Boys</b>	<b>1.05pm</b>	<b>2Miles</b>
<b>U13 Girls, U13 Boys, U15 Girls</b>	<b>1.30pm</b>	<b>6 Miles</b>
<b>Senior Men &amp; Women</b>		



**Knockburn**  
Sunday November 20<sup>th</sup>

**Haddo**  
Sunday January 22<sup>nd</sup>

**Balgownie**  
Sunday February 26<sup>th</sup>

## **AWARDS**

**Series Prizes:** sponsored by **The Running Shop** for the fastest accumulated times over the three meetings. To be eligible for a series prize you must take part in the same three races (excludes the Try-a-Trail event).

**Individual medals:** for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in each age group/meeting.

**Team medals:** (1st place team) at each meeting for U11, U13 & U15 ages (3 runners to count).

**Series medal:** Everyone who **completes all three meetings** including the Try-A-Trail can collect their medal at the final event or afterwards from The Running Shop.

## **INFORMATION**

**Knockburn:** Knockburn Loch, 20 miles West of Aberdeen, 5miles South of Banchory, AB31 6LL.

**Haddo:** Haddo House on B9005 8 miles NWest of Ellon, AB41 7EQ.

**Balgownie:** University Playing Fields, Bridge of Don, Aberdeen, AB22 8LX.

Runners and spectators are asked to stick to the marked tracks. The courses are run mainly on forest tracks and grass. Wearing spikes at each venue is up to you and may not be suitable due to the underfoot terrain or the time of year.

Changing facilities are limited therefore runners are advised to arrive changed for racing. Refreshments should be available for purchase at all venues.

Late changes to race day e.g. cancellations due to winter weather will be posted on the shop website. Also follow @TheRunningShop on Twitter for updates.

Contacts: Tel. (01224) 636299 [sales@therunningshop.uk.com](mailto:sales@therunningshop.uk.com)