

1 Mile Time trial Series

Barshaw Park, Paisley



***1 mile time trial**
***1K fun run /family walk / jog/ pramathon**

Event information

A series of three 1 mile time trails on Friday evening in Barshaw Park.

- 4 July - Yankee Doodle Dawdle - refreshments and hot dog**
- 1 August - Swiss Cheese Charge - refreshments and cheese & bread selection**
- 12 September - Harvest Hurry - refreshments and harvest supper**

Registration from 6pm to 6.45pm for entries on the day, at Scout Hall in Barshaw Park on Oldhall Road.

Please note there is a £1 surcharge for entries on the day.

Start at 7pm for 1 mile and 7.30pm for 1k in Barshaw Park
Medal to all finishers

Entry fee includes the refreshments and snack after the run

Entries by post to :-Jogging Buddies, Barshaw Park, Dalmary Drive, Paisley PA1 3TL
Cheques payable to "Jogging Buddies "
Please enclose a stamped addressed envelope

www.joggingbuddies.co.uk

0141 847 1357

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jogscotland 



Entry Form

Name : _____

Address : _____

Post code : _____ Tel : _____

E mail : _____

Date of birth : _____

Category : (please circle) Male Female
Junior Senior Vet

Club : _____

Scottish Athletics membership number _____

Event: (please circle)

4 July - Yankee Doodle Dawdle 1 mile, 1k fun run

1 August - Swiss Cheese Charge 1 mile, 1k fun run

12 September - Harvest Hurry 1 mile, 1k fun run

All Three 1 mile, 1k fun run

Entry fee

£6.00 for 1 mile (£4.00 Scottish Athletics members)

£15 for all 3 if entered in advance (£10 SA members)

£4.00 for 1k (£10 for all 3 if entered in advance)

Declaration

I declare that I am physically fit to run and fully understand that I enter at my own risk. The organisers will in no way be held responsible for any injury or illness incurred to my person or as a result of the event, or for any loss or damage to property.

Signature : _____ Date : _____

Signed parent or Guardian (if participant under 16) _____

Please remember to enclose a stamped addressed envelope !

www.joggingbuddies.co.uk 0141 847 1357 info@joggingbuddies.co.uk