



Multi Terrain 1/2 Marathon



SAF Permit - Accurate 1/2 Marathon

**Sunday 3rd Feb 2008 – Start 11:00 am
Strathmore Rugby Club
Inchmacobile Park
Forfar**

Due to the arduous nature of the course and potential harsh weather this race is not recommended for novice runners

The course is gently undulating with the exception of a short climb after 2 miles and a long climb between 9 & 10 miles utilising paths on the Forfar Foot Path Network and farm tracks round the town of Forfar, some of the tracks will be very wet and muddy, this course is not suitable for wheelchair athletes. Map reading skills are essential as signage is limited in places.

The race crosses 8 'A' & 'B' roads in total, at 7 of these roads runners will be required to stop and have their number punched prior to crossing the road when it is safe to do so. Marshals will not be stopping traffic, each runner must take the responsibility of crossing the roads safely. Any runner who, in the opinion of race marshals, makes a dangerous crossing will be disqualified!

Weather at this time of year is very changeable and competitors must bring and carry appropriate clothing for rain and snow.

You must carry full waterproof body cover including hat & gloves, a drink, food rations and a map of the course for the duration of the race.

There will be no water stations en-route.

Your safety is of paramount concern to us. If, in the opinion of the organisers, it is considered that conditions are too dangerous or your safety may be compromised the race will be postponed to a date in the autumn time – your entry will be held over till that time.

By entering this race you agree to abide by the decisions of the organisers, whose decision on safety will be final.

See www.forfarroadrunners.com for details and further information on the event.

Directions to the race:

Follow A90 to Macdonalds Junction Forfar: Past Don and Low Factory on left side: come to Loch View Terrace on left with Sign Rugby and Cricket Ground, turn left: bottom of road cricket pitch in front: turn left again: follow road round; the clubhouse is on right hand side.

S|W|E|A|T|S|H|O|P



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Surname:		First Name:	
Age on 3rd Feb 2008: <input type="text"/> <input type="text"/> Sex M/F: <input type="checkbox"/> SAF Membership #: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>			
Address:			
Town:			
County:	Home Phone #:		
Post Code:	E-Mail Address:		
	Club:		

I agree to the organisers right to refuse any entry without being bound to assign any reason.

I declare that I am physically fit and waive and renounce any rights and claims for damages I may have against Forfar Road Runners and the organisers individually for any loss/injury as a result of participation or travel to the event by myself or family members competing or spectating, before, during or after the event.

I enclose my cheque/P.O. for £5.00/£7.00 (£7.00 Non SAF Member) being the entry fee for the race.

Cheques should be made payable to:

‘Forfar Road Runners’

Pre-entry Closes Saturday 26th January – Pre Entry gets you a map of the course!

Registration, Number Collection and Entries on the day will be available from 10:00am

Signed:

Date: / /

If you object to your data being held on our database and being contacted by us regarding future events please check this box:

To receive your map please send a Stamped addressed envelope measuring 9” x 4” with postage of £1

**To
Ian Matheson
9 Littlecauseway
Forfar
DD8 3AL**

No envelope no map or acknowledgment of Entry!!

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www.forfarroadrunners.com