



Conditions of Entry

- 1. Conditions and event instructions:** By entering this event you agree to abide by the Conditions of Entry and any instructions given to you by the organisers.
- 2. Entry Fee:** If your entry is accepted your fee is not refundable. Refunds will only be eligible if supported by a doctors note and received 48 hours prior to the event. All refunds will be liable to a £5.00 administration charge. Your doctors note should be sent to Aberdeenshire Council, Sports Events, Gordon House, Blackhall Road, Inverurie AB51 3WA. Refunds will not be possible for any other eventuality.
- 3. Medical Condition:** All participants are strongly advised to consult their doctor prior to undertaking any exercise programme or running event. Any condition should be written on the back of your race number.
- 4. Your name** will be added to our mailing list so that we can keep you informed about future events and services. This information will only be available to the partners of Balmoral Road Races Ltd. If you prefer your name not to be included please tick the appropriate box on the entry form.
- 5. Data protection:** Aberdeenshire Council and Balmoral Road Races Ltd., complies with the Data Protection Act 1998 and you have the right of access to your personal records, held on the computer.
- 6. Use of image:** By entering the run you give permission for the free use of your name, voice or picture in any broadcast, telecast, advertising promotion or other account of this event.
- 7. Event cancellation:** If the event is cancelled or delayed due to unforeseen circumstances we will endeavour to stage the event at a later date. In such circumstances we will try to let you know in writing of the cancellation or delay. Your entire liability in respect of all costs and expenses you may incur as a result of such cancellation or delay will be the entry price you have paid to take part in the event. Listen to Local radio for details.
- 8. Change of address:** If your address details change after you have submitted your application you must notify Aberdeenshire Council accordingly with your old and new addresses and date of birth.

For further information contact:
www.aberdeenshire.gov.uk/recreation/events Tel: 01467 628283

"Running on Dreams"

"Running for longer"
 with Fraser Clyne and Mel Edwards,
 Sunday 2 October 2011

"Getting over the 10K hill"
 with Richard Nerurkar MBE,
 Sunday 30 October 2011



Please select which Seminar you wish to attend (tick box)

- Fraser Clyne & Mel Edwards “Running for Longer” - Sunday 2 October 2011 (Running session involved so wear running kit and bring spare gear)**
- Richard Nerurkar MBE “Getting Over the Hill” - Sunday 30 October 2011**

PAYMENT DETAILS Please make cheques payable to ‘Aberdeenshire Council’ and print off form

Seminar fee is £10 per head and includes morning and afternoon refreshments/bakes, soup & sandwich lunch. PLEASE NOTE: £2 discount if attending both seminars.

Surname/Family Name: _____

First Name(s) in full: _____

Address: _____

Postcode: _____

Date of Birth: Day _____ Month _____ Year _____

Daytime Telephone No: _____

Mobile Telephone No: _____

E-mail Address: _____

By supplying your e-mail address we assume you are happy to receive information via email.

Declaration I am medically fit to run in the above race and understand I enter at my own risk and the organisers will be in no way responsible for any injury, loss or illness incurred to my person during or as a result of the event or for any loss of property. I have no objections to the information contained in this application being entered on a computer for the purposes of race administration only. Please tick box if you do not wish to receive further promotional material from Balmoral Road Races Ltd and partners.

Signature:..... Date:.....
(Parent or Guardian if under 16 years of age)

TICK THE BOXES RELEVANT TO YOU AND READ CONDITIONS OF ENTRY OVERLEAF

Are You? Male Female

Do you have a medical condition about which the organiser should be informed? Yes No
If so please provide details.

**Itinerary for Seminar 1:
Fraser Clyne & Mel Edwards**

- 9.30am - 10.00am Arrive (Tea & Coffee)
- 10.00am - 10.05am Introductions
- 10.05am - 11.00am Fraser Clyne - Presentation (followed by Q&A): Achieving your Goals - Tips and Experiences
- 11.00am - 12.30pm Organised Training Session
- 12.30pm - 1.30pm Lunch and informal chats
- 1.30pm - 2.30pm Mel Edwards - Presentation (followed by Q&A): Endurance Running - Training, Mental Approach etc

**Itinerary for Seminar 2:
Richard Nerurkar MBE**

- 9.30am - 9.55am Arrive (Tea & Coffee)
- 9.55am Introduction by Fraser Clyne
- 10.00am - 11.00am Presentation by Richard Nerurkar MBE
- 11.00am - 12.15pm Workshop / Run Session
- 12.30pm Launch of RunBalmoral12
- 1.00pm Lunch with sponsors and press
- 2.00pm Afternoon Workshop / Run Session
- 3.30pm Closing remarks

Menu:

- Tea/Coffee/Juice
- Fresh Homemade Scone with Butter & Jam
- Lentil Soup, Freshly Filled Rolls/Sandwiches, Frest Fruit, Tea/Coffee/Jucie
- Tea/Coffee with a selection of Homemade Tray Bakes and Cakes



**Directions to
Knockburn Sports Loch,
Strachan, Banchory**

From Aberdeen

- Leaving from A93 on North Deeside Road towards Crathes
- Turn left onto Milltimber Brae (B979) across Durris Bridge and follow brown Tourist Signs to Knockburn Loch

From Inverurie

- Leaving Inverurie towards Kintore
- Bear left onto flyover and turn right onto B977 for Dunnecht
- Follow signs for Echt & Banchory
- Turn left at Raemoir to Banchory (Station Road)
- Turn right into Banchory then left towards Strachan B974 (Dee Street)
- Turn left at Strachan onto Fettercairn Road then take an immediate left after the bridge