

Once completed, please return your form with payment to:
 Ignis Asset Management Women's 10K, FR Systems Ltd, Unit 30,
 Blythe Park Business Base, Cresswell, Stoke on Trent ST11 9RD

IGNIS ASSET MANAGEMENT
women's 10K

Entry Form: Part 2

Remember you can **save up to 30%** on these prices by entering early and on-line at www.runglasgow.org

	Early Bird (until 19 March)	Standard
Ignis Asset Management Women's 10K	£22.00 <input type="checkbox"/>	£27.00 <input type="checkbox"/>
Ignis Women's 10K + Great Scottish Run 10K	£39.00 <input type="checkbox"/>	£49.00 <input type="checkbox"/>
Ignis Women's 10K + Great Scottish Run Half Marathon	£46.00 <input type="checkbox"/>	£54.00 <input type="checkbox"/>

SAL Members please tick and complete the information below to receive your £2.00 discount:
 (Both sections must be completed)

SAL Membership No. _____ SAL Registered Athletics Club _____
 Please note to qualify for the SAL team challenge trophy you MUST specify your club above.

Payment

Please indicate your preferred payment method Cheque/Postal Order Credit/Debit Card

Cheque/Postal Order £ _____ Please make payable to Culture and Sport Glasgow.

Please put your name and address on the reverse of your cheque or postal order.

Credit/Debit Card (please tick) Visa Mastercard Switch/Maestro

Name (as appears on card) _____

Card Number _____ Security Code (last 3 digits on reverse of card) _____

Start Date (or issue number) _____ Expiry Date _____

Data Protection

Details given on this entry form may be used by Culture and Sport Glasgow or its agents for the purposes of Marketing/PR. If you do not wish these details to be used for this purpose please tick here.

A photograph or broadcast which includes your participation in the race may be used by Culture and Sport Glasgow, or its agents, and by any sponsors of the Event for the purposes of Marketing/PR. If you do not wish your details to be used for this purpose, please tick here.

Your contact details may be used by Culture and Sport Glasgow or its agents for notification of future activities, including road races. If you do not wish your details to be used for this purpose, please tick here.

Details given on this entry form may be used by Culture and Sport Glasgow or its agents for the purposes of race commentary / points of interest. If you do not wish your details to be used for this purpose, please tick here.

Culture and Sport Glasgow have appointed Marathon-Photos.com as official race photographer. Marathon-Photos.com offer a searchable database of photographs of participants for sale to the public via their website and for this purpose Culture and Sport Glasgow may forward them your name and race number. Culture and Sport Glasgow may also pass your contact details to Marathon-Photos.com, at their office in New Zealand, to allow them to contact you to advise you of their products. If you do not wish your details to be passed to Marathon-Photos.com please tick here.

Please note that medical information you may give on this entry form will be passed to the Emergency Services.

I confirm that the above details are **COMPLETE** and **CORRECT** in every detail and by signing below I accept the Terms and Conditions of entry.

Terms and Conditions are available to view in full online at www.runglasgow.org or in the reception area of Culture and Sport Glasgow, 20 Trongate, Glasgow, G1 5ES.

Signature _____ Date _____

Remember entries must be received by **FRIDAY 23 APRIL 2010**

ENTRIES NOW OPEN! **SAVE OVER 25%** BY ENTERING EARLY AND ON-LINE!

Incorporating an International Road Race

IGNIS ASSET MANAGEMENT

women's 10K
2010

Sunday 9th May 2010
 Bellahouston Park, Glasgow



www.runglasgow.org

Hotline: 0845 270 0166



Over 12,500 women entered the Ignis Asset Management Women's 10K last year, don't miss your chance to be part of the biggest and best all women 10K in Britain in 2010! Plus, enter online by 19th March and **save £7** on the standard entry fee - that's **over 25% with no admin fees!**

Visit www.runglasgow.org for full race details and training support information. Including Glasgow's Running Network, training guides and information on the various charities you could raise money for.

Keep on Running!

If you're keen to keep up the momentum, enter the Great Scottish Run online at the same time and **save almost £15!** That's up to **30% off** standard joint race entry.

Race Entry Fees

	Online Early-bird	Online Standard	Postal Early-bird	Postal Standard
Ignis Women's 10k	£20	£24	£22	£27
Ignis Women's 10k + Great Scottish Run 10K	£35	£43	£39	£49
Ignis Women's 10K + Half Marathon	£40	£48	£46	£54

Please note, SAL members receive £2 discount on all entry fees. All entry fees include a race t-shirt, medal, goody bag and certificate. Early bird entries close on 19th March and standard entries must be received by 23rd April 2010 in order for race packs to be posted out in time.



Kirsty, 27, has a young son and running gives her the energy to keep up with him.



Natalie, 33, is running as part of a team to raise money for a charity close to her heart.



Pippa, 38, is a keen runner and is aiming for her personal best race time in 2010!



Angie, 46, is running for the first time to keep fit after losing 3 stones in weight!

Our faces of the race are all taking part in 2010 for different reasons, you could too! Visit www.runglasgow.org to read their full stories and tell us your reason for running in 2010.

Details on this entry form will be used by Culture and Sport Glasgow or their agents for the purpose of race administration. This leaflet can also be made available on request in large print, Braille and community languages. To request, please call 0141 287 0185.

Entry Form: Part 1

1. Surname		2. Forename/s			
3. Address					
4. Postcode			5. Email		
6. Telephone day			7. Telephone evening		
8. Date of Birth			9. What is your age on the day of the race? <small>N.B. minimum age is 15 years on day of 10k or 17 for half-marathon</small>		
10a. Do you intend to walk?		Yes <input type="checkbox"/>		No <input type="checkbox"/>	
10b. What is your predicted 10K race time?		Hours		Minutes	
<small>Please keep a note of this time - it will be used to determine your start position.</small>					
If also entering the GSR half marathon, what is your predicted time?		Hours		Minutes	
11. T-shirt size Xsmall <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> XLarge <input type="checkbox"/>					
12. Are you entering as a Family or Corporate Challenge team? If so, please call the Race Hotline 0845 270 0166 to be allocated a Team Number before submitting your form.					
Team No.		Team Name			
13. This question is for wheelchair entrants only - will you compete in a: Special adapted racing chair? <input type="checkbox"/> Self propelled wheelchair? <input type="checkbox"/> Pushed/escorted in a wheelchair? <input type="checkbox"/>					
14. Please let us know if you have a medical condition the organisers should know about. <small>Information will be treated in confidence.</small>					
15. Have you run the Ignis Asset Management Women's 10K before?		Yes <input type="checkbox"/>		No <input type="checkbox"/>	
16. If yes, how many times?					
17. What charity are you running for?					
18. Do you have an unusual story about your Ignis Asset Management Women's 10K entry to tell? <small>If so, please give brief details.</small>					
19. How did you find out about the race? Radio Clyde <input type="checkbox"/> Direct mail <input type="checkbox"/> Sports facility <input type="checkbox"/> Friend <input type="checkbox"/> Website <input type="checkbox"/> Email <input type="checkbox"/> Hotline <input type="checkbox"/> Evening Times <input type="checkbox"/> Newspaper (please specify) <input type="checkbox"/> Ignis Asset Management staff member <input type="checkbox"/> Other (please specify) <input type="checkbox"/>					