



**scottishathletics** Open Graded Grand Prix

John Wright Sports Centre, 23rd July 2008

**Entry Form**

Name: \_\_\_\_\_

Club: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Competitive Age Group: \_\_\_\_\_ SAL No: \_\_\_\_\_

Event: \_\_\_\_\_ Best Performance: \_\_\_\_\_

Anticipated Performance: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

- I accept that the organisers will not be liable for any loss, damage, action, claim, costs or expenses which may arise in consequence of my participation in this event.
- I declare that I am an amateur as defined by the Rules of UKA or am a registered Member of SGA and that I am aware of the rules regarding Banned Substances and agree to undergo a test for these if called upon to do.

Signed: \_\_\_\_\_

Date \_\_\_\_\_



**scottishathletics**  
Open Graded Grand Prix Series



South Lanarkshire Athletics Partnership  
**Open Graded Grand Prix**  
John Wright Sports Centre, East Kilbride  
Wednesday 23rd July 2008

# South Lanarkshire Athletics Partnership

## **Calderglen Harriers - [www.calderglenharriers.org.uk](http://www.calderglenharriers.org.uk)**

Calderglen Harriers are based in East Kilbride and are dedicated to take your running to new heights. Our focus is mainly on the road and cross-country competing in all major races locally and nationally. We can accommodate all levels of ability, and with a vibrant social scene, the Harriers is the ideal location for the total running experience.

## **East Kilbride Athletics Club - [www.ekac.co.uk](http://www.ekac.co.uk)**

With a range of qualified and experienced coaches, East Kilbride Athletic Club cater for all the athletics disciplines of track and field, road running, cross-country and hill running. Whatever your aspirations, we aim to help you attain your athletic ambitions in a fun and supportive environment, with a flourishing social side to complement the training. We meet Tuesday & Thursday evenings at East Kilbride Stadium.

## **Hamilton Harriers - [www.hamiltonharriers.co.uk](http://www.hamiltonharriers.co.uk)**

Hamilton Harriers is a senior only road running club based in Bothwell. We cover all distances from 5km's to marathons. We meet every Tuesday and Thursday night opposite Bothwell Primary School. For more information contact Andrew McLinden on 01698 827933 or our website above.

**Larkhall YMCA Harriers** - Contact Willy Mowbray on 01698 886414. We have qualified and experienced coaches who can advise on a range of athletics activities from jogging through to high performance event specific training. The main training nights are Tuesdays and Thursdays

## **Law and District Athletic Club** - Contact Pat Kelly on 01698 276636

Law and District are based at Loch Park Stadium, Carluke and also at Wishaw Sports Centre, Wishaw. The club compete in various leagues and open meeting providing athletes with the chance to compete at whatever level they are at. We have UKA qualified coaches able to deliver all aspects of run, jump and throw athletics.

**Ron Hill Cambuslang Harriers** - Ronhill Cambuslang Harriers is committed to the development of athletics in the Glasgow and South Lanarkshire area. We aim to; widen opportunities for more people to become involved in athletics, provide the best possible opportunities for those involved to gain enjoyment and maximise their potential, and support those with talent to succeed at the highest possible level.

## **Whitemoss Athletics Club - [www.whitemossaac.co.uk](http://www.whitemossaac.co.uk)**

Although still a young Club Whitemoss cover all athletic disciplines, (Track & Field & Cross Country.) While Athletics is an Individual sport Whitemoss AAC has a team spirit second to none. As well as encouraging competition we also have a healthy social scene. From beginners to Internationalists we cater for all standards.

Track	Start Time	Age Groups	Field	Start Time
100m Grand prix	7.00pm	Un17/20/Sen	Shottt Putt Grand Prix	7.00pm
100m Open	7.20pm	Un11/13/15	Shot Putt Open	7.40pm
800m Grand Prix	7.55pm	Un17/20/Sen	High Jump Grand Prix	7.00pm
800m Open	8.15pm	U11/13/15	High Jump Open	7.40pm
400m/300m Grand Prix	8.45pm	Un17/20/Sen	Discus Grand Prix	8.00pm
3000m Grand Prix	9.00pm	Un17/20/Sen		
3000m Open	9.10pm	Un15 (Under 15 only)	Discus Open	8.40pm

Entry Fee of £2 per event.

All athletes should have SAL No.

Any athletes without a SAL No. will be subject to a £2 levy on each event.

Awards will be made to the best athlete in each event for every age group from Under 11 to Under 15, both male and female.

Grand Prix events will start on time; other events may be moved accordingly.

Events may be interrupted to allow Grand Prix events to start on time.

Pace makers will be available for Male and Female "A" races in both 800m and 3000m, Grand Prix events only.

Pre-entries to Jim Goldie, Athletics Development Officer, South Lanarkshire Leisure, 1<sup>st</sup> Floor North Stand, Cadzow Avenue, Hamilton ML3 0LX

**South Lanarkshire Athletics Partnership**  
**UKA Partnership of the Year 2007**

South Lanarkshire  
**Leisure**

Delivering Services on behalf of South Lanarkshire Council

scottishathletics 