

Junior Fun Run

A Children's Fun Run on parkland will also take place on the race day allowing the whole family to get involved. There will be a 2km race for 11 – 14 year olds at 12 noon and a 1km race for 6 – 10 year olds at 12.20 pm. All confirmed Fun Run entrants should collect their race number from the registration marquee by 11.30am on race day. Places are limited so please apply in advance with the attached main entry form (separate form for each runner). All children will receive a mini goody bag and medal.

Pre-run Pasta Party

The Pasta Party will take place on the Saturday evening before the race, 29th May, (£9 pp, free to children under 8) in the Argyll Arms Hotel, Main Street, Campbeltown – open to all runners and their families to come and enjoy the pre-run atmosphere. Tickets can be purchased via the main entry form. Tickets include a free raffle for *Intersport* prizes.

Post-run Ceilidh

The popular MOKRUN Ceilidh, in conjunction with South Kintyre Sports Council, will be held on the Sunday evening of the race in the Victoria Hall on Sunday 30th May (£12pp). Tickets can be purchased via the main entry form.

Running for Charity

We encourage runners to raise funds for good causes.

If you are running for charity please contact your chosen charity directly or our race website for further details. See also www.justgiving.co.uk for how to make donations to your chosen charity.

www.mokrun.com

"We are delighted to announce that the fifth Mull of Kintyre Half Marathon & 10k will be held on Sunday 30th May 2010.

In 2009, 550 runners from all over the UK took part. For 2010 we are adding an extra 50 places.

The 10k race is around three sides of Campbeltown Loch, and is mainly very flat. The half-marathon route leaves the town and runs through the countryside and across the new Machrihanish Dunes Golf Course, and includes around a kilometre on the hard sandy beach of Westport. The final mile of both races is on a slight down gradient into the town and through the main street.

Once again we'll be holding a pasta party on Saturday night before the race, and the weekend wouldn't be complete without the post race Sunday night ceilidh. There are also a range of other events planned for runners and their families over the weekend.

Check out our website for full details of the race weekend and make your trip to Kintyre one to remember.

We hope you'll join us for a great race in 2010! "

www.mokrun.com

MULL OF KINTYRE HALF MARATHON AND 10K SUNDAY 30 MAY 2010



Race Information and Entry Form

www.mokrun.com

Race Entry

We would prefer online entries as this reduces our admin time and errors in data entry. Online entries are through www.runnersworld.co.uk/mokrun. Paper entry forms should be completed and returned to the address below. On receipt of entry, you will receive a confirmation note via email. For information on how to get to Campbeltown or for accommodation see www.visitkintyre.info or www.campbeltown.info. A race pack including your race number, important information and Pasta Party/Ceilidh tickets will be sent out around 2 weeks before the race. Please Note : **NO ENTRIES ON RACE DAY.**

Adult Race Entries MOKRUN

PO BOX 9270
CAMPBELTOWN
PA28 6WB

Junior Fun Run Entries

Lindsay Owen, Active Schools
Coordinator
Campbeltown Grammar School
Hutcheon Road
CAMPBELTOWN PA28 6JS

Any questions? Please visit our website below or email events@mokrun.com

Race Information

Briefing 10.05, Warmup: 10.10 am

1/2 Marathon and 10k Races start: 10.30 am

Start/finish will be at the **Esplanade, Campbeltown.**

Please familiarise yourself with the course before the race –see route maps on www.mokrun.com

All adult competitors will receive a goody bag and are entitled to free refreshments at the finish line. Free parking is available at the Burnside Square Car Park and street parking. Trophies and prizes will be awarded for category winners in a prizegiving ceremony at 1pm. A prize will also be given for the 1st placed local runner, men and women, in each race - runner's address must be from South Kintyre to qualify .

Categories – Age category is age on day of race.

Male	Female
Junior(15-17 10k only)	Junior(15-17 10k only)
Senior(18-39), Veteran (40+)	Senior (18-34) Veteran (35+)

www.mokrun.com

Entry Form – Please write in CAPITALS

First Name

Surname

DOB

Sex M / F (Please Circle)

Address Line 1

Address Line 2

Town

Post Code

E-mail

Tel No

1. Age Category (Please tick)	2. Race Entry (Please tick)
Junior (15-17 10k only) <input type="checkbox"/>	Half Marathon - Affiliated Scottish Athletics £20 SA No..... <input type="checkbox"/>
Senior (Male 18-39, Female 18-34) <input type="checkbox"/>	Half Marathon- Non affiliated £22 <input type="checkbox"/>
Vet (Male 40+, Female 35+) <input type="checkbox"/>	10k - Affiliated Scottish Athletics £18 SA No..... <input type="checkbox"/>
Fun Run Junior (6-10 years) <input type="checkbox"/>	10k - Non affiliated £20 <input type="checkbox"/>
Fun Run Senior (11-14 years) <input type="checkbox"/>	Junior Fun Run £5 <input type="checkbox"/>

3. T-shirt Size (Please Circle) NB - Adult Races Only	S / M / L / XL These are unisex sizes and there will be no opportunity on race day to change.
4. Pasta Party (optional) £ 9 per person	No Of Tickets required: Cost £.....
5. Ceilidh (optional) £12 per person	No Of Tickets required: Cost £.....
6. TOTAL PAYMENT ENCLOSED £ (CHEQUES MADE PAYABLE TO "Mull of Kintyre Run Committee")	

Nb – Junior fun run entrants are not eligible to buy pasta party or ceilidh tickets

Disclaimer

I accept that this event is conducted under Scottish Athletics rules and conditions and I agree to acquaint myself with and abide by those rules and any organisers' instructions. I declare that I am medically fit to compete in endurance events and that I participate in this event entirely at my own risk and I acknowledge that this event is a test of my fitness and has with it the potential of serious injury or property loss. The risks of participation include, but are not restricted to, weather conditions, road traffic, off road, beach running, (1/2 marathon only) behaviour of other participants, volunteer helpers, officials and spectators in out of the event and dehydration. Entrants are reminded that they are to obey all highway/traffic laws, as well as follow all directions of the Police and Marshals during the race. Failure to do so will lead to disqualification. I hereby, confirm that I am aware of these, assume the risks of participating in this event and I agree to waive any claim and to release and discharge from any claim which I or they may have in respect of death, disability, injury, property loss or damage as a result of or while I am participating in the event, the event organisers, director, sponsors, officials, administrators or volunteer helpers. I also agree to indemnify the persons mentioned immediately above for any or all liabilities or claims made against them as a result of my behaviour in this event. All participants in Fun Run events must have parental permission to take part. I accept that no refund can be given due to cancellation or postponement of the event due to circumstances outside the Organisers' control. We cannot refund entries to entrants who do not eventually take part in the race. Entries are non transferable and can not be deferred to future races. Entrant numbers will be limited and organisers reserve the right to refuse entry and/or return entry form/payment if this limit has been reached.

I have read, understood and agree with the disclaimer

Signed _____
Date _____

Parent/Guardian to sign if entrant under 18