



THE 2009 BRAEMAR CHALLENGE

THE CREAG CHOINNICH CHALLENGE ***and*** ***THE HEART OF THE PARK CHALLENGE***

**BE BRAVE – ENTER THE SATURDAY RACE AND USE IT AS A
WARM-UP FOR THE SUNDAY CHALLENGE**

CREAG CHOINNICH CHALLENGE **SATURDAY 11th. JULY 2009 - 2 P.M.**

**A 3 mile dash from the Princess Royal and Duke of Fife Memorial Park to Creag
Choinnich (538 metres) and back, with magnificent views over Braemar**

HEART OF THE PARK CHALLENGE **SUNDAY 12th. JULY 2009 – 12 P.M.**

**A 12-kilometre multi-terrain circular race around Braemar involving water, hill, forest
and obstacle challenges. Expect the unexpected!**

PRIZES TO THE FIRST IN EACH CATEGORY

Races H.Q. Hut: Games Ground, Braemar Start/Finish: Games Ground, Braemar

**ENTRIES BY POST PLEASE TO EASE ADMINISTRATION – ENTRIES WILL BE TAKEN ON THE
DAY OF EACH RACE**

**ENTRY FEE : CREAG CHOINNICH £5, HEART OF THE PARK £10, BOTH RACES £12
ENTRY ON DAY OF RACE WILL BE £2 MORE FOR EACH RACE**

Donations will be made to Braemar Mountain Rescue and Castleton Hall Sports Fund from the proceeds

**CATEGORIES: SENIOR MALE / FEMALE
 VETERAN MALE / FEMALE
 SUPERVET MALE / FEMALE**

APPLICATION FORMS FROM :

MRS. SARAH HUBBARD :

TELE. No. : 013397 41385

E-MAIL : alastairhubbard@googlemail.com

Also available on the websites : www.creagchoinnichchallenge.org.uk

: www.heartoftheparkchallenge.org.uk



THE 2009 BRAEMAR CHALLENGE

THE CREAG CHOINNICH CHALLENGE and THE HEART OF THE PARK CHALLENGE

SATURDAY 11th. JULY 2009 : CREAG CHOINNICH CHALLENGE YES / NO FEE : £5
 SUNDAY 12th. JULY 2009 : HEART OF THE PARK CHALLENGE YES / NO FEE : £10
 BOTH RACES YES / NO FEE : £12

SURNAME DATE OF BIRTH

FIRST NAME

POSTAL ADDRESS

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RUNNING CLUB

E-MAIL ADDRESS

I declare that I am an amateur as defined under S.A.F. rules and will abide by those rules and that I will be 18 years of age or over on the day of the race.

I hereby agree that the organisers or associates shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the Race. I will not participate unless I am fit to run this hill race.

Signed

Date

Entries by post to ease administration – entries will be taken on the day.

Please complete this entry in block capitals and send it to:

Mrs. SARAH HUBBARD, BRAEMAR YOUTH HOSTEL, 21 GLENSHEE ROAD, BRAEMAR,
 ABERDEENSHIRE, AB35 5YQ.
 TELEPHONE No. 013397 41385

Cheques payable to ‘ BRAEMAR JUNIOR HIGHLAND GAMES ‘