



(Shetland)  
“Simmer Dim” Half Marathon

Sunday 12th June 2016

| Categories                     |                                |
|--------------------------------|--------------------------------|
| Male                           | Female                         |
| Senior ,Veteran (M40, M45 etc) | Senior, Veteran (F35, F40 etc) |

**Registration: 09.45 -10.25**

**Race Start: 10.30am**

The start will be at the Cunningsburgh Hall. The finish will be at the Clickimin Leisure Complex in Lerwick. A bus will transport runners from Clickimin to the start, leaving at 09.30. Parking will be available in Cunningsburgh to the north of the community hall for those runners making their own travel arrangements and for spectators.

There is a race limit of 100 runners and entries will be accepted on a first come, first served basis. Entries received after Wednesday 1<sup>st</sup> June cannot be guaranteed a tech running shirt.

There is a time limit of 3 hours for the race. After this time stewarding on the route may be removed and runners may be picked up and transported back to Lerwick.

All adult competitors whose entries are received by 1<sup>st</sup> June 2016 will receive a medal, technical running shirt and goody bag. Running shirts cannot be guaranteed after this date. Refreshments will be available on the route and at the finish. There will be a prize -giving in the Loch Bar of the Clickimin Leisure Complex at 3.00pm. There will be trophies for the 1<sup>st</sup> Senior Man and Woman and Veteran Man and Woman. There will be medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in Senior and ALL Veteran categories.

There will be a trophy for the winning Men’s and Women’s team. Teams may consist of a mix of 3 senior and/or veteran runners (2 runners count) and medals for each runner that completes the race in the first 3 teams.

On receipt of entry, you will receive a confirmation via email or text message. Race numbers will be available for pick up at registration on the day of the race from the Cunningsburgh Hall. Runners will also be able to register between 2.00-4.00pm on Saturday 11<sup>th</sup> June at the Intersport shop on Commercial Street, Lerwick.

Please return completed entry forms to the address below by **Wednesday 1st June 2016**.

**Shetland Half Marathon  
6 Hillside  
GULBERWICK  
Shetland Isles  
ZE2 9JX**

***ENTRIES ON THE DAY AT THE ORGANISERS DISCRETION***

Any questions? Please contact

Race Organiser **Paul Woods** on Tel: 01595 694965 or 07799065804, email [simmerdimhm@btinternet.com](mailto:simmerdimhm@btinternet.com)

The 2016 Intersport (Shetland) ‘Simmer Dim’ Shetland Half Marathon is a Scottish Athletics permitted race. Competitors enter under British Athletics rules for competition



(Shetland)

**“Simmer Dim” Half Marathon 2016**

**Entry Form**

|  |                  |                         |                  |            |                              |              |             |
|--|------------------|-------------------------|------------------|------------|------------------------------|--------------|-------------|
| <b>Name</b>                              |                  | <b>D.O.B</b>            |                  | <b>Age</b> |                              | <b>M / F</b> |             |
| <b>Address</b>                           |                  |                         |                  |            |                              |              |             |
| <b>Postcode</b>                          |                  | <b>Contact Tel. No.</b> |                  |            |                              |              |             |
| <b>E-Mail address</b>                    |                  | <b>Mobile No.</b>       |                  |            |                              |              |             |
| <b>Category (√)</b>                      | <b>Senior</b>    |                         | <b>Veteran</b>   |            | <b>Estimated Finish Time</b> | <b>Hrs</b>   | <b>Mins</b> |
| <b>Team Name</b> (if applicable)         | <b>Runner 1.</b> |                         | <b>Runner 2.</b> |            | <b>Runner 3.</b>             |              |             |
| (All runners must send in an entry form) |                  |                         |                  |            |                              |              |             |

|   |                       |                       |                       |                        |                         |
|---|-----------------------|-----------------------|-----------------------|------------------------|-------------------------|
| <b>Race Fee (please select one)</b>                             |                       |                       |                       |                        |                         |
| <b>Half Marathon</b> (Affiliated to <b>Scottish Athletics</b> ) | <b>£15</b> .....      | <b>S.A. No.</b> ..... |                       |                        |                         |
| <b>Half Marathon</b> (Non-affiliated or other Association)      | <b>£17</b> .....      |                       |                       |                        |                         |
| <b>Event Running Shirt</b><br>(Please tick your size)           | <b>S</b><br>(36”-38”) | <b>M</b><br>(38”-40”) | <b>L</b><br>(40”-42”) | <b>XL</b><br>(42”-44”) | <b>XXL</b><br>(44”-46”) |
| <b>TOTAL PAYMENT ENCLOSED                    £.....</b>         |                       |                       |                       |                        |                         |
| <b>(Cheques made payable to “Shetland Half Marathon”</b>        |                       |                       |                       |                        |                         |

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, behaviour of other participants, volunteer helpers, officials and spectators and dehydration. Entrants are reminded that they have 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, 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. 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. 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 \_\_\_\_\_