

Moray Summer Challenge 5k & 1.5k

(in support of SportMoray Pinto Fund)

11.30am, Sunday 13 June 2010
Cooper Park, Elgin

Get fit for summer by walking, jogging, or running in the *Moray Summer Challenge*. The route starts and finishes in Cooper Park and is ideal for participants of all levels (age 14+). Only a limited number of entries may be available on the day. There is also a 1.5k event for juniors (age 8+), fun runners, and wheelchair users.

- Start time** 11.30am for 5k (walkers at 11.15am); 11.35am for 1.5k
- Entry fee** £7.00 for 5k; £1.50 for 1.5k, with proceeds to SportMoray's Pinto Fund
Cheques made payable to 'Moray Business Women' (please put your name and address on back of the cheque)
- Team entries** Workplace teams can enter for the Moray Business Women's trophy. The first three members of a team (with at least one female) will count.
- Prizes** Team trophy, 1st male, 1st female, spot prizes, goody bags



Notes

Entry numbers must be collected at the Elgin Library before 11.10am on the day. No changing or shower facilities provided (although bags and/or valuables can be safely deposited). Parking is available nearby at Lossie Green. In the interest of safety, participants are asked not to wear headphones, personal CD players, MP3 players etc.

Please return the bottom of this form by Tuesday 8th June 2010 to:
Moray Summer Challenge, c/o MBW, 2 Rowan Lea, New Elgin, Elgin IV30 6FP

Entries will only be acknowledged if participants give an email address, or enclose a S.A.E.

✂.....

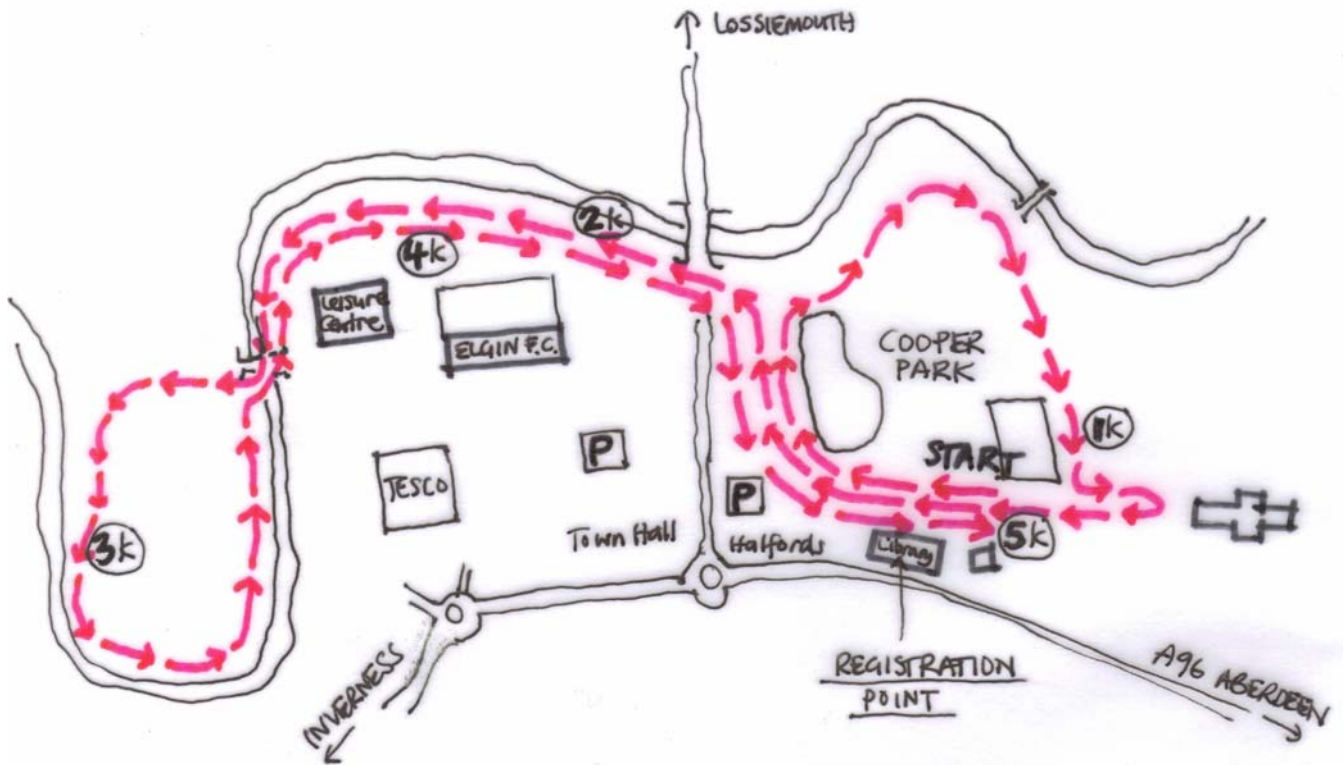
Name _____	Telephone number _____
Address _____	Emergency number _____
_____	Age on day of race _____
_____	Workplace Team Name, Jog Scotland Group or Club as appropriate _____

Email address _____	Signed _____ Date _____
	(Parent to sign for junior entrants)
5k Entry Fee tick <input type="checkbox"/> £7.00	
1.5k Entry Fee..... tick <input type="checkbox"/> £ 1.50	tick one only

I hereby agree that the organisers or sponsors shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the race. I confirm that I am medically fit to participate and understand that I am participating at my own risk.

By entering this event, you have consented to your details being held and only used for the sole purpose of the Moray Summer Challenge and future Walk, Jog, Run Moray events and not given to any other party.

5k Summer Challenge
11.30am, Sunday 13 June 2010
Cooper Park, Elgin



The 5k course is 1 lap of Cooper Park before heading out towards the Leisure Centre and Morrision - as marked on the map - then back into Cooper Park to finish near the Library.

Public roads are not closed to traffic so, for your own safety, you must stay on pavements and footpaths at all times (unless directed by a marshal at a road crossing point). There will be a water station at the bridge crossing between the Leisure Centre and Elgin Academy.

The 1.5k event is wholly contained within Cooper Park.

As is standard in all such events, please follow instructions given to you by an official of the event and show consideration to your fellow participants.

Good luck!

**The Moray Summer Challenge has been organised and supported
by the following groups/organisations :**

JogScotland Moray

Jog Scotland is a national network of groups led by trained local leaders. The national programme is supported by the Government, NHS Health Scotland and Scottish Athletics. The aim is to encourage more people to be active (see www.jogscotland.co.uk) and there are several local groups in Moray:

Aberlour	Monday 6.30pm	Contact marie.third@yahoo.co.uk
Buckie	Tuesday 6.30pm	Meet outside Buckie swimming pool
Buckie junior JS (8-14)	Monday 4.30pm	Meet in Buckie High School games room 1
Dufftown	Tuesday 7pm	Meet at Glenfiddoch Distillery car park
Elgin	Thursday 6.00pm	Meet at Elgin Library
Elgin (Council staff)	Wednesday 5.30pm	Meet at Cedarwood Respite Centre
Fochabers	Thursday 6.30pm	Meet at Fochabers playing fields
Keith	Monday 6.30pm	Meet at Community Centre car park
Keith junior JS (p4-p7)	Monday 6.00pm	Meet at Community Centre car park

Moray Running Clubs

Elgin AAC	Tuesday & Thursday 7.00pm	Meet at Morriston Playing Field
Keith and District Amateur Athletic Club	Wednesday 7.00pm	Meet in the Keith swimming pool car park
Moray Road Runners	Wednesday 6.30pm	Meet at Elgin Community Centre

WalkMoray

WalkMoray has set up a Moray-wide network of health walk groups to help improve both the physical and mental health of those involved. WalkMoray is an NHS Grampian initiative, working in partnership with the Moray Council, Paths to Health, Forestry Commission Scotland and the Cairngorms National Park Authority. www.morayways.org.uk

Moray Business Women

Moray Business Women is an association formed for business and professional women in the Moray area. It aims to provide opportunities not only for the support and development of its members, but also for social interaction and networking. Members nominate and raise funds for a charity every year. This year our nominated charity is Moray Women's Aid.

Further information regarding Moray Business Women including details of this year's programme of Events are available on our website: www.moraybusinesswomen.org.uk

Moray Council Sports Development

The Jog Scotland Moray Summer 5k Challenge is an excellent opportunity to encourage the people of Moray to be more physically active regardless of their age, ability, gender or ethnicity. For more information on any issue relating to sports or physical activity development in Moray, feel free to contact the Sports Development Officer on 01343 563657.

NHS Grampian Public Health

NHS Grampian and its partners are working together to help people in Moray to enjoy the benefits of a physically active life. Being more physically active can improve your physical and mental health whatever your age, size or physical condition. You are never too old or too unfit to start being more active. The greatest health benefits are likely to be gained by inactive people who start to take regular exercise.