

# 27<sup>th</sup> Troon 10K, Wednesday 9<sup>th</sup> May 2012 at 7.30pm under SAL regulation



On-line entry available at: [www.entrycentral.com](http://www.entrycentral.com)

- Pre Entry by Friday 4<sup>th</sup> May 2012, or when the entry limit of 1100 is reached, whichever is earlier. Please enter asap to avoid disappointment. **Strictly no entries on the night of the race.**
- Chipped Timing – timing devices are collected in the Walker Hall at the starting time.
- Postal & telephone entries to: John T McKinlay, 6 Solway Place, Troon, KA10 7EJ.  
Cheques payable to Troon Tortoises AC. Tel 01292 311447

Timing will be via a Race Chip. This year it is hoped to use a race number with integral disposable chip, but in the event of only shoe chips being available, these will need to be returned at the end of the race. Please arrive by 6.30pm to collect your number and chip. All competitors must be at least 15 years old on the day of the race. Race will start at 7.30pm with fun runs for under 12's at 6:45pm and under 8's at 6:50pm. Fun runners enter on the night of the race – entry £1 per competitor.

Forename			Surname		
Address					
Postcode			Telephone		
E-Mail				Date of Birth	
Club			SAL No		
Gender	Male / Female		Entry Fee		SAL Member £10 Non SAL Member £12 (Please circle amount enclosed)
<p><b>I agree to the terms and conditions for Troon 10k:</b> I undersigned declare that I am medically fit to compete, and do so at my own risk. I hereby absolve the organisers from any claim for injury or illness incurred during or as a result of the event or for any loss or damage to property. I understand that the organisers reserve the right to refuse entry and that entry fees are non refundable. I agree that my picture may be included in any photographs, which may be published from the race. I confirm that the information I have provided on this form is accurate</p>					
Signature			Date		

## Previous Troon IOK Winners

### MALE (\* COURSE RECORD)

1986	GORDON TENNEY	LINWOOD PENTASTAR	32:33
1987	KENNETH RANKIN	EDINBURGH AC	31:15
1988	KENNETH RANKIN	FALKIRK VICTORIA	31:52
1989	ALEX GILMOUR	CAMBUSLANG	30:27
1990	ALEX GILMOUR	CAMBUSLANG	31:34
1991	SW GIBSON	HUNTERS BOG TROTTERS	30:58
1992	CHRIS ROBISON	SPANGO VALLEY	31:06
1993	STEPHEN WYLIE	CAMBUSLANG	29:49
1994	TOMMY MURRAY	SPANGO VALLEY	29:51
1995	TOMMY MURRAY	SPANGO VALLEY	30:59
*1996	TOMMY MURRAY	SPANGO VALLEY	29:17
1997	TOMMY MURRAY	SPANGO VALLEY	29:37
1998	TOMMY MURRAY	SPANGO VALLEY	29:42
1999	PAUL WILSON	U/A	29:28
2000	TOMMY MURRAY	INVERCLYDE	30:03
2001	TOMMY MURRAY	INVERCLYDE	30:12
2002	TOMMY MURRAY	INVERCLYDE	30:31
2003	ALAN ADAMS	CLYDESDALE	31:44
2004	STEPHEN WYLIE	CAMBUSLANG	30:24
2005	EDDIE TONNER	KILMARNOCK JW	30:48
2006	GLEN STEWART	W/DUNBARTON	30:50
2007	DAVID MILLAR	SCOTTISH ATHLETICS	31:19
2008	A . WOLDESELASSIE	SHETTLESTON	29:46
2009	T TEWELDE	SHETTLESTON	30:43
2010	DAVID MILLAR	IRVINE AC	31:29
2011	DAVID MILLAR	IRVINE AC	31:30

### FEMALE (\*\* COURSE RECORD)

KATE TODD	LOUDON RUNNERS	39:37
ISOBEL FRASER	AYR SEAFORTH	40:18
JANE ROBERTSON	AYR SEAFORTH	38:06
JANE ROBERTSON	AYR SEAFORTH	36:31
SANDRA BRANNEY	GLASGOW AC	35:33
ELEANOR O'BRIEN	GREENOCK G/PK	39:26
ELAINE MCBRINN	SHETTLESTON	36:42
JANET MCCOLL	BLAYDON	37:02
TRUDI THOMPSON	PITREAVIE	35:45
VICKI MCPHERSON	CITY OF GLASGOW	33:57
EILEEN MASSON	KILBARCHAN	37:00
ALLISON HIGGINS	LOUDON RUNNERS	37:37
SUSAN SCOTT	CITY OF GLASGOW	35:18
SUSAN SCOTT	CITY OF GLASGOW	34:45
**SUSAN SCOTT	CITY OF GLASGOW	33:54
LINDSAY MCNEIL	KILMARNOCK JW	35:42
LINDSAY MCMAHON	KILMARNOCK JW	37:17
JILL KNOWLES	CITY OF GLASGOW	37:45
DEBORAH FERNS	BELLAHOUSTON	37:36
DEBORAH FERNS	BELLAHOUSTON	36:20
ALISON SIMPSON	KILMARNOCK JW	35:40
KERRY LANG	KILBARCHAN AC	37:02
TONI MCINTOSH	AYR SEAFORTH	37:24
TONI MCINTOSH	AYR SEAFORTH	36:03
LESLEY CHISHOLM	GARSUCHE HARRIERS	37:51
JILL KNOWLES	SCOTTISH PSAC	36:42

Prize Money: £1,000 total prize fund including £100 to any male or female runner creating a new course record. Male and female 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes will be awarded on the night and all other prizes will be distributed by post. All results will be posted on the Troon Tortoises WEB SITE: <http://www.troontortoises.org.uk>