



10 Mile Road Race

Ras 10 Milltir

(Under UK Athletics Laws)



WELSH ATHLETICS
ATHLETAU CYMRU

Trophies to 1st, 2nd & 3rd in all categories
High Tech Race T-Shirt awarded to all who Finish

September 11th 2013



SEPTEMBER 11TH 2013

PSUK 10 Mile Road race
2:00pm START

Trophy Categories

1st Overall Male & Female

Males under 40, V + 40, V + 50, V + 60

Females under 35, V + 35, V + 45, V + 55

1st Police Force

Fast Flat Course / Chip Timing /
Race Momento

Entry Fee: £14.00

Please Indicate TShirt Size Required :

Small / Medium / Large / Extra Large
(Please circle one)

Closing date for postal entries:

August 22nd 2013

Forms & cheques to be sent to:

Healthy Life Activities
111 Penygarn Rd, Tycroes, Ammanford,
SA18 3PF

Cheques payable to:
Healthy Life Activities

No Race Entry on the day

Register on line at :

www.healthylifeactivities.co.uk

Enquiries – Noelwyn 07968859260

ENTRY FORM:

Name: _____

Surname: _____

Address: _____

Post Code: _____

Email: _____

Age : _____

UK Police Force: _____

Gender: M F

Please select race – circle the correct age category

Male : Senior

40 +

50+

60+

Female : Senior

35+

45 +

55+

DECLARATION:

I declare that I will abide by the rules of UK Athletics. I accept that the organisers will not be responsible for any loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event, however caused. I further declare that you may use my name, voice or picture in any broadcast, telecast, promotion or other account. I consent to the use of my name or records pursuant to the Data Protection Act 1998.

Signed: _____ Date: _____