

Llanelli



22nd June 2008



Clwb Triathlon Llanelli & Carmarthenshire County Council

Invite You To The

Llanelli Waterside 10K

Llanelli Festival Fields

EVENT INCLUDES JUNIOR RACES

Junior Races Start 9:45am



10K Details - 11:00am RACE Start

- A marshalled, traffic free course with water stations, kilometre distance markers and time display clock
• Fast course within the award winning Millennium Coastal Park; suitable for runners & power walkers
• Prizes for male & female race winners and prizes awarded in all categories.
• Athletes with disabilities are welcome, including wheelchair athletes
• T-Shirt to all finishers
• Trophies for category winners
• Electronic Chip Timing for each participant & results will be available via post and on race website
• Toilets, showers, parking & refreshments available at event
• Beautiful scenery with views over the Loughor Estuary to the Gower Peninsular
• 1st aid cover provided by St. John Ambulance
• For further details please visit www.10k.org.uk

ENTRY DETAILS MUST BE COMPLETED ACCURATELY, CLEARLY AND IN FULL

Form fields for personal details: Surname, Address 1, Town/City, Telephone, Male/Female, UKA Affiliated, First Claim Club, First Names, Address 2, County, Post Code, Email, Age, DOB, UKA Registration Number, Senior category male/female, T-Shirt Size.

If preferred you can enter on-line @ www.RunnersWorld.co.uk

Held under UK Athletics rules: Race permit no:- TBA Certificate of course accuracy no:- TBA

NO ENTRIES ON THE DAY

Entry Fee:- Affiliated to Welsh Athletics - £10 Not Affiliated - £12

Closing date for postal entries is:- 17th June 2008. Cheques made payable to:- Llanelli 10k

Race numbers, timing chips, and pre event information to be posted in advance of event.

Donation to Macmillan Cancer Support (Please separate from event payment and enter sum in box) £

Please advise where race found:-

DECLARATION:- I declare that I will abide by the rules of UK Athletics. For the 10k event I will be 15 years or over on the day of the race . 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:-

Please return entry forms to:- Tim Gasser, 64 Pennant Road, Swiss Valley, Llanelli, Carmarthenshire. SA14 8EW

For further information, please contact Tim:- Tel (Home):- 01554 758036. Tel (Mob):- 07796 684094. Email:- enquiries@10k.org.uk