



MT10 2012

Fast, undulating and traffic-free 10 mile multi-terrain race
11:00 a.m. Sunday 25th November 2012

Pembrey Country Park - Nr.Llanelli

The Country Park is off the A484 Llanelli to Carmarthen coast road just outside Burry Port. Once inside the Park (£2.50 entry fee) follow the road straight on until the signs and marshals become visible. Parking in official car parks only

Entry fees: Affiliated £15.00 - Unaffiliated £17.00 ENTRIES ON THE DAY £2 Extra
(Unaffiliated runners entering on the day = £19 those with proof of Athletics Association No: £17 On the day)

Memento and Winners Prizes

[Please note: Athletics Association No. must be supplied in order to pay the Affiliated entry fee]

Minimum age - 17 years on day of race

Cut-off times at Mile 3 - 45mins. and at Mile 7 - 1hr. 30mins.

Chips and race numbers collected on the day. For further information, please email
sospanroadrunners@hotmail.co.uk Race results available on the day and on www.sospanroadrunners.co.uk

First Name: _____ **Surname:** _____

Address: _____

_____ **Post Code:** _____

Phone No. _____ **Entry fee:** £ _____

Age on day of race: _____ **Date of birth:** ____/____/____

e-mail Address: _____ **Sex:** M ☐ F ☐

Club: _____ **A.A. no.** _____

No Mixed Teams

Team Name (if applicable) _____ **(M or F teams of 4 runners)**

Declaration: I accept that I take part in this event at my own risk and that the organisers shall not be liable for any accident, injury or loss as a consequence of my participation. I will abide by UK Athletics and Sospan Road Runners rules for this event.

Signed: _____ **Date:** _____

Please send completed entry form and cheque (made payable to 'Sospan Road Runners') to Arwel Davies.
105, Heol Y Banc, Bancffosfelen, Llanelli. Carmarthenshire. SA15 5 DL

Sospan Road Runners will NOT be responsible for any entries lost in the post. You will receive an confirmation e mail once you're your entry has been received... Good luck and enjoy your run!!