

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

Event Official Charity
MACMILLAN.
CANCER SUPPORTEvent Official Charity
MACMILLAN.
CANCER SUPPORT**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

Surname:-	First Names:-
Address 1:-	Address 2:-
Town / City:-	County:-	Post Code:-
Telephone:-	Email:-
Male / Female (Insert M or F)	<input type="text"/>	Age (On day of race)	<input type="text"/> DOB:-
UKA Affiliated (Insert Yes or No)	<input type="text"/>	UKA Registration Number:-
First Claim Club:-		
Senior category male (Please circle)	<input type="text"/> Senior	<input type="text"/> V40	<input type="text"/> V50
	<input type="text"/> V60	<input type="text"/> Wheelchair Athlete	
Senior category female (Please circle)	<input type="text"/> Senior	<input type="text"/> V35	<input type="text"/> V45
	<input type="text"/> V55	<input type="text"/> Wheelchair Athlete	
T-Shirt Size (Please circle)	<input type="text"/> S	<input type="text"/> M	<input type="text"/> L
	<input type="text"/> XL		

If preferred you can enter on-line @ **www.RunnersWorld.co.uk/L10k**

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**