

Clwb Triathlon Llanelli & Carmarthenshire County Council

Invite You To The

Llanelli Waterside 10K**Junior Races and Fun Runs**

Event Starts 9:45am - Llanelli Festival Fields

Event Official Charity
MACMILLAN.
CANCER SUPPORTEvent Official Charity
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CANCER SUPPORT**Junior Races - Event Details - 9:45am Start**

- A great **FUN DAY** for the whole family
- **Medal** to all finishers
- Fairground attractions and **children's rides**
- Athletes with disabilities are welcome, including **wheelchair athletes**
- **FREE** face painting, caricatures and children's entertainment
- Candy Floss and sweet stall
- For **further details** please visit **www.10k.org.uk**

Children's Event Timetable

09:45am	400m	Under 7 Years	Boys & Girls
10:00am	600m	7 to 9 Years -	Boys & Girls
10:10am	1000m	10 & 11 Years -	Boys & Girls
10:20am	1500m	12 & 13 Years -	Boys & Girls
10:30am	2000m	14 & 15 Years -	Boys & Girls

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="checkbox"/>	Age (On day of race)	DOB:-					
Junior category Boys (Please circle)	<table border="1"> <tbody> <tr> <td>Under 7 JM1</td> <td>7 to 9 JM2</td> <td>10 & 11 JM3</td> <td>12 & 13 JM4</td> <td>14 & 15 JM5</td> </tr> </tbody> </table>	Under 7 JM1	7 to 9 JM2	10 & 11 JM3	12 & 13 JM4	14 & 15 JM5		
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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

Entry Fee:- £4 - Cheques made payable to:- **Llanelli 10k****Closing date** for postal entries is:- 17th June 2008**Race numbers**, and pre event information to be posted in advance of event.**Please advise** where race found:- _____

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 199

Participants for any Junior race to be signed for by guardian or parent**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. Email:- **enquiries@10k.org.uk**