

PLEASE PRINT YOUR ADDRESS ON THE BACK OF THE FORM



10 MILE MULTI-TERRAIN 2007

Fast, undulating and traffic-free route

11:00 a.m. Sunday 25th November 2007

Pembrey Country Park - nr. Llanelli

[The Country Park can be found off the A484 Llanelli to Carmarthen coast road just outside Burry Port. Once inside the Park, follow the road straight on until the signs and marshalls become visible]

Entry fees : Affiliated - £9.00 Unaffiliated - £10.00 Entry on day - £1 extra

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

Closing date for postal entries - 12th November 2007

Minimum age - 17 years on day of race

Race numbers will be posted to all runners whose entry forms are received by the closing date. All other numbers must be collected on the day.

For further information, please contact Gillian Phillips on 01269 860671 or aurameg@hotmail.com

Race results available on website www.sospanroadrunners.co.uk or by post on provision of a stamped, addressed envelope.

ENTRY FORM (Please print)

First Name: _____ **Surname:** _____

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

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

e-mail Address: _____ **Gender:** M F

Club: _____

Athletics Association No. _____

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 Gillian Phillips, "Little Croft", Five Roads, Llanelli, Carm., Wales SA15 5YU