



AND POWER WALKERS

## 10 MILE MULTI-TERRAIN 2009

Fast, undulating and traffic-free route

11:00 a.m. Sunday 22nd November 2009

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 - £12.00 Unaffiliated - £14.00 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 - 13<sup>th</sup> November 2009 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](http://www.sospanroadrunners.co.uk) or by post on provision of a stamped, addressed envelope.

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: \_\_\_\_\_

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, Carms., Wales SA15 5YU. **PLEASE INCLUDE SAE.**

