



www.cardiffrunningevents.org



Bib # (Official Use Only)

We have been running this event since 2014 as an in-house event for Les Croupiers RC, but we have decided to open it up in 2018.

It seems more significant now that we had decided to open this event up in 2018, following the death of Sir Roger Bannister on 3<sup>rd</sup> March 2018 this year will be a double celebration – not only marking the barrier he broke but also the man himself.

The event will be a series of small races which will be seeded after the closing date.

The first race will start at 7.00pm, with number collection open from 5.45pm, this will be located near the Finish area. Pre-entries only, NO ENTRIES ON THE DAY.

Races will Start and Finish by the Blackweir changing rooms, next to the ambulance depot.

Entry Fees per Race : £4 Affiliated £6 Non Affiliated

Completed forms should be returned to : Entries, 148 Campbell Drive, Windsor Quay, Cardiff CF11 7TQ

Cheques made payable to: Phil Cook

PLEASE PRINT LEGIBLY

Name \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Phone \_\_\_\_\_

e-mail \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on Day \_\_\_\_\_ Male / Female

Athletics Club \_\_\_\_\_

Athletics Reg No. \_\_\_\_\_ Predicted Finishing Time \_\_\_\_\_

Declaration : I accept that the organisers shall not be held responsible for any loss, damage, action costs or expenses which may arise in consequence of my/this child's participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian if under 18



Held under UKA and Welsh Athletics Rules

Permit applied for

