



Cardiff 1 Hour Track Classic

www.cardiffrunningevents.org

Sunday 1st September 2013 ~ 11.00am Start

The rebirth in 2012 of a once Classic event, the previous time a 1 hour event was held in Cardiff was May 2004. Are YOU up for the Challenge, how far can YOU run in 60 mins??

Entry Fees: £10 Affiliated £13 Non Affiliated **ENTRIES ON THE DAY**

Collect your numbers on the day between 10.00am and 10.40am.

RUNNERS WILL BE RESPONSIBLE FOR SUPPLYING THEIR OWN LAP RECORDERS.

Name _____

Address _____

Post Code _____ **Phone** _____

e-mail _____

D. o. B _____ **Age on Day of Race** _____ **Male / Female**

Athletics Club _____

UK Athletics Reg No. _____

Name of Lap Scorer _____

- Cheques payable to : **Les Croupiers Running Club**
- Send entries to : **148 Campbell Drive, Windsor Quay, Cardiff CF11 7TQ**
- Closing date for postal entries : **Wednesday 28th August 2013**
- Entrants must be **18 years or older on the Day**

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 participation in this event.

Signature _____ **Date** _____

Held under UKA and Welsh Athletics Rules

Permit applied for

