



Pontcanna 5 mile



www.cardiffrunningevents.org

Sunday 6th July 2014 ~ 9.30am Start

This was a New event for 2012, 5 miles seems to be a rare distance these days so we thought we would give runners the opportunity to try out this once popular test. This is a flat 2 lap course.

Entry Fees: £8 Affiliated £10 Non Affiliated

Entries on the day + £1 (Late Registration closes at 9.00am)

The race will start at 9.30am, with registration open from 8.00am to 9.00am. There will be limited changing facilities at LLandaff RFC. Registration will take place at the Start/Finish area on the Spine Road in Pontcanna Fields, collect your number on the day from here.

Name _____

Address _____

Post Code _____ **Phone** _____

e-mail _____

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

Athletics Club _____

UK Athletics Reg No. _____

- Cheques payable to : **Les Croupiers Running Club**
- Send entries to : **148 Campbell Drive, Windsor Quay, Cardiff CF11 7TQ**
- Closing date for postal entries : Wednesday 2nd July 2014

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

