

Wed 1st August
2018
7.30pm



5Km Run followed by BBQ

www.cardiffrunningevents.org

This event started in 2010 giving you a chance to try for that late Summer Blast out, then join us back at Llandaff Rugby Club for a BBQ ~ 1st item from the BBQ is free with your Race Number.

Entry Fees: £6 Affiliated £8 Non Affiliated
Entries on the day + £1 (Late Registration closes at 7.00pm)

Prize List: 1st, 2nd, 3rd Male and Female + Age Group Winners
{FV35, FV45, FV55, MV40, MV50, MV60}

Presentation of Awards will take place at Llandaff Rugby Club at the BBQ

Race HQ and Late Registration:

Llandaff Rugby Club, Western Avenue, Cardiff CF5 2AZ

Parking:

Is available at Llandaff Rugby Club, Cardiff Met Uni (UWIC) and Tesco ~ please check for parking restrictions

Course:

The course is the same as the one used for Cardiff parkrun, which starts and finishes on the Taff Trail alongside Tesco Extra.



Held under UKA and Welsh Athletics Rules

Permit applied for

Summer Sizzler 5Km

Held under UKA Rules Permit applied for
PLEASE PRINT LEGIBLY

Race # (Official Use Only)

Name _____

Address _____

Post Code _____ Phone _____

e-mail _____

Date of Birth _____ Age _____ Male / Female

Athletics Club _____

Athletics Reg No. _____

Signature _____ Date _____

Parent/Guardian if under 18

- Closing Date for Postal Entries : **Sunday 29th July 2018**
- Cheques payable to : **Phil Cook**
- Send entries to : **Entries, 148 Campbell Drive, Windsor Quay, Cardiff CF11 7TQ**
- 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.



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