



www.cardiffrunningevents.org



Back again for 2016, the series will consist of 4 races. As with previous years, we are aiming to organise these events along the same simplistic back to basics line.

The race will start at 7.30pm, with registration open from 6.15pm and close at 7.15pm, this will be located near the Start/Finish area for each event.

Races will Start and Finish on the Spine Road in Pontcanna Fields.

The Series Results will be done on the Cumulative Time over the 4 events.

1 mile ~ Friday 29th April 2016

2 mile ~ Friday 27th May 2016

3 mile ~ Friday 10th June 2016

4 mile ~ Friday 1st July 2016

Entry Fees per Race : £3 Affiliated £5 Non Affiliated

Name _____

Address _____

Post Code _____

Phone _____

e-mail _____

Age on Day of Race _____

Male / Female

Athletics Club _____

Welsh Athletics Reg No. _____

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

