



www.cardiffrunningevents.org



Bib # (Official Use Only)

We are back again; 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 5.45pm and close at 7.10pm, 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     2 mile     3 mile     4 mile

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

PLEASE PRINT LEGIBLY

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

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

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

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

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

