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The Chase 5K

Bib # (Official Use Only)

Having been in the planning for a while we finally managed to put the details in place for 2016 and will be returning in 2018. The course will follow the parkrun course.

The event is a type of Handicap with 2 start times. All the Ladies will start at 7.00pm and all the Men starting at approx 7.02pm with the intention of the first Lady and first Man finishing at approximately the same time.

Online entries and postal entries will close Sunday 2nd September 2018

Entries on the night from 5.45pm, and close at 6.40pm

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

Completed forms should be returned to : **Entries, 148 Campbell Drive, Windsor Quay, Cardiff CF11 7TQ**

Cheques made payable to: Phil Cook

PLEASE PRINT LEGIBLY

Name _____

Address _____

Post Code _____

Phone _____

e-mail _____

Date of Birth _____

Age on Day _____

Male / Female

Athletics Club _____

Athletics Reg No. _____

Recent 5K Time _____

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

