



MALDWYN HARRIERS MID WALES RACE SERIES 2009
10K ROAD RACE & FUN RUN

2nd IN THE SERIES

New course over road and footpaths along the River Severn
SUNDAY 3rd MAY 2009

Course Measurement Cert No: W/09/

Permit No: 2009/3/5

Fun Run starts at 11.00am - Main Race starts at 11.30

(Under 9's must be accompanied by an adult)

Race run under UKA Rules

(15 years and over)

Course not suitable for wheelchairs

VENUE: Registration and start at Latham Park, Newtown Football Club, SY16 1EN

This event can be run as an individual race or part of the series

First aid, showers and toilets, drink stations

Entry fees: £6.00 Club (Series £25.00) £8.00 U/A (Series £35.00) *Entries on the day £1.00 extra*

Fun Run Entry £2.00

Awards in all categories and prize to all fun runners

(4 out of 5 races to count for the series) † shirts available for series entrants

ENTRIES TO: Steve & Caroline Orrells, 15 Dysart Terrace, Canal Road, Newtown, Powys, SY16 2JL. Telephone: 01686 624211

www.maldwynharriers.org.uk or orrells@hotmail.co.uk

****Please pick up your number on the day of the race. If you are a series entrant please keep your number for all the races and report at each race. Thank you****

Last chance to enter the series

Please accept my entry for the Newtown 10K Race/Fun Run/Series on Sunday 3rd May 2009

NAMEM/F AGE ON DAY

ADDRESS

D.O.B..... TELEPHONE NUMBER.....

Registration NumberClub

Fees: for this race only £ 6.00 Club £ 8.00 U/A Payable to Maldwyn Harriers

Fees: Series £25.00 Club £ 35.00 U/A

Entries on the day £1.00 extra

Fees: Fun Run £2.00

Series Entrants - please state if you would like a Series T Shirt at £3.00 each:

Small () Medium () Large ()

The organisers of this race will not be responsible for any loss or injury to myself or my property while I attend this event. I am medically fit to run and I agree to abide by UKA laws. I declare that I am an amateur runner.

Signed Date

Signed (Under 16's - Parent signs) Date