



Prestatyn Running Club



Sun Centre 5K

(Including North Wales Championships)

Wednesday 27th May 2009 at 7.15pm

Sponsored by
Rhyll Town
Council

Start, finish, registration, car parking and presentation at:-

Sun Centre, East Parade, Rhyll, LL18 3AQ

To be run under U.K.A. rules: Accurate measured course. Permit No: applied for

Entry Fees - £5 Attached; £7 Unattached; 50p extra for championship status;

£1.00 extra for entries on the night

Prizes In All Categories

Please complete the entry form with fee (Cheques payable to Prestatyn Running Club) and S.A.E. to

Sun Centre 5k,
15 West Avenue,
Bryn Newydd,
Prestatyn,
Denbighshire.
LL19 9EY

Postal entries closing date 20th May 2009

Personal headsets must **NOT** be worn during the race

Please make sure the correct postage is on the envelopes.

Sun Centre 5K Entry Form

Surname: _____ First Name: _____

Address: _____

Post Code: _____ Telephone Number: _____

Age (on race day) _____ Club _____

D.O.B. _____ W.A. Registration _____

North Wales Championship 50p Sex Male / Female

- I declare that I am an amateur as defined by the uk athletics rules
- I certify that I am fit to run and understand that the organisers of the event will in no way be held responsible for an injury, illness or loss during the event

Signed: _____ Date: _____ Fee enclosed £ _____