

# DEGANWY PROM DAY

www.deganwydash.co.uk

www.deganwypromday.org.uk

## 5th Annual Deganwy Dash 2013

5 miles flat scenic coastal course

Friday, 3 1st May, 7.15p.m.

The course (out and back) is run on the Deganwy/Conwy Cycle Path, starting at the breakwater halfway between Deganwy beach and West Shore (Grid ref. SH 772 806), leaving the path for a short run on the road to the Quay Hotel roundabout then back onto the path. Continuing to the base of the footbridge (Grid ref. SH 785 775) by Conwy Castle, turn around and run back to finish on the Green at Deganwy Beach (Grid ref. SH 775 797).

Deganwy Dash is part of Deganwy Prom Day which will be held on **Saturday 1st June from 11a.m.**

After the 2012 event donations totalling £820.00 were made to local charitable groups in Deganwy, Conwy, Llandudno and Colwyn Bay

Entry fee for all entrants is £7.00

Entries close on 30 May or when entry limit of 200 runners is reached. Entries on day (+ £2.00) will be accepted if race limit is not reached. Minimum age 15 years on day of race, parent/guardian consent required for under 18 years of age. Race numbers are not transferable. After acceptance entry fees are non refundable. ACKNOWLEDGEMENT OF ACCEPTANCE WILL BE BY EMAIL.

**FREE CASH DRAW FOR ALL PARTICIPANTS, DETAILS ON ENTRY ACKNOWLEDGEMENT**

**REGISTER BY DEGANWY BEACH (at the finish area) 6.00 to 7.00p.m.**

Cash Prizes: Male: 1st Male to finish. u/20 20+ 30+ 40+ 50+ Trophy to first Local  
(Subject to entries) Female: 1st Female to finish. u/20 20+ 30+ 40+ 50+ Trophy to first Local



**DEGANWY DASH 2013** Please use CAPITAL LETTERS

Full name.....

Address.....

..... Post code.....

Email address .....

Tel no. (inc. std)..... D.o.b...../...../.....

Club..... Age on day of race.....

Please complete this form, detach and send with entry fee of £7.00 to:  
Geoff Clegg, West Point (Ground Floor) 19 Deganwy Road, Deganwy LL31 9DL  
Email: g7hgc@btinternet.com Telephone: 01492 582631

Please make cheque payable to 'Deganwy Prom Day' and include a sae if you do not have an email address Results will be emailed and published on the website

I understand that the organisers accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this event. I have no record health problems that might give rise to problems before, during and after the event, and that I run entirely at my own risk.

Competitor's Signature.....Date.....

(Parent/Guardian to sign for under 18 years of age)

Office use only	
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**MINIMUM AGE**  
**15 years**  
(Age on day of race)

Tick category entered	
MALE	FEMALE
u/20 <input type="checkbox"/>	u/20 <input type="checkbox"/>
20+ <input type="checkbox"/>	20+ <input type="checkbox"/>
30+ <input type="checkbox"/>	30+ <input type="checkbox"/>
40+ <input type="checkbox"/>	40+ <input type="checkbox"/>
50+ <input type="checkbox"/>	50+ <input type="checkbox"/>