



Council

Sun Centre 5K

(Including North Wales Championships & 1K Junior Race)

Wednesday 29th May 2013 Junior race (1000m) at 6.30pm and 5k at 7.15pm

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

Sun Centre, East Parade, Rhyl, LL18 3AQ

To be run under U.K.A. rules: Accurately measured course. Permit Licence: Applied for

Entry Fees - £1 Juniors (Ages 8-15 years old)

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

£1.00 extra for entries on the night (except Juniors)

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 22nd May 2013

Personal headsets must NOT be worn during the race



WELSH ATHLETICS
ATHLETAU CYMRU

Please make sure the correct postage is on the envelopes.

Sun Centre 5K Entry Form

5K

1K

Race Number _____

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 £ _____