



# MALDWYN HARRIERS MID WALES RACE SERIES 2013

## BAR-B-QUE 5K ROAD RACE AND FUN RUN

4th IN THE SERIES

Out and back along the River Severn

FRIDAY 5<sup>TH</sup> July 2013

Course Measurement Cert No: *applied for*

Permit No: *applied for*

**Fun run starts at 7pm**

-

**Main race starts at 7.30pm**

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

Race run under UKA Rules

(12 years and over)

*Course suitable for wheelchairs and prams*

**VENUE: Latham Park, Newtown Football Club, SY16 1EN**

**New road layout coming into Newtown**

**First aid, showers and toilets available,**

**Entry fees: £6.00 Club £8.00 U/A Fun Run entry fee £2.00**

**Awards in all categories and prize to all fun runners**

**BRING THE FAMILY ALONG AND ENJOY A BAR-B-QUE**

**ENTRIES TO: Paul Beeson Y Felin Old Hall Llanidloes Powys SY18 6PW 01686 411354**

**www.maldwynharriers.org.uk or danny@newtownoaks.freeserve.co.uk**

**Please accept my entry for the Newtown BBQ 5K Race/Fun Run  
on Friday 5th July 2013**

**Age Group (Please circle relevant age group)**

**U20 Senior V35 V40 V45 V50 V55 V60 V65 V70 V75**

NAME .....M/F .....AGE ON DAY .....

ADDRESS .....

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

Registration Number .....Club .....

Fees: £ 6.00 Club £ 8.00 U/A

Payable to Maldwyn Harriers

**Fun Run entry fee £2.00**

*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 .....**