



10 Mile Road Race

Ras 10 Milltir

(Under UK Athletics Laws)



WELSH ATHLETICS  
ATHLETAU CYMRU

Trophies to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in all categories  
High Tech Race T-Shirt awarded to all who Finish

September 11<sup>th</sup> 2013



SEPTEMBER 11<sup>TH</sup> 2013

PSUK 10 Mile Road race  
2:00pm START

Trophy Categories

1<sup>st</sup> Overall Male & Female

Males under 40, V + 40, V + 50, V + 60

Females under 35, V + 35, V + 45, V + 55

1<sup>st</sup> Police Force

Fast Flat Course / Chip Timing /  
Race Momento

Entry Fee: £14.00

Please Indicate TShirt Size Required :

Small / Medium / Large / Extra Large  
( Please circle one )

Closing date for postal entries:

August 22<sup>nd</sup> 2013

Forms & cheques to be sent to:

Healthy Life Activities  
111 Penygarn Rd, Tycroes, Ammanford,  
SA18 3PF

Cheques payable to:  
Healthy Life Activities

No Race Entry on the day

Register on line at :

[www.healthylifeactivities.co.uk](http://www.healthylifeactivities.co.uk)

Enquiries – Noelwyn 07968859260

## ENTRY FORM:

Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Email: \_\_\_\_\_

Age : \_\_\_\_\_

UK Police Force: \_\_\_\_\_

Gender:  M  F

Please select race – circle the correct age category

Male : Senior

40 +

50+

60+

Female : Senior

35+

45 +

55+

### DECLARATION:

I declare that I will abide by the rules of UK Athletics. I accept that the organisers will not be responsible for any loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event, however caused. I further declare that you may use my name, voice or picture in any broadcast, telecast, promotion or other account. I consent to the use of my name or records pursuant to the Data Protection Act 1998.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_