

DEGANWY PROM DAY

Deganwy Dash 2011

5 miles Fast flat scenic course

Friday, 3rd June, 7.15p.m.

The course (out and back) is and run on the Deganwy/Conwy Cycle Path, starting at the breakwater halfway between Deganwy beach and West Shore, leaving the path for a short run on the road to the Quay Hotel roundabout then back onto the path. Continues to the base of the footbridge by Conwy Castle, turn round and run back to finish on the Green at Deganwy Beach. The event is part of Deganwy Prom Day which is to be held on Saturday 4th June from 12 noon

Entry fee for all entrants is £6.00

Entries close on 2nd June 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 16 years on day of race, parent/guardian consent required for under 17 years of age. Race numbers are not transferable. After acceptance entry fees are non refundable. Acknowledgement of acceptance will be by email. The event is insured for Civil and Public Liability and run under WFRA rules.

FREE CASH DRAW FOR ALL PARTICIPANTS, DETAILS ON ENTRY ACKNOWLEDGEMENT

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

Prizes: Male: 1st Male to finish. u/18, u/35, o/35, o/45, o/55 1st Local
Subject to entries Female: 1st Female to finish. u/18, u/35, o/35, o/45, o/55, 1st Local
Certificate to all finishers.



DEGANWY DASH 2011 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 and send with entry fee of £6.00 (cheque payable to Deganwy Prom Day). together S.A.E. (C5 229x162mm) to:
Geoff Clegg, West Point (Ground Floor) 19 Deganwy Road, Deganwy LL31 9DL
Email: g7hgc@btinternet.com Telephone: 01492 589513

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 17 years of age)

Office
use only

MINIMUM AGE
16 years
(Age on day of race)

Tick category entered

MALE	FEMALE
u/18 <input type="checkbox"/>	u/18 <input type="checkbox"/>
u/35 <input type="checkbox"/>	u/35 <input type="checkbox"/>
o/35 <input type="checkbox"/>	o/35 <input type="checkbox"/>
o/45 <input type="checkbox"/>	o/45 <input type="checkbox"/>
o/55 <input type="checkbox"/>	o/55 <input type="checkbox"/>