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NORTH WALES ROAD RUNNERS CLUB PROUDLY PRESENTS THE 19th

LLANDUDNO NICK BEER 10K ROAD RACE

SUNDAY 13th FEBRUARY 2011 – 12:00 NOON START

THE RACE START IS AT THE CENOTAPH PIER ENTRANCE 1 Km FROM RACE HEADQUARTERS

Race HQ venue **cymru** (Promenade) - formerly North Wales Conference Centre

GREAT ORME SCENIC COURSE

Race Certificate: Applied For:

Course not Suitable for wheel chairs No dogs or Cycles allowed on the course

ONLINE ENTRY & ENTRY FORMS AT www.nwrrc.co.uk Email: kay@hatton410.fsnet.co.uk

EVENT RUN UNDER UK ATHLETICS RULES

CHIP TIMING

NO ipod/mp3/personal stereo to be used.



Awards:

CASH PRIZES for all category winners 1st Male & 1st Female £100

Male 1st 3 overall, First 3 O/35, First 3 O/40, First 3 O/45, First 3 O/50, First 3 O/55, First 3 O/60, First 2 O/65 First O/70

Female 1st 3 overall, First 3 O/35, First 3 O/40, First 3 O/45, First 3 O/50, First 3 O/55, First 2 O/60, First O/65

Junior (u/20) 1st & 2nd Male & Female

Team Male and Female (3 to run 3 to count from affiliated clubs only)

NOTE: IF A VETERAN OR JUNIOR RUNNER IS PLACED IN THE FIRST 3 OVERALL THEY WILL ONLY BE AWARDED THE OVERALL PRIZE.

- Entry fee includes donations to *The Association of Spina Bifida & Hydrocephalus, Hope House - Ty Gobaith, St Johns Ambulance & Childline.*
- **ENTRY FEES** £11.00 UK:A Registered £13.00 non-affiliated.
- **LIMITED ENTRIES ON THE DAY** £12.00 UK:A affiliated non-affiliated £14.00 entry fee non refundable
- **CLUB VESTS MUST BE WORN** by affiliated runners.
- **POSTAL ENTRIES** Send your completed entry form, 9" x 4" SAE for number and information. Cheques payable to NWRRC, and return to:
The Race Secretary, 54 Cherry Tree Lane, Colwyn Bay, LL28 5YH.
(IF NO SAE IS ENCLOSED, NUMBER & CHIP WILL BE HELD FOR COLLECTION ON RACE DAY)
- Numbers will be sent out after 10th January. Closing date for postal entries: 7th February.

**IT IS ADVISABLE TO ENTER EARLY AS ENTRIES ON THE DAY ARE LIMITED
ENTRIES ON THE DAY CLOSE AT 11:30 RACE LIMIT 700**



FIRST NAMESurname

Address.....

Post Code..... Telephone: Day..... Evening.....

Date of Birth..... Age on Race Day:..... Male/Female.....

First Claim Affiliated Club: Fee enclosed: £.....

Tick category entered Email address:.....

UK:A Affiliation Number: Mobile Number.....

	MALE		FEMALE
U/20 yrs		U/20 yrs	
U/35 yrs		U/35 yrs	
35+		35+	
40+		40+	
45+		45+	
50+		50+	
55+		55+	
60+		60+	
65+		65+	
70+			

Your mobile number is important if you want your finishing time automatically sent to your mobile.

Team Name: Affiliated Clubs Only
Best 3 male and 3 female from affiliated clubs only

For Hotel or Guesthouse accommodation
Llandudno Tourist Office 01492 577577

Please note that the minimum age for entries to a 10K race is 15 years. Written parental consent from entrants who will be under 17 years on race day is required with applications. Running on a road is a fundamentally dangerous practise. Whilst the organisers take reasonable steps to safeguard runners in the race they cannot guarantee the safety of runners. It should be noted that there are no road closures and therefore traffic has access to roads used in the race and drivers may disregard the requests of marshals. There are pavements for the entire length of the course and in entering the race you should be aware that the safest option is to run on the pavement taking care when crossing the road. In running on the road you are taking a conscious decision to put yourself at risk and are accepting that whilst the race organisers are making every reasonable effort to safeguard runners they cannot control all potential hazards. I have read the above and in signing this entry form acknowledge that I am running entirely at my own risk and the race organisers will accept no liability whatsoever

Signed.....Date.....