

# Llanelli Waterside 10K



11:00am 21<sup>st</sup> June 2009



Enter on-line at

[www.RunnersWorld.co.uk/L10K](http://www.RunnersWorld.co.uk/L10K)

- **Fast & traffic free** course; suitable for Runners, Fun Runners & **Power Walkers**
- Electronic **Chip** Timing • **Memento** to all finishers • **Cash prize** for race winners
- Toilets, **free parking** and refreshments • Beautiful scenery • First aid cover

**PLEASE ENTER EARLY ..... NO ENTRIES ON THE DAY**

ENTRY DETAILS **MUST** BE COMPLETED ACCURATELY, CLEARLY AND IN FULL

FIRST NAME:-	SURNAME:-				
ADDRESS 1:-	ADDRESS 2:-				
TOWN / CITY:-	COUNTY:-	POST CODE:-			
PHONE:-	Email:-				
GENDER (M or F)	AGE (On day of race)	DOB:-			
UKA Affiliated (Yes or No)	First Claim Club:-				
CATEGORY MALE (Please circle)	M Senior	M40	M50	M60	Wheelchair Athlete
CATEGORY FEMALE (Please circle)	F Senior	F35	F45	F55	Wheelchair Athlete

**Entry Fee:-** Affiliated to Welsh Athletics or UK Athletics - **£10** Not Affiliated - **£12**

**Postal closing date:- 19th June 2009. Cheques made payable to:- Llanelli 10K**

**Race numbers, timing chips, and pre event information to be posted in advance of event.**

**PLEASE ADVISE** where race found:-

**DECLARATION:-** I declare that I will abide by the rules of UK Athletics. I will be 15 years or over on the day of the race . 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:-** \_\_\_\_\_

**Please return entry forms to:-** L10K, 64 Pennant Rd, Swiss Valley, Llanelli, Carms. SA14 8EW

**Contact Tim:- Tel:- 01554 758036 Mob:- 07796 684094 Email:- [enquiries@10K.org.uk](mailto:enquiries@10K.org.uk)**

**[www.10k.org.uk](http://www.10k.org.uk)**

**Held under UK Athletics rules: Race permit no:- TBA Certificate of course accuracy no:- W09 / 375**