

CHIRK CASTLE 10km Road Race

Sunday 5th April 2009

Associated with Wrexham A.A.C. Held under B.A.F. rules Permit No. 2009/5/4 (applied for)

Start Time: 9.30 am

Entry fees: £6.00 affiliated; £8.00 unaffiliated; £1.00 extra on the day

Age Groups: 15-19: 20-34: 35-39: 40-44: 45-49: 50-54: 55-59: 60+

Awards: Cash prizes for category winners. Memento for all runners. Spot prizes

REFRESHMENT AND TOILET FACILITIES AVAILABLE

Registered Charity Number 205846

Please return your completed entry form by: Friday 27th March 2009

To: The National Trust, Road Race Office, Chirk Castle, Chirk, Wrexham, LL14 5AF. Tel: 01691 776301

FULL NAME: Mr/Mrs/Miss

FULL ADDRESS:

.....Postcode:.....Tel. No:

MALE/FEMALE(delete as appropriate) **AGE on race day:**..... **DOB:**.....

CATEGORY ENTERED: (Age on day of race.)

MALE: 15-19: 20-34: 35-39: 40-44: 45-49: 50-54: 55-59: 60+: (Please circle)

FEMALE: 15-19: 20-34: 35-39: 40-44: 45-49: 50-54: 55-59: 60+: (Please circle)

AFFILIATED TO:Club/Not Affiliated

A.A.W. Registration No:

Admission Fee of £..... enclosed. Cheques payable to: The National Trust.
(Please send SAE for confirmation and numbers)

I am medically fit to run and understand that I run entirely at my own risk and that the organisers will not be held responsible for any injury incurred during, or as a result of, taking part in this event, or for any loss or damage to property.

SIGNED:

DATE

Parent/Guardian to sign if under 16 years of age