

# Bwlchygroes 10K

Organised by TROT Running Club

**THURSDAY 18th June 2009 @ 7.15 pm**

Name..... Club 1st Claim.....

Address.....

.....  
Date of Birth...../...../..... Age..... M / F AAW No:.....

## Categories

Open Male = OM Vet Male: 40-49 = M40 Vet Male 50+ = M50

Open Female = OF Vet Female: 35-44 = F35 Vet Female 45+ = F45

Male & Female Club Teams

ENTER CATEGORY AS ABOVE

OFFICIAL USE          NUMBER


I understand that I participate entirely at my own risk and that the organisers will not be responsible for any damage, injury or loss however caused.

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

We would like to use the details you have provided today to send information packs on future races. We will not pass on this information to any third party. Do you agree to this? YES  NO

Please send your completed application, fee & an SAE to:

Dwyfor Morgan  
Glan Y Gors  
Pwll Trap  
St Clears  
SA33 4AX

Tel: 01994 231140

Entry fee £7.00 for AAW members

Unattached £9.00

Please make all cheques payable to TROT

AAW Rules apply  
AAW Permit received

Time keeping & results by  
[www.onlineraceresults.co.uk](http://www.onlineraceresults.co.uk)

For further information about the TROT running club and other races, please visit our website.

[www.trots.org.uk](http://www.trots.org.uk)