

Tenby 10K 2010

sponsored by



coastal cottages
of **Pembrokeshire**

www.coastalcottages.co.uk

SUNDAY 25th July 2010

11.00 am @ Tudor Square, Tenby

organised by

TROT Running Club, St Clears

www.trots.org.uk/tenby10k.html

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 + Business teams

ENTER CATEGORY AS ABOVE

OFFICIAL USE

NUMBER



*Medals and T-shirts will be presented to all runners. The fastest male and the fastest female runner to complete the course will be offered the prize of a weekend break by the race sponsor Coastal Cottages of Pembrokeshire, subject to terms and conditions. Cash prizes will be presented to age category winners. Please refer to www.trots.org.uk/tenby10k.html

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 TROT races.

We will not pass on this information to any third party. Do you agree to this? YES NO

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

Lindy Eynon
4 Kings Court
Narberth
SA67 7AP

Entry fee £10.00 in advance or £12.00 on the day for non-affiliated runners.

Fee for Athletics Wales (AAW) Members is £8.00 in advance or £10.00 on the day

**ENTRIES ON THE DAY
CLOSE AT 10.30 AM**

AAW Rules apply
AAW Permit received

Numbers and race information will be sent out in early July.

Please make all cheques payable to TROT