

Tenby 10K 2009

sponsored by



coastal cottages
of **Pembrokeshire**

www.coastalcottages.co.uk

SUNDAY 26th July 2009

11.00 am @ Tenby Leisure Centre

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. Please refer to www.trots.org.uk/tenby10k.html for further details.

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:

Tenby 10K Run
Glan Y Gors
Pwll Trap
St Clears
SA33 4AX

Tel: 01994 231140

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

Please make all cheques
payable to TROT

NEW! Chip timing

ENTRIES ON THE DAY CLOSE AT 10.30 AM

AAW Rules apply
AAW Permit received