

# Tenby 10K 2008

sponsored by



coastal cottages  
of **Pembrokeshire**

[www.coastalcottages.co.uk](http://www.coastalcottages.co.uk)

**SUNDAY 27th July 2008**

**11.00 am @ Tenby Leisure Centre**

organised by

**TROT Running Club, St Clears**

[www.trots.org.uk/tenby10k.html](http://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




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:

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

Tel: 01994 231140

Entry fee £7.00 in advance  
£8.00 on the day (less £1.00  
discount for AAW Members)

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)