



TOYOTA LLANDUDNO



Tom Owen & Son JUNCTIONAUTOPARK

Funeral Directors & Monumental Masons



NORTH WALES ROAD RUNNERS CLUB PROUDLY PRESENTS THE 28th LLANDUDNO NICK BEER 10K ROAD RACE SUNDAY 9th FEBRUARY 2020 – 12:00 NOON START

RACE START/FINISH ON PROMENADE 500M FROM RACE HQ venue cymru

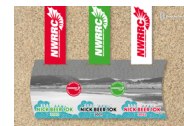
GREAT ORME SCENIC COURSE

CHIP TIMING: **NO PERSONAL STEREOS**

Race Licence: Applied For:

Course not Suitable for wheel chairs No dogs or Cycles allowed on the course

EVENT RUN UNDER UK ATHLETICS RULES



ONLINE ENTRY AND ENTRY FORMS: www.nwrrc.co.uk Email ksahatton@gmail.com Greenc72@gmail.com

TROPHIES & CASH PRIZES PLUS A MEDAL, PART OF 3 YEAR SET UP TO THE 30TH ANNIVERSARY IN 2022

Male 1st 3 overall, First 3 O/35, First 3 O/40, First 3 O/45, First 3 O/50, First 3 O/55, First 3 O/60, First 3 O/65 First 2 O/70 1st O/75

Female 1st 3 overall, First 3 O/35, First 3 O/40, First 3 O/45, First 3 O/50, First 3 O/55, First 3 O/60, First 3 O/65 1st O/70 1st O/75

Junior (u/20) 1st 3 overall Male & Female

Team Male and Female (3 to run 3 to count from affiliated clubs only) Club Vests must be worn

NOTE: IF A VETERAN OR JUNIOR RUNNER IS PLACED IN THE FIRST 3 OVERALL THEY WILL ONLY BE AWARDED THE OVERALL PRIZE.

- Donations to **Shine, Ty Gobaith, St John's Ambulance, St David's Hospice.**
- **ENTRY FEES £15.00 UKA Registered. £17.00 Non-affiliated. Entry fee non refundable ENTRIES ON THE DAY IF 750 RACE LIMIT NOT REACHED £16.00 UKA affiliated. Non-affiliated £18.00**
- **POSTAL ENTRIES** Send your completed entry form in 9" x 4" SAE Envelope for number and information. Cheques payable to NWRRC, and return to:
The Race Secretary: CARLA GREEN: 6 Tan Y Berllan, Deganwy, LL31 9RD
(IF NO SAE IS ENCLOSED, NUMBER & CHIP WILL BE HELD FOR COLLECTION ON RACE DAY)
- Numbers will be sent out after 7th January. Closing date for postal entries: 1st February.

ENTER EARLY LIMITED ENTRIES ON THE DAY CLOSE AT 11:30 IF 750 RACE LIMIT NOT REACHED



FIRST NAME SURNAME

Address.....

Post Code..... Mobile No.....

Your mobile number is important if you want your finishing time automatically sent to your mobile

Date of Birth..... Age on Race Day:..... Male/Female.....

First Claim Affiliated Club: Fee enclosed: £.....

UK: A Affiliation No

Tick category entered Email address:.....

	MALE		FEMALE
U/20 yrs.		U/20 yrs.	
U/35 yrs		U/35 yrs.	
35+		35+	
40+		40+	
45+		45+	
50+		50+	
55+		55+	
60+		60+	
65+		65+	
70+		70+	
75+		75+	

**Parental Consent if Under 17
Please Sign Below**

**For Hotel or Guesthouse
accommodation Llandudno Tourist
Office 01492 577577**

Please note that the minimum age for entries to a 10K race is 15 years. Written parental consent from entrants who will be under 17 years on race day is required with applications. Running on a road is a fundamentally dangerous practise. Whilst the organisers take every precaution to safeguard runners during the race they cannot guarantee the safety of runner. Part of the course which includes Church Walks will be closed to traffic during the race and will be well marshalled throughout. There are pavements for the entire length of the course and in entering the race you should be aware that the safest option is to run on the pavement taking care when crossing the road. In running on the road you are taking a conscious decision to put yourself at risk and are accepting that whilst the race organisers are making every reasonable effort to safeguard runners they cannot control all potential hazards. I have read the above and in signing this entry form acknowledge that I am running entirely at my own risk and the race organisers will accept no liability whatsoever for any injuries.

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