



## **AWYR LAS 5K RUN** & DAFYDD HARDY 1 MILE FUN RUN APPLICANT INFORMATION Title: First Name: Surname: Current address: Town/Village: County: Post Code: D.O.B: Email: Are you running as a team? If so what is your team name? Are you affiliated with the Welsh Athletics? If so, which club? (You will be entitled to a £2.00 discount) **Emergency Contact Person Emergency Contact phone number** THE EVENT Awyr Las 5k Run & Dafydd Hardy 1 mile Fun Run To enter this event you must choose one of the events listed below. Select distance: (last entries accepted on 24/08/2015 ☐ Awyr Las 5K Run - £ 9.00 Dafydd Hardy 1 mile Fun Run - £ 3.00 The 5K is an undulating double loop route through the beautiful gardens of Plas Newydd, with stunning views of Snowdonia, the The fun run is approximately 1 mile and is part of the 5K route. It Menai Strait and the Plas Newydd house. The course has been is either downhill or on a flat gradient. Both the 5K and the fun officially measured and the race has been licensed by Welsh run are over a mixture of Tarmac, gravel path or easy trail. Both Athletics. The 5K will be chip timed. Both races require the races require the participant to negotiate a short flight of steps participant to negotiate a short flight of steps up from a lower to a up from a lower to a higher path. higher path. I would like to pay by: ☐ Cash ☐ Debit • Credit card Cheque (please make payable to Awyr (We will contact you by phone Las Gogledd Cymru or Blue Sky North Wales) (We will contact you by phone to to arrange payment) arrange payment) How did you hear about the event? CONFIRMATION By completing and signing this form, and signing up to the Awyr Las 5k Run & Dafydd Hardy 1 mile Fun Run, you are agreeing to the event terms and conditions outlined within the 'Awyr Las Conditions of Entry' document. Signature: Date: Under 16? If the entrant is under 16, they will need parent/guardian consent to enter Awyr Las 5K and Fun Run. Parent / Guardians Name Parent / Guardians Signature Date

Awyr Las, Ysbyty Gwynedd, Penrhosgarnedd, Bangor, LL572PW

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