

## AWYR LAS 5K AND I MILE FUN RUN

### APPLICANT INFORMATION

Title:	First Name:	Surname:
Current address:		
Town/Village:	County:	Post Code:
D.O.B:		
Are you running as a team? If so what is your team name?		
Are you affiliated with the Welsh Athletics? If so, which club? (If running the 5K, you will be entitled to a £2.00 discount)		
Emergency Contact Person		Emergency Contact phone number

### THE EVENT

#### Awyr Las 5k and Fun Run

To enter this event you must choose one of the events listed below.

#### Select distance:

**1 Mile Fun Run - £ 4.00**

The fun run is approximately 1 mile and is part of the 5K route. It is either downhill or on a flat gradient. Both the 5K and the fun run are over a mixture of Tarmac, gravel path or easy trail. Both races require the participant to negotiate a short flight of steps up from a lower to a higher path.

**5K - £ 10.00**

The 5K is an undulating double loop route through the beautiful gardens of Plas Newydd, with stunning views of Snowdonia, the Menai Strait and the Plas Newydd house. The course has been officially measured and the race has been licensed by Welsh Athletics. The 5K will be chip timed.

#### I would like to pay by:

**Cheque** (please make payable to Awyr Las Gogledd Cymru or Blue Sky North Wales)

**Debit • credit card**  
(We will contact you by phone to arrange payment)

**Cash**  
(We will contact you by phone to arrange payment)

#### How did you hear about the event?

### CONFIRMATION

**By completing and signing this form, and signing up to the Awyr Las 5k or I 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
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**Awyr Las, Ysbyty Gwynedd, Penrhosgarnedd, Bangor, LL572PW**

**01248 384395**