

PREMIER TOYOTA LLANDUDNO



**NORTH WALES ROAD RUNNERS CLUB PROUDLY PRESENTS THE
26th LLANDUDNO NICK BEER 10K ROAD RACE
SUNDAY 11th FEBRUARY 2018 – 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

ONLINE ENTRY & ENTRY FORMS AT www.nwrcc.co.uk Email: kaysahatton@gmail.com

EVENT RUN UNDER UK ATHLETICS RULES



INCORPORATING WELSH NATIONAL 10K CHAMPIONSHIPS

TROPHIES & CASH PRIZES PLUS COMMEMORATIVE MUG FOR ALL FINISHERS

- Awards:** **CASH PRIZES** for all category winners 1st Male & 1st Female additional money for breaking 30mins
 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.

- Charity Donations to **Shine, Ty Gobaith, St John's Ambulance.**
- **ENTRY FEES £14.00 UKA Registered. £16.00 Non-affiliated. Entry fee non refundable**
ENTRIES ON THE DAY IF RACE LIMIT NOT REACHED £15.00 UKA affiliated. Non-affiliated £17.00
- **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 **8th January**. Closing date for postal entries: **2nd February**.
IT IS ADVISABLE TO ENTER EARLY AS LIMIT REACHED BEFORE RACE DAY LAST YEAR

ENTRIES ON THE DAY CLOSE AT 11:30 RACE LIMIT 750 Closing Date for Welsh Championship 28/01/18



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.....

UKA Affiliated Club:..... Fee enclosed: £.....

Email Address..... UKA Affiliation No:.....

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+

Welsh Championship: For Affiliated Athletes meeting required Criteria.

Please circle the appropriate criteria, A B C or D

- A By birth in Wales.**
- B By birth of one or both parents in Wales.**
- C By 2 years continuous bona fide residence in Wales prior to date of race.**
- D By retention of previous qualification.**

FOR 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 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.....Parental Signature required if under 17.....