



CHIP TIMING



# MT10 2010

Fast, undulating and traffic-free 10 mile multi-terrain race  
**11:00 a.m. Sunday 21<sup>st</sup> November 2010**

Pembrey Country Park - nr. Llanelli

[The Country Park is off the A484 Llanelli to Carmarthen coast road just outside Burry Port. Once inside the Park (£2 entry fee), follow the road straight on until the signs and marshals become visible. Parking in official car parks only]

**Entry fees: Affiliated - £15.00 Unaffiliated - £17.00 NO ENTRIES ON THE DAY**

*[Please note: Athletics Association No. must be supplied in order to pay the Affiliated entry fee]*

Closing date for entries - 14<sup>th</sup> November 2010      Minimum age - 17 years on day of race  
Cut-off times at Mile 3 - 45mins. and at Mile 7 - 1hr. 30mins.

**Chips and race numbers collected on the day.** For further information, please contact Gillian Phillips on 01269 860671 or [aurameg@hotmail.com](mailto:aurameg@hotmail.com). Race results available on the day and on [www.sospanroadrunners.co.uk](http://www.sospanroadrunners.co.uk)

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Phone No. \_\_\_\_\_ Entry fee: £ \_\_\_\_\_

Age on day of race: \_\_\_\_\_ Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

e-mail Address: \_\_\_\_\_ Sex: M  F

Club: \_\_\_\_\_ A.A. no. \_\_\_\_\_

Team name (if applicable) \_\_\_\_\_ (M or F teams of 4 runners)

**Declaration:** I accept that I take part in this event at my own risk and that the organisers shall not be liable for any accident, injury or loss as a consequence of my participation. I will abide by UK Athletics and Sospan Road Runners rules for this event.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please send completed entry form and cheque (made payable to 'Sospan Road Runners') to Gillian Phillips, "Little Croft", Five Roads, Llanelli, Carm., Wales SA15 5YU