

Race Entry Form



Step 1: Tick the race you wish to enter

Race	Start	Group	Prize List	Entry Fee	Tick
1	11:00	Running 4 Women 4.1k	First 3	£6.00	[]
2	11:20	Under 20 Men 6.6k	First 3	£5.00	[]
3	11:50	Under 20 Women 4.9k	First 3	£5.00	[]
4	21:10	Under 13 Girls 2.4k	First 3	£4.00	[]
5	12:15	Under 13 Boys 2.4k	First 3	£4.00	[]
6	12:25	Primary Boys 1k	First 3	Invitation Only	---
7	12:35	Primary Girls 1k	First 3	Invitation Only	---
8	12:45	Senior Men 9.9k	First 4	£6.00	[]
9	13:15	Under 15 Girls 4.1k	First 3	£4.00	[]
10	13:35	Under 15 Boys 4.1k	First 3	£4.00	[]
11	13:50	Senior Women 5.9k	First 4	£6.00	[]
12	14:15	Under 17 Women 4.1k	First 3	£4.00	[]
13	14:35	Under 17 Men 5.9k	First 3	£4.00	[]
14	15:00	Mix Masters 5.9k	First M: 40+, 45+, 50+ First F: 35+, 40+, 45+	£6.00	[]

Total Prize Value £3000

Step 3: Post the form and your cheque to us

Please make your cheque for the entry fee payable to 'Cardiff X Country' and write your name and address on the reverse. Send your entry to:

Cardiff X Challenge
Graham Finlayson BEM
5 Maes yr Hafod
Creigiau Village
Cardiff
CF15 9JU

Remember to
enclose a 9x6 inch
SAE for your Race Pack



Step 2: Enter your details & sign the disclaimer

PLEASE USE BLOCK CAPITALS

Surname / Family Name: _____

First name(s) in full: _____

Address: _____

Postcode: _____

Home telephone: _____

Mobile: _____

Email: _____

Date of birth: _____ Age on day of race: _____ (years)

Affiliated club: _____

Welsh Athletics reg no.: _____

Disclaimer

I declare that I am an amateur as defined by UK Athletics and Welsh Athletics rules of competition. I agree not to hold the promoter / promoting body responsible in any way for injury or loss resulting from my participation.

Signature: _____ Date: _____

Course marshalled and marked with tape all the way. Changing rooms, showers and toilets at Blackweir Park. St John's Ambulance present. Sports massage therapy, sport shop & food vans on site. Nearby car parking. One prize per runner.

Race program: £2, available on the race day

Race hotel: Holiday Inn, Cardiff. ☎ 0870 400 8140

Race queries: Email paul@cardiffxchallenge.co.uk

Office Use Only



Closing date for entries: 10th January 2008. No entries on the race day.

Enter online at: www.ticket2run.com