

Adult 5k
veterans, seniors,
men & women
prizes



5k Prizes
1st ~ £25
2nd ~ £15
3rd ~ £10
Up and running
vouchers

2010 Entry Form

Adults 5K, Children 1M and fun runs

Tues 11th May ~ Tues 8th June ~ Tues 13th July

Goody
bags for all
children!

The Races:

Adult 5k ~ £8 entry 7pm start.
U15 1 mile Challenge ~ £2 entry 6.30pm start.
U12 races ~ £1 entry 6pm start.

Adult 5k
3 races
for £17!

Adult 5k
Set new
course record
WIN £100!

Fun runs for
all children
from nursery
to year 6

Location:

*Junction Café Bar, Blackpill Lido,
Swansea, registration from 5.00pm*

How to Enter:

|First Name _____ |Last Name: _____

|Address: _____

|Postcode: _____ |Email: _____

|Club: _____ |AA of Wales Reg. No: _____

|Date of Birth: / / |Age: _____ |Male/Female: _____

Which race? (✓)

	11 th May	8 th June	13 th July	All 3 races (5k £17/£15)
5k races:				
U15 1m races:				

Neither LC Cobras or its agents or race organisers shall be liable for any loss or injury whatsoever in the course of or in connection with the entry. Held under UK Athletic rules. My signature appended to this entry form shall be deemed to be acceptance of this. I consent to the use of my name or records pursuant to the Data Protection Act 1998.

|Signature: _____ |Date: _____

Return form to: LC Swansea Bay 5k, 113, Dunvant Road, Killay, Swansea. SA2 7NN **Cheques payable:** Swansea Bay 5k.
~ Certified course ~ Held under UK Athletic rules ~ Permit applied for ~ £2 discount to members of the AAW Registration Scheme ~
~ Results available at www.swanseabay5k.com ~

www.swanseabay5k.com

~ info@swanseabay5k.com ~ 07860460532 ~ Register for our mailing list at www.swanseabay5k.com ~