



COLWYN BAY ATHLETIC CLUB



TWIN PIERS 10K

Saturday 21st January 2012

Event Licence Number 2012/21/1

Held under UK Athletic Rules

Race Headquarters @ Colwyn Bay Leisure Centre

Transport to start @ 12.15pm prompt for 1pm start from Llandudno Pier

Medals to all finishers

CLOSING DATE FOR ENTRIES 14TH JANUARY 2012

(NO ENTRIES ACCEPTED ON THE DAY)

PRIZE CATEGORIES

Male-1xU20,3xSM,3xV35,3xV40,3xV45,3xV50,3xV55,1xV60,1xV65,1xV70,1xV75

Female-1xU20,3xSF,3xV35,3xV40,3xV45,3xV50,3xV55,1xV60,1xV65,1xV70,1xV75

1st Male Team – 4 to count, 1st Female – 4 to count

First Colwyn Bay AC runner Male & Female will also receive a prize

Fun run 9 yrs and over – 3K Colwyn Bay Pier start 11.00am

PRESENTATION AT APPROXIMATELY 3.00PM

Competitors to be at least 15 yrs on race day (except fun run)

Personal stereos are not permitted to be worn by competitors during the race

Entry fee:£8.00 Unattached: £10.00 Fun Run: £2.00

Transport to start for 10k - £2.00 (payable with entry fee only)

Send completed entry forms SAE & Cheques (payable to Colwyn Bay Athletic Club) to:

Race Secretary, 12, Trem y Mor, Abergele, LL22 7DZ

Surname----- Christian Name-----

Address-----

Post Code----- Tel No(inc STD)-----

Date of Birth----- Club-----

Male/Female----- A.A.W. Reg No-----

Race Entered 3K/10K-----

Circle Category entered: Male U20/SM/V35/V40/V45/V50/V60/V65/V70/V75

Female: U20/SF/V35/V40/V45/V50/V55/V60/V65/V70/V75

I accept that I participate at my own risk and I do not hold the organisers responsible for any injury or illness incurred as a result of the race

Signature----- Date-----