



# COLWYN BAY ATHLETIC CLUB

## TWIN PIERS 10K

(Incorporating The Tom Watson Memorial Trophy)

**Saturday 23rd January 2016**

Event Licence Number Applied For

Held under UK Athletic Rules

Race Headquarters @ Norwest Holst Room, Leisure Centre, Eirias Park

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

Medals to all finishers

**CLOSING DATE FOR ENTRIES 18<sup>TH</sup> JANUARY 2016 (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

The Tom Watson Memorial Trophy - 1<sup>ST</sup> aggregate Male & Female Team

1<sup>st</sup> Male Team – 4 to count, 1<sup>st</sup> Female Team – 4 to count

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

Fun run 9 yrs and over – 3K (Approx.) Colwyn Bay Pier start 11.00am - £2.00 entry fee

N.B. Fun run Prizes for 1<sup>st</sup> place in U11, U13 & U15 boys & girls

10k 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: £10.00      Unattached: £12.00

**Online entries** Attached £12.00      Unattached £14.00 (numbers **will** be posted out)

**Entries available online from 03/11/15 [www.colwynbayathletics.org.uk](http://www.colwynbayathletics.org.uk)**

**Transport £2.00 extra**

£1.00 per entry will be donated to North Wales Cancer Treatment Centre – Charity No: 113896

**Send completed entry form & Cheque payable to Colwyn Bay Athletic Club with 9 x 4 SAE to:**

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

**No numbers will be posted out after 18<sup>th</sup> January--**

**Number must be picked up from Race HQ on race day if no SAE**

.....  
Surname..... Forename.....

Address.....

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

Date of Birth..... Club / Team.....

Race Entered 3k/10k..... W.A. Reg. No.....

Entry Fee Enclosed: Attached **£10.00** / Unattached **£12.00** (delete as appropriate)

Transport to start + **£2.00** Y / N (delete as appropriate)

Fun Run: **£2.00**

**Total Fee Enclosed £ .00**

Circle Category entered: Male U20/SM/V35/V40/V45/V50/V55/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.....