

Permit Registration Number
WWRAC/12/2009



INGLI RUNNERS RNLI 10K 2009

Sunday 16th August, The Parrog, Goodwick 11.00 am

Supported by

Raising Money for local Charities

NSE (Wales) Ltd
 Electrical & Mechanical Contractors
 01437 541307



Prizes include 2 tickets for Oakwood, 4 tickets for Blue Lagoon, A ticket for Ivy Bridge Spa, An overnight stay at Allt Yr Afon, A meal for 2 at The Royal Oak Fishguard, Chwaraeon Teifi Sports vouchers.

Goody bags, tea & cake for all finishers at Ocean Lab post race

Entry Fee: £7.00 Affiliated, £9.00 Unaffiliated
Entries on the day accepted

Name.....
 Club.....
 Address.....

D.O.B...../...../..... Age..... M/F..... AAW No

Categories

*Open Male = OM Vet Male: 40 + Vet Male 50 + Vet Male 60 + Vet Male 70 +
 Open Female = OF Vet Female: 35 + Vet Female 45 + Vet Female 55 +
 1st Male Team, 1st Female Team*

Please enter category here Official use number

I understand that I participate at my own risk and that the organisers will not be held liable for any loss, damage or injury however caused

Signature www.inglirunners.co.uk

Postal entries to Shan Roberts, 5 Parc Yr Efail, Felindre Farchog, Crymych, Pembs, SA41 3UW, Tel 01239821070, Cheques payable to Inqli Runners, closing date 12th Aug, please pick up number on day

Time Keeping & Results kindly provided by www.onlineraceresults.co.uk