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Presented by Wrexham AAC

Help for Heroes

Supported by FARNDON SOCIAL CLUB

FARNDON 10 km

1:00 PM SUNDAY 6th MARCH 2011



Start & Finish at the FARNDON SPORTS & SOCIAL CLUB
Off the A534 Wrexham to Broxton Road CH3 6NX

Accurate measured course Cert Number **05/057** with UKA Licence **2010-101201**



CASH AWARDS according to entries, including veteran age groups

Course records Men Eddie Simpson 32:41 (1/3/09)
Women Caroline Harney 38:15 (2/3/08)

ENTRY

All runners must be 15 years of age or older

Entry fees: Club runners £6.00 (£8.00 on the day)
Unattached £8.00 (£10.00 on the day)

Undulating rural course.....Changing & Showers.....Refreshments.....Computerised Results

Send forms to: Mr P.D. Norman, Bryn Cottage, Trefechan, Pen-Y-Cae,
WREXHAM. LL14 1UE

Tel: 01978 846292

Cheques made payable to: Mr P. D. Norman

(Please enclose SAE for numbers & detail, Entries posted after 1st Mar 2011 collect number on the day)

*****PLEASE ENSURE YOU HAVE THE CORRECT POSTAGE ON ALL ENVELOPES*****

Farndon 10km Entry form

NAME.....AGE

ADDRESS.....

POST CODE..... TELEPHONE NUMBER.....

MALE/FEMALE.....REG NUMBER.....

CLUB/UNATTACHED.....

Declaration: I agree that the promoter or his agents are not responsible for my welfare during the run, or for damage or loss of property. I will abide by the UKA rules and follow the instructions of the course marshals

Signed.....Date.....

Parent Signature.....Date.....

Runners under 18yrs of age must have parents or guardians signature.

Entry form and Results available from www.wrexhamroadrunners.org.uk OR
www.wrexham-athletics.co.uk