



Run the 49th

GRAND PRIX EXPRESS



NORTH WALES 10 MILE CHAMPIONSHIP 2011

(Incorporating Wrexham Open 10)

Under WA Rules

RRA Measured

Permit 2011/RR/30/4

START & FINISH at

THE CLUB HOUSE (Formerly Prysmian Club)

Wrexham Industrial Estate

Saturday 30th April 2011

Start: 2.00pm

AWARDS:

NW Closed Champs

First 3 Male & Female

First 3 Masters in each age category – Male & Female

First Junior

Wrexham Open

First 3 Male & Female

First Male Master in each category

First Lady Master in each category

First 3 Male Teams – 4 to score; First 3 Lady Teams – 3 to score; First 3 Male Masters Teams – 3 to score
(all Team awards to be open – no Closed Team Awards)

PLUS EXTRA AWARDS IF ENTRIES DEMAND

ALL RUNNERS IN THE OPEN EVENT MUST REPRESENT THEIR FIRST CCLAIM CLUB

ALL RUNNERS IN CLOSED EVENT MUST HAVE NORTH WALES QUALIFICATION

ALL RUNNERS MUST WEAR CLUB VEST

ENTRY FEE:

CLUB £5.00 UNATTACHED £7.00

NO TEAM FEE

Entries to: David Alun Williams, 82 Pont Adam Crescent, Ruabon, Wrexham (Tel: 01978 820612)

NORTH WALES 10 MILE CHAMPIONSHIP 2011

NAME..... WA REGISTRATION No.....

ADDRESS.....

..... TELEPHONE.....

DATE OF BIRTH..... MALE/FEMALE.....

CLUB..... UNATTACHED.....

PLEASE ENTER ME IN THESECTION OF THE NW 10 MILE CHAMPIONSHIPS

Please make cheques payable to: N.W.C.C.A

Postal closing date: Monday 25th April 2011 – Late entries £2.00 extra (eligible for prizes)

PLEASE COLLECT YOUR NUMBER ON RACE DAY

I agree to abide by WA Laws and to take part in the event entirely at my own risk

Personal headsets must NOT be worn during the race.

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