

By Kind Permission of THE CLUB HOUSE



Supported by Premier Christmas Decorations & and Prysmian Cables

Organised by Wrexham AAC under UKA Licience certified measured Licence Applied for
All competitors must be 15 years on Race Day

FLAT RURAL COURSE

START AND FINISH AT

COMPUTERISED RESULTS

THE CLUB HOUSE (FORMERLY BICC & PRYSMIAN)

LL13 9PQ

WREXHAM INDUSTRIAL ESTATE

Sunday 5th December 2010 Start 11:00am prompt

HELENA TIPPING TROPHY TO THE FIRST MALE & FEMALE

CASH AWARDS TO ALL CATEGORIES (dependant on number of entries)

Table with 2 columns: Category (Up to 4 runners, 5 to 7 runners, 8 & above) and Awards (1 Award, 2 Awards, 3 Awards)

MEN'S RECORD ~ ROB SAMUEL ~ 30:23

LADIES RECORD ~ KELLY CRICKMORE ~ 36:52

Commemorative Tee shirt to all finishers

Postal closing date Saturday 27th November 2010- Entries on the day £2 extra (eligible for awards)

Entry fees: Club £8.00 (£10 on the day) Unattached £10.00 (£12 on the day)

Proceeds in aid of MOTOR NEURONE DISEASE & WAAC

Entries to Peter Jones 45 Cherry Tree Road, Bradley WREXHAM. LL11 4DN

Entries posted after 27th Nov please collect your number on race day

SAE for race number & details please

Or consider online registration at http://wrexhamroadrunners.org.uk use the Race News and Updates link

Name..... Reg No.....

Address.....

Tel.....Age on race day.....M/F

Club.....

Please make cheques payable to Wrexham Amateur Athletic Club

I am medically fit to run and understand that I run entirely at my own risk, and that the organisers will not be held responsible for any injury incurred during the race or as a result of taking part in this event, or for any loss or damage to property before during or after the race

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

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

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

Forms available from www.wrexham-athletics.co.uk or

www.wrexhamroadrunners.org.uk