

# Self-Transcendence Races

## 3x1 mile relay

Blackweir, North Road, Cardiff,  
**Friday 23rd JULY, 2010, 7.00pm**



Held under UKA & Welsh Athletics Rules – Permit applied for.

Registration from 6.20pm at Blackweir Changing Rooms (North Road, Cardiff). Suggested parking is in pay & display alongside North Road—enter park via driveway near junction of North Road and Colum Road—race HQ is behind the ambulance depot. For more info see:

<http://uk.srichinmoyraces.org/races/cardiff/>

**CATEGORIES:** Junior Boys (age 11-15), Junior Girls (age 11-15), Men's Team, Women's Team, Mixed Team, Veteran Team (all team members 50+), Family Team & Non-club Team.

**TROPHY** to the winning team in each category. **MEMENTO** to all teams taking part.

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## Run and Become Become and Run

Cardiff's Specialist Running Shop 12 Wood Street, Cardiff CF10 1ER Telephone 029 20 232346

Please make cheques payable to Garga Chamberlain, and return with completed entry form to Run and Become at the address above. (If you require confirmation of entry please enclose SAE.)

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Team Name.....

Runner 1.....M/F..... Age..... Club.....

Email..... Tel.....

Runner 2.....M/F..... Age..... Club.....

Email..... Tel.....

Runner 3.....M/F..... Age..... Club.....

Email..... Tel.....

**Entry** £5.00 per runner (or £3.00 per affiliated runner). **If entering on the day please register by 6.40pm. Race numbers will be issued on the day at the race.**

**Disclaimer:** I am an amateur as defined by Welsh Athletics rules. I understand that the organisers will in no way be responsible for any injury, illness, accident or loss of property resulting from my participation in this event.

Signature 1..... Date.....

Signature 2..... Date.....

Signature 3..... Date.....