



SELF-TRANSCENDENCE RACE SERIES 2010

Held under UKA
& Welsh
Athletics
Rules—permit
applied for.

2 Mile, 3 Mile & 4 Mile Races

Held in Pontcanna Fields & Blackweir, Cardiff

- Flat, easy & fast courses.
- Beginner-friendly.
- Medals in all categories (49 & under, 50-59, 60-69, 70+)
- Toilets and ample car parking.
- Full first aid cover.
- Goody bags to runners who complete all three races.
- Series prizes in all categories.
- Water & SIS sports drinks provided at all races.
- Showers and changing at race HQ (6pm-8pm)

May 14th 7pm	2 Mile Race	Pontcanna Fields
June 4th 7pm	3 Mile Race	Pontcanna Fields
July 9th 7pm	4 Mile Race	Blackweir

Pontcanna Fields—park in public car park at end of Fields Park Road & follow signs to race HQ near riding stables. **Blackweir**—park 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..

Runner's Name.....M/F.....Club.....

Email (Please Print).....Tel.....

I would like to enter: 2 Mile Race 3 Mile Race 4 Mile Race

Date of birth (dd/mm/yy).....Age.....

I declare that I am an amateur as defined by Welsh Athletics / UK 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.....Date.....

Fees: **£3 per race** (UKA affiliated club runners), **£5 per race** (unaffiliated runners inc. £2 levy to W.A.)

To enter all 3 races: £7.50 (UKA affiliated club runners), **£13.50** (unaffiliated runners). Please return this form to Garga Chamberlain c/o Run and Become, cheques payable to G Chamberlain, or ENTER ONLINE (see below).

All races start at 7pm, please register in advance if you can or arrive by 6.40pm to register on the night.

For more information & online entry see: <http://uk.srichinmoyraces.org/races/cardiff/>

Run and Become Become and Run

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