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Presented by Wrexham AAC

Help for Heroes

Supported by FARNDON SOCIAL CLUB

FARNDON 10 km

1:00 PM SUNDAY 7th MARCH 2010

Start & Finish at the FARNDON SPORTS & SOCIAL CLUB
Off the A534 Wrexham to Broxton Road CH3 6NX
Accurate measured course with Cheshire AAA permit

CASH AWARDS according to entries, including veteran age groups

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 2010 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 CCAA rules and follow the instructions of the course marshals

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

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