



Missed out on the London Marathon?
Then why not run the



GRAND PRIX EXPRESS

NORTH WALES 10 MILE CHAMPIONSHIP 2010

(Incorporating Wrexham Open 10)

Under WA Rules

RRA Measured

Permit 2010/RR/24/4

START & FINISH at

THE CLUB HOUSE (Formerly Prysmian Club)
Wrexham Industrial Estate

Saturday 24th April 2010

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 2010

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

Closing date: Saturday 17th April 2010 – 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.....