



WELSH ATHLETICS
ATHLETAU CYMRU



PRESTATYN RUNNING CLUB

FFRITH 5K

Inc. North Wales Championship



Sunday 7th May 2017, 11:30am start

Ffrith Complex, Ffrith Gardens, Prestatyn, LL19 7AR

To be run under U.K.A. rules: Accurately measured course. Permit Licence:15/506

£6 Attached; £8 Unattached;

£1 extra for entries on the day

Prizes In All Categories

Online Entry at: <http://www.prestatynrunningclub.co.uk/ffrith5k/> entries close 3rd May

Please collect your numbers at registration

Postal Entry (Cheques payable to Prestatyn Running Club)
Ffrith 5k, Race Secretary, 6 Ffordd Maes Yr Haf, Prestatyn, LL19 8YL

*WA Ruling - Personal headsets must **NOT** be worn during the race*

Please note that dogs and wheeled carriages are banned from the race and athletes must not be accompanied or followed by others on bicycles.

Thank you to the Sponsors of the Race, Prestatyn Town Council

Name:		WA Reg No:	
Address:			
Telephone:		Email:	
Date of Birth:		M/F:	Cat:
Club:		Signature:	
		Parent/Guardian signature if U18:	

North Wales Championships Only (50p extra) please circle

Eligibility: Born in North Wales | Armed Forces | Resident continuously in North Wales for 9 months.

WA Reg No Mandatory: _____ Extra 50p Enclosed: _____