



WELSH ATHLETICS  
ATHLETAU CYMRU



# PRESTATYN RUNNING CLUB

## FFRITH 5K



Inc. North Wales Championship

**Sunday 13<sup>th</sup> May 2018, 11:30am start**

Ffrith Complex, Ffrith Gardens, Prestatyn, LL19 7AR

*To be run under U.K.A. rules: Accurately measured course. Licence: NORTH R.A.C.RR-21*

**£10 Attached; £12 Unattached; No entries on the day**

**NEW FOR 2018!! – Chip Timing & Results via Nifty**

Prizes in all categories & medal for all finishers

**Online Entry at: <https://prestatynrc.niftyentries.com/Ffrith-5K-2018> entries close 4<sup>th</sup> May for North Wales Championship. Open Race entries will be accepted until May 9<sup>th</sup>**

**Please collect your numbers at registration**

Postal Entry (Cheques payable to Prestatyn Running Club)  
Ffrith 5K Race Secretary, 14 Plas Uchaf Avenue, Prestatyn, LL19 9NR

*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 our continued supporters of the race, Prestatyn Town Council & The Ffrith Beach Resort for hosting the race again in 2018**

<http://www.ffrithbeachfestivalgardens.co.uk/>

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

**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: \_\_\_\_\_