

Merthyr Police 10K

Sunday 15th August 2010 @ 10:30AM

Merthyr College, Merthyr Tydfil, CF48 1AR

**More details and online entry -
www.merthyrpolice10k.org.uk**

- A scenic, accurately measured and certified road race route, mainly along the 'Taff Trail'
- Start, Finish & Race HQ at Merthyr College (CF48 1AR)
- Category Prizes / memento for all finishers / Changing & Showers / Refreshments / Baggage area
- First Aid Provision / Water stations
- Race Entry Limit (400) – No entries on the day if race limit reached
- Run under Welsh Athletics rules / race license applied for

Affiliated (inc. RunBritain members): £7

Unaffiliated: £9



- Race number and information sheet will be posted to you. No entry fees can be refunded
- No transfer of race numbers allowed. Closing date for postal entries is Saturday 7th August 2010
- Please make cheques payable to 'Merthyr Athletic'

Surname:

Age on race day:

Forename:

Male **Female**

Address:

E-mail address:

Tel No:

Affiliated Club:

Postcode:

Reg. number:

Please accept my entry for the Merthyr Police 10K. I am over 17 years old and medically fit to compete. I accept that I enter at my own risk and that the organisers will in no way be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of my participation in this race. I will abide by the WA Rules of Competition.

Signed: _____ **Date:** _____

Send Entry, Payment & A5 SAE to:

John Diffey (MP10K Race Organiser)
Pontypridd Police Station
Berw Road
Pontypridd
CF37 2TR

Online entry:

www.merthyrpolice10k.org.uk

Probably the most enjoyable 10K course in South Wales!