



# St David's Day Run Entry Form



Please note- The minimum age for competitors is 13 for the 5K and 16 for the 10K

Male	<input type="checkbox"/>	Female	<input type="checkbox"/>
Surname	<input type="text"/>	Forename	<input type="text"/>
Address	<input type="text"/>		
	<input type="text"/>		
Post code	<input type="text"/>		
Email address	<input type="text"/>	Telephone number	<input type="text"/>
Date of Birth	<input type="text"/>	Age on Day	<input type="text"/>
Club Name	<input type="text"/>	Registration No.	<input type="text"/>
<b>5K Run</b>			
Pre-booked entry		Entry on the day	
Affiliated	Unaffiliated	Affiliated	Unaffiliated
<b>£10</b>	<b>£12</b>	<b>£15</b>	<b>£15</b>
<b>10K Run</b>			
Pre-booked entry		Entry on the day	
Affiliated	Unaffiliated	Affiliated	Unaffiliated
<b>£16</b>	<b>£18</b>	<b>£20</b>	<b>£20</b>
<b>Family Fun Run- £3</b>			

Please make cheques payable to The Training Agency. Please print your name and address on the back of the cheque, and send together with this completed form to: **St David's Day run, Unit 5 Canal industrial Estate, Dumballs Road, Cardiff, CF10 5FE.**  
You can also pay online at [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

**All entrants will receive a FREE race T-shirt and medal on completion of the run.**

**Race Hotline: 029 2049 0837**

	Male	Female	Over 50's
Prize Categories	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>

This event is sanctioned by the AAW, therefore all competitors in the run must have reached the minimum age requirement as stated above, on or before the 28<sup>th</sup> February 2010 and should therefore be entering to satisfy themselves that they are fit to participate. Participants must not be under the influence of drugs or alcohol. The organizers or sponsors will not be held responsible for any loss, damage, action claim or expenses which may arise as a consequence of participation in this event. I agree to comply with the disclaimer.

Signed	<input type="text"/>	Print Name	<input type="text"/>
Date	<input type="text"/>		

We value your support and promise to respect your privacy. The data we gather is managed in accordance with the Data Protection Act (1998). We will not disclose or share personal information supplied by you without your consent.

Please tick if you do not wish to receive any items of promotional mail	<input type="checkbox"/>
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The race will be run under the Athletics Association of Wales/ UK Athletics Rules and Regulations (permit applied for).  
Race Director: Graham Finlayson

**5 Canal Industrial Estate, Dumballs Road, Cardiff, CF10 5FE**  
**[www.bmftraining.com](http://www.bmftraining.com)**