



SOUTH HOOK
LNG TERMINAL COMPANY LTD

Pembrokeshire Half Marathon & 10k Sunday 27th September 2009, Dale

Registration from 9:00, Half Marathon start: 11:00, 10k start: 11:15

HALF MARATHON ENTRY FORM

please complete ALL boxes

Name							
Address							
E-mail							
Tel. No(s).							
Male/Female		Club / Team					
Welsh Athletics No. *		Age on Race Day **					
Age Category*** (please tick)		Open		Veteran		Super Veteran	

* or membership number of equivalent National Association, e.g. England Athletics = affiliated

** minimum age on race day 17 years

*** Age categories: Veteran male 40+, female 35+, super veteran male 50+, female 45+

Entry fee enclosed (please circle): Affiliated * £15 Unaffiliated £17

Please make cheques made to: PEMBROKESHIRE TRIATHLON CLUB

T-shirt size required (please tick):

Youth L Youth XL Small Medium Large X-large

Return this form, with your cheque & an A5 S.A.E. for the race information pack (NOT NEEDED IF YOU HAVE PROVIDED AN E-MAIL ADDRESS), to: Pembrokeshire Half Marathon & 10k, c/o 18 Heritage Park, Haverfordwest, Pembrokeshire, SA61 2QF.

The **closing date** for receipt of postal entries is **Monday 31st August 2009**. A race information pack will be sent to you via e-mail or post (provided you have enclosed an SAE) within one month of receipt of your entry (usually sooner). Entries after this date will NOT be accepted. If the race fills before the closing date, we will operate a reserve list. The **race limit is 300** for both the 10k & Half Marathon combined, so you are advised to enter early to avoid disappointment.

Disclaimer:

I enter and intend running entirely at my own risk. I declare that I will abide by the rules of UK Athletics. I accept that the organisers will not be responsible for any loss, damage, action claim, costs, illness or expenses which may arise in consequence of participation in this event, however caused. I further declare that you may use my name, voice or picture in any broadcast, telecast, promotion or other account. I consent to the use of my name or records pursuant to the Data Protection Act 1998. I declare that I am fit to run and an amateur by UK Athletics rules.

Signed:

Date:

Remember to enclose your **completed entry form, cheque & an A5 size S.A.E.** (ONLY if you are NOT on e-mail). Results will be available on race day as a hard copy at the presentation for a small administrative fee, and on-line on the evening of the race (www.onlineraceresults.co.uk).