SOUTH HOOK
LNG TERMINAL COMPANY LTD

Pembrokeshire Half Marathon & 10k
10km Entry Form
26.09.10 - Dale

Registration from 9:00, 10km start: 11:15

Name:	MALE	FEMALE
Address:		
E-mail (please print clearly) Only include if you are willing to receive confirmation / race pack via e-mail		
Tel. No(s):		
Emergency Contact Name & Number:		
Club / Team Name:		
Welsh Athletics No (or equivalent association i.e. England Athletics):		
Age on Race Day (minimum 17 yrs old) :		

Age Category (age as at 26/09/10)		OPEN M:17-39 F:17-34	VETERAN M:40-49 F:35-44	SUPER VET M:50-59 F:45-54	VINTAGE VET M:60+ F:55+
T-shirt Size	X- SMALL	SMALL	MEDIUM	LARGE	X - LARGE

Important Information (Please tick to confirm you have read and included payment)

- The entry fee is £11. Please make cheques payable to:
  THE PEMBROKESHIRE TRIATHLON CLUB
- Runners NOT affiliated to an Athletics association will need to purchase a day licence at registration for insurance, these cost £2 - PLEASE BRING THE CORRECT CHANGE.
- If you prefer to receive your race info pack by post please include an A5 S.A.E.
- Post you entry to: Pembrokeshire Half Marathon & 10k, c/o 18 Heritage Park, Haverfordwest, Pembrokeshire, SA61 2QF.
- Entries must be received by the closing date, SATURDAY 18 SEPTEMBER
- **Photographs from the event may be used in the press and future promotion, please notify the race director if you do not wish to appear.**
- **The race limit is 300 for the combined 10k & Half Marathon so enter early to avoid disappointment. A reserve list will operate in line with the withdrawal policy. Please visit the website for more details. www.pembrokeshire-tri.org.uk**

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_____

PEMBROKESHIRE TRIATHLON CLUB

TRi Exercise

Julia Hill Photography
Associate of Royal Photographic Society

STATION SELF DRIVE