



# St David's Day Run

4<sup>th</sup> March 2012



First Name				Surname				M / F
Address								
Postcode								
Email				Telephone				
D O B				Age on day				
Club name				Reg No.				
Welsh Championship Eligibility*	A		B		C		D	E
What size T-Shirt would you like?	S		M		L		XL	XXL
<b>5K Run (Minimum age, 13)</b>								
Pre-booked Entry				On the day entry				
Affiliated		Unaffiliated		Affiliated		Unaffiliated		
£6		£8		£12		£12		
<b>10K Run (Minimum age, 16)</b>								
£12		£14		£18		£18		
<b>1.5KM Fun Run- £4</b>								

### Prize List

**10K** 1<sup>st</sup> Male & Female 2<sup>nd</sup> Male & Female 3<sup>rd</sup> Male & Female  
**10k Masters** Male's 40, 45, 50+ & Female's 35, 40, 45+  
**5K** 1<sup>st</sup> Male & Female 2<sup>nd</sup> Male & Female 3<sup>rd</sup> Male & Female  
**5k Masters** 1<sup>st</sup> Male's 40, 45, 50+ & Female's 1<sup>st</sup> 35, 40, 45+  
**10K Team** 1<sup>st</sup> Male, 1<sup>st</sup> Female, 1<sup>st</sup> Mixed **5K Team** 1<sup>st</sup> Male, 1<sup>st</sup> Female, 1<sup>st</sup> Mixed

**TOTAL PRIZE LIST over £1300**

We welcome teams at this event. The price above is per entrant. There is no limit on the number of runners per team.

The fastest team will be established by the times of the 3 fastest persons

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, British Military Fitness, Cardiff International Sports Stadium, Leckwith Road, Cardiff, CF11 8AZ. You can also pay online at [www.stdavidsdayrun.com](http://www.stdavidsdayrun.com)**

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

**Race Hotline: 029 2049 0837**

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 4th March 2012 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			Print Name	
Date		Please tick if you do not wish to receive any promotional information		

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. The race will be run under the Athletics Association of Wales/ UK Athletics Rules and Regulations (permit applied for).  
 Race Director: Graham Finlayson

Welsh Championship Eligibility- (A) Birth- Athletes who are born in Wales. (B) Parentage- One or both parents were born in Wales. (C) Residence- Minimum of 2 years continuous residence in Wales immediately prior to the event to be competed in. (D) Retention- Athletes who have competed for Wales at full senior international level under the residence qualification retain their Welsh eligibility, regardless of residence, until such time as they compete for another country (but not another area). (E) Not Welsh- Non Welsh

**British Military Fitness**

*Providing effective and fun outdoor fitness sessions in a park near you.*