



North Clwyd Animal Rescue

Registered Charity No. 515195
www.ncar.org.uk

Run 4 Rescue



10K Race

Sunday 29th April 2012

12 noon

Mold Sports Centre

Mold, Flintshire, CH7 1HT

10K race under UKA/WA Rules RRC

£14.00 for unaffiliated members, £12.00 for affiliated

500 race limit Chip timed event

10K race under UKA/WA Rules RRC

Online registration at www.runwales.com

Pre & post event sports massage will be available
by Holistic Massage Therapies

Goody bags will be available for runners registered before 9th April

Dog tags for all finishers



All monies raised will fund kennel refurbishment for our dogs

[Thank you to the kind businesses for supporting this event](#)



www.realbuzzrunbritain.com



UNIT 12, VAUXHALL INDUSTRIAL ESTATE,
RUABON, WREXHAM, LL14 6HA
TEL: 01978 810239 FAX: 01978 810181



Griffiths Groundworks

Regency Heating and Plumbing

Parry – Griffiths Homes Ltd

Registration Form

Please read the terms & conditions before filling in this form and complete all sections using BLOCK CAPITALS

Surname:			
Forename:			
Age on race day:	Male/Female (please delete as appropriate)		
Address:			
	Postcode:		
	Email:		
	Emergency Contact Tel:		

Do you have any medical conditions that we should be aware of?

Please specify, this includes pregnancy. All information will be kept confidential

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Affiliated runner fee £12.00

Unaffiliated runner fee £14.00

Affiliated athletics club

Full AAW Registration no.

Race Terms & Conditions

Participants must be over 15 years old on race day
And those under 17 require parental consent.
Running on a road is a fundamentally dangerous practice. It is the participant's responsibility to act as a cautious pedestrian.
No dogs allowed.

Verbal abuse of event staff will not be tolerated.
No iPods/MP3 of any description. Violation will lead to disqualification.
Directions given by marshals will be obeyed
Not suitable for wheelchair athletes.

Showers, toilets, car parking and baggage storage facilities will be available.

I hereby declare that I am an amateur as defined by the UK Athletics AAW rules & agree to the race terms and conditions detailed above. I can confirm that I will be aged 17 years or over on Sunday 29 April 2012. I also agree that the organisers shall not be liable for accidents, injury, loss or damage due to my participation in this event. Entry forms not signed will be returned. I enclose payment of £12.00/£14.00 for my entry into the Run4Rescue 10k. ALL cheques to be made payable to:

NORTH CLWYD ANIMAL RESCUE.

Signed

Date

Complete the form and return together with the corresponding registration fee and an A4 SAE before **1 April 2012** to: The Vownog Cottage, Vownog, Sychdyn, Flintshire, CH7 6EW

For more details contact: run4rescue.ncar@gmail.com