



**North Clwyd Animal Rescue**

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

2012/29/4

# Run 4 Rescue



## 3K Fun Run

## Sunday 29<sup>th</sup> April 2012

## 11am

### Mold Sports Centre Mold, Flintshire, CH7 1HT

**Entry: £5.00 per runner**

**Pre & post event sports massage will be available**

**By Holistic Massage Therapies**

**Event photographer**

**Goody bags will be available for children registered for the fun run  
before the 9<sup>th</sup> 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](http://www.realbuzzrunbritain.com)



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:		
Telephone:	Email:		
Emergency Contact:	Emergency Contact Tel:		

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

All information will be kept confidential

## Race Terms & Conditions

Participants under the age of 17 years old on race day 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 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. ALL cheques to be made payable to:

**NORTH CLWYD ANIMAL RESCUE.**

Signed parent/guardian

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 6BJ

For more details contact: [run4rescue.ncar@gmail.com](mailto:run4rescue.ncar@gmail.com)