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Clwyd View  
Touring Park,  
Rhuddlan



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Rhuddlan Town Council

# RIVERBANK RUN

## Prestatyn Running Club

Licence Number : MT2010/20/6

**Sunday 20 June 2010 at 11.00am**  
**Race will start from Marsh Road, Rhuddlan Nr. Rhyl**

<b>Race Limit 250</b>	<b>Entry Fees</b>
<b>Fast, flat multiterrain course</b>	<b>Attached – £6.00</b>
<b>Awards to 1st, 2nd and 3rd overall</b>	<b>Unattached – £8.00</b>
<b>Cash award in all age groups</b>	<b>Unregistered – £8.00</b>
<b>Spot Prizes</b>	<b>Entry on the day, extra £1.00</b>
	<b>Postal entries closing date 14 June</b>

Personal headsets **Must Not Be Worn** during the race  
**Course Unofficially Measured**  
All runners will receive a running accessory on completion.

**Many thanks to C.B.I. Insurance Consultants, Tel No. 0800 074 2755 and Sun Valley Caravan Park for their support.**

Entries to: Race Secretary, 15 West Avenue, Prestatyn, Denbighshire, LL19 9EY Telephone No. 01745853356

Cheques should be made payable to Prestatyn Running Club. Please enclose 9" x 9" SAE for number.



**Entry Form**

**Riverbank Run**

**Race No.**

Please Use Capitals

Name \_\_\_\_\_ Sex **Male**  **Female**

Address \_\_\_\_\_  
\_\_\_\_\_

I enclose Entry Fee £ \_\_\_\_\_

Age (on day of race) \_\_\_\_\_ D.O.B. \_\_\_\_\_ Telephone No. \_\_\_\_\_

Club \_\_\_\_\_ A.A.W. Registration No. \_\_\_\_\_

**Minimum age for 10K is 16 on the day.**

- I declare that I am an amateur as defined by UK athletics rules.
- I certify that I am fit to run and understand that the organisers of the event will in no way be held responsible for an injury, illness or loss during the event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Please ensure correct stamp value on application entry form envelope.**