

OUR SPONSORS



BOURNESPORTS



R.S Scaffolding

THE BODY SHC

Bodysgallen Hall & Spa

Pentraeth Honda  
Llandudno



**NORTH WALES ROAD RUNNERS CLUB PROUDLY PRESENTS THE 18th**

**LLANDUDNO NICK BEER 10K ROAD RACE**

**SUNDAY 7th FEBRUARY 2010 – 12:00 NOON START**

THE RACE START IS AT THE CENOTAPH PIER ENTRANCE 1 Km FROM RACE HEADQUARTERS

Race HQ venue **cymru** (Promenade) - formerly North Wales Conference Centre

**GREAT ORME SCENIC COURSE**

Race Permit: Applied For.

Course not Suitable for wheel chairs No dogs or Cycles allowed on the course

ONLINE ENTRY & ENTRY FORMS AT [www.nwrrc.co.uk](http://www.nwrrc.co.uk) Email: [kay@hatton410.fsnet.co.uk](mailto:kay@hatton410.fsnet.co.uk)

EVENT RUN UNDER UK ATHLETICS RULES

CHIP TIMING IN USE FOR THE FIRST TIME



TROPHIES/PRIZES GOODY BAGS FOR ALL FINISHERS & OUR FAMOUS COLLECTORS MUG

- Awards:** CASH PRIZES for all category winners 1<sup>st</sup> Male & 1<sup>st</sup> Female £100
- Male 1<sup>st</sup> 3 overall, First 3 O/35, First 3 O/40, First 3 O/45, First 3 O/50, First 3 O/55, First 3 O/60, First 2 O/65 First O/70
  - Female 1<sup>st</sup> 3 overall, First 3 O/35, First 3 O/40, First 3 O/45, First 3 O/50, First 3 O/55, First 2 O/60, First O/65
  - Junior (u/20) 1<sup>st</sup> & 2<sup>nd</sup> Male & Female
  - Team Male and Female (3 to run 3 to count from affiliated clubs only)

NOTE: IF A VETERAN OR JUNIOR RUNNER IS PLACED IN THE FIRST 3 OVERALL THEY WILL ONLY BE AWARDED THE OVERALL PRIZE.

- Entry fee includes donations to the **Association of Spina Bifida & Hydrocephalus, Hope House - Ty Gobaith, St Johns Ambulance & Childline.**
- ENTRY FEE £10.00 WA or EAB affiliated. £12.00 non affiliated.
- LIMITED ENTRIES ON THE DAY £11.00 WA or EAB affiliated non affiliated £13.00.
- CLUB VESTS MUST BE WORN by affiliated runners.
- POSTAL ENTRIES Send your completed entry form, 9" x 6" SAE for number and information. Cheques payable to NWRRC, and return to:  
The Race Secretary, 54 Cherry Tree Lane, Colwyn Bay, LL28 5YH.  
(IF NO SAE IS ENCLOSED, NUMBER & CHIP WILL BE HELD FOR COLLECTION ON RACE DAY)
- Numbers will be sent out after 9<sup>th</sup> January. Closing date for postal entries: 5th February.  
**IT IS ADVISABLE TO ENTER EARLY AS ENTRIES ON THE DAY ARE LIMITED**



Entry form Nick Beer 10K 2010

FIRST NAME .....Surname .....

Address.....

Post Code..... Telephone: Day..... Evening.....

Date of Birth..... Age on Race Day:..... Male/Female.....

First Claim Affiliated Club: ..... Fee enclosed: £.....

Tick category entered Email address:.....

WA EAB Affiliation Number:..... Mobile Number.....

|          | MALE |          | FEMALE |
|----------|------|----------|--------|
| U/20 yrs |      | U/20 yrs |        |
| U/35 yrs |      | U/35 yrs |        |
| 35+      |      | 35+      |        |
| 40+      |      | 40+      |        |
| 45+      |      | 45+      |        |
| 50+      |      | 50+      |        |
| 55+      |      | 55+      |        |
| 60+      |      | 60+      |        |
| 65+      |      | 65+      |        |
| 70+      |      |          |        |

Your mobile number is important if you want your finishing time automatically sent to it.

**Team Name: Affiliated Clubs Only**

**For Hotel or Guesthouse accommodation  
Llandudno Tourist Office 01492 876413**

Please note that the minimum age for entries to a 10K race is 15 years. Written

parental consent from entrants who will be under 17 years on race day is required with applications. Running on a road is a fundamentally dangerous practise. Whilst the organisers take reasonable steps to safeguard runners in the race they cannot guarantee the safety of runners. It should be noted that there are no road closures and therefore traffic has access to roads used in the race and drivers may disregard the requests of marshals. There are pavements for the entire length of the course and in entering the race you should be aware that the safest option is to run on the pavement taking care when crossing the road. In running on the road you are taking a conscious decision to put yourself at risk and are accepting that whilst the race organisers are making every reasonable effort to safeguard runners they cannot control all potential hazards. I have read the above and in signing this entry form acknowledge that I am running entirely at my own risk and the race organisers will accept no liability whatsoever

Signed.....Date.....