



5k & 10k

SWANSEA VALLEY

August 16th 2009

Pontardawe Recreation Ground
Race start time: 11am

Entry Form

Simply fill-in and return your entry details below to:
SV5k & 10k, 108 Gwilym Rd, Cwmllynfell, Swansea SA9 2GU.

Name:..... M F Age (min 16yrs):

Address:

E-mail: Tel:

Which event: 5k 10k Race Start 11am

Payment enclosed:

£8 (5k) - £12 (10k) - Affiliated £10

Entries received later than Fri 8th Aug will be NOT be valid and there will be NO entries available on the day of the event.

Please make cheques payable to : Muddybaks Ltd

Declaration: I hereby declare that I participate entirely at my own risk, and that the organizers and/or landowners cannot accept any responsibility for injury, damage to equipment and other personal effects or any public liability. I further declare that I am medically fit to participate in this event.

Signed Date