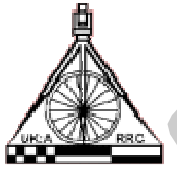


Ras Fawr Llanddoged

www.rasfawrllanddoged.co.uk

12.5 km ROAD RACE

Sponsored by CWMNI GWYNT TEG CYF.



CERTIFIED ACCURATE

WCCA Permit No. W/09/320

WAAW Permit No. 2009/14/9



11.30 a.m. Sunday, 13th September 2009

A challenging course along rural lanes, starting and finishing in Llanddoged village
(5 miles Betws-y-Coed, 15 miles Llandudno).

Course Record: 42.22 Andrew Jones (East Cheshire Harriers).

Ladies 51.06 Tammy Lewis Jones (North Wales Road Runners).

Make it a family day out in the Conwy Valley!

Medals for all finishers.

AWARDS / PRIZES

<u>MALE</u>			<u>FEMALE</u>		
First Three	- -	Finishers	First Three	- -	Finishers
First	- -	Over 40	First	- -	Over 35
First	- -	Over 50	First	- -	Over 45
First	- -	Over 60	First	- -	Over 55
First	- -	Over 65			

One individual prize per runner
ONE TEAM PRIZE (4 persons to count)

Competitors to be at least 16 years on race day.

ENTRY FEE : £5 * £7 unattached * £1 extra on race day

Result Sheet by post 50p. Cheques to be made payable to "Ras Fawr Llanddoged".

Please include First class stamp for race information and number.

Entries to: Ras Fawr, Bodelan, 2 Tyddyn Terrace, Llanrwst, Conwy LL26 0AT

ENTRY FORM (BLOCK CAPITALS PLEASE)

Please enter the undersigned for RAS FAWR LLANDDOGED 2009.

I accept that I participate entirely at my own risk and I do not hold the organisers or any race official responsible for any loss or injury.

NAME SIGNED

ADDRESS

POSTCODE

TELEPHONE MALE / FEMALE

E-MAIL ADDRESS

CLUB (if any) REGISTRATION NUMBER

D of B Age on Race Day Fee of £..... enclosed (include additional 50p for postal results).