



Presents

The Old Father Time Road Race

Monday 2nd January 2012 @ 1pm

A 5 mile 2 lap course for Veteran Athletes Only
Incorporating the WMAA 5 mile championships.

Race HQ Llandaff Rugby & Athletic Club
Western Avenue, Cardiff (Next to UWIC)
Limited Changing Facilities.

NAME: _____

ADDRESS: _____

Postcode: _____ Telephone No: _____

Age on day: _____ Club: _____

WA Registration No: _____

I wish to enter the WMAA 5 mile championship: Yes/No

Welsh Masters Athletics Association No _____

Entry Fees: Registered Athletes £8.00 Others £10.00 On the day £10.00

Cheques should be made payable to: 'Les Croupiers Running Club'.

Send entries with a SAE to:

John Griffin
22 Heol Waun y Nant
Whitchurch
Cardiff
CF4 1JZ

A permit has been applied for.