

Croups Summer Sizzler 5Km **Wed 24th August 2011**

www.lescroupiersrunningclub.org/summer-sizzler-5k/

Entry Fees: £5 Affiliated
£7 Non Affiliated
Entries on the day + £1 (Late Registration closes at 7.00pm)

- Closing Date for Postal Entries : **Saturday 20th August 2011**
- Cheques payable to : **Les Croupiers Running Club**
- Send entries to : **203 Edward England Wharf, Lloyd George Ave., Cardiff CF10 4QL**
- **Runners must be 15 yrs or older on the day to run.**

Prize List:

1st, 2nd, 3rd Male and Female + Age Group Winners {FV35, FV45, FV55, MV40, MV50, MV60}

Presentation of Awards will take place at Llandaff Rugby Club at the BBQ

Race HQ and Late Registration:

Llandaff Rugby Club, Western Ave., Cardiff CF5 2AZ

Course:

The course is accurately measured and is the same as the one used for Cardiff parkrun, which starts and finishes on the Taff Trail along side Tesco Extra. To get to the course from Llandaff Rugby Club, cross the footbridge and head along Western Ave towards the River Taff, cross the river and then go down the steps, you should be between the River Taff and Tesco Extra.

A New event in 2010 giving you a chance to try for that last Summer Blast out, then join us back at Llandaff Rugby Club for a BBQ ~ 1st item from the BBQ is free with your Race Number.



CROUPS SUMMER SIZZLER 5KM



Wed 24th August 2011
7.15pm

5Km run followed by BBQ

Held under UKA Rules

Permit applied for



Les croupiers
Running Club

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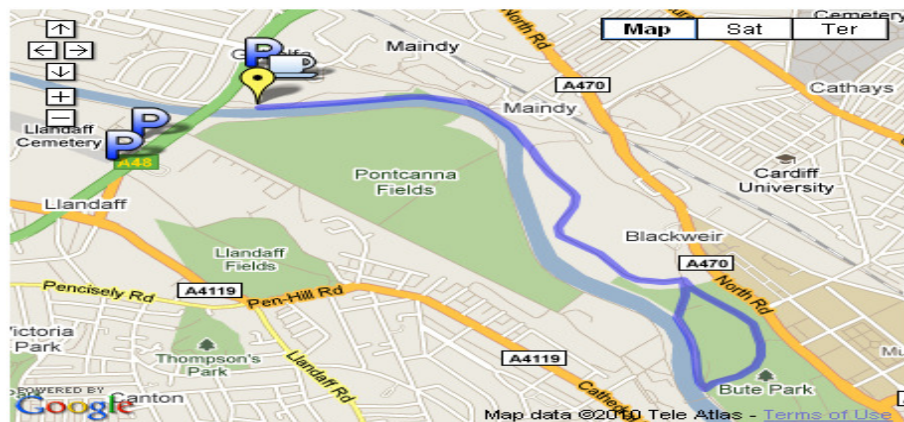
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Race HQ and Late Registration:
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Parking:
Is available at Llandaff Rugby Club, UWIC and Tesco ~ please check for parking restrictions

Course:
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ENTRY FORM

Wed 24th August 2011

Name _____

Address _____

Post Code _____ **Phone** _____

e-mail _____

Date of Birth _____ **Male / Female**

Athletics Club _____

Welsh Athletics Reg No. _____

Signature _____ **Date** _____

Parent/Guardian if under 18

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- I accept that the organisers shall not be held responsible for any loss, damage, action costs or expenses which may arise in consequence of my/this child's participation in this event.