

Self-Transcendence Races

3x1 mile relay BUTE PARK, CARDIFF Friday 25th July 2008



Held under
UK Athletics
Rules.
Permit applied
for.

Registration from 6.20pm at race start.

Race start/finish is at Blackweir Changing Rooms, Bute Park, off North Road.

CATEGORIES: Junior Boys (age 11-15), Junior Girls (age 11-15), Men's Team, Women's Team, Mixed Team, Veteran Team (all team members 50+), AND: "Family Team" & "Non-club Team".

Memento to all teams taking part - small trophy to winning teams in all categories.

Please make cheques payable to R. Chamberlain, and return with completed entry form to Run and Become, 12 Wood Street, Cardiff. (If you require confirmation of entry please enclose SAE.). For more information, see www.srichinmoyraces.org/uk or call 02920232346.

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Block Capitals:

Team Name.....

Runner 1.....M▪/F▪ Age.....Club.....
Email.....Tel.....

Runner 2.....M▪/F▪ Age.....Club.....
Email.....Tel.....

Runner 3.....M▪/F▪ Age.....Club.....
Email.....Tel.....

Entry per runner £2.50 (Plus UKA Levy of £2 for non-club members).

Race numbers will be issued on the day at the race.

Disclaimer: I understand that the organisers will in no way be responsible for any injury, illness, accident or loss of property resulting from my participation in this event.

Signature 1..... Date.....

Signature 2..... Date.....

Signature 3..... Date.....