

5th North Wales Junior Mountain Running Championships - Girls & Boys

"Fast Run-able Courses"

Saturday 17th September 2011

OPEN TO NON NORTH WALES' RESIDENTS - PRE ENTRY RECOMMENDED

Registration at the Great Orme Summit Cafe, from 10am

This event is sanctioned and run under Welsh Athletics Ltd rules.

AGE GROUP	Distance	Start Time
Under 8's	0.8km	12pm
Under 10's	1.6km	12.10pm
Under 12's	3.2km	12.40pm
Under 14's	4.8km	1.20pm
Under 16's	6.4km	1.50pm

Registration for each race must be at least 15 mins before the start of race
(Age category shall be determined by age at 1st January 2011)

Entry Fee - £ 2.00, cheques payable to N.W.J.M.R.C. plus S.A.E
And send to Mike Blake:

1 Garreg Fawr, Lôn Garreg Fawr, Groeslon, Caernarfon, Gwynedd, LL54 7EB

Tel: 07778 145 144 / 01286 831115

Certificates for all competitors.

Trophies for 1st, 2nd, 3rd places and certificates for all in each age group (boys & girls)

All competitors will receive a free pass to the Great Orme Mines
Free Ice Cream courtesy of Summit Café and Sinclair Steel

Entry Form

Name: _____ Date Of Birth _____

Address: & Contact Number _____

Email address _____

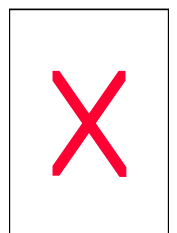
Club/School: _____

Please enter me for the _____ section of the above Championships

I enclose my entry fee of £ _____ Welsh Athletics Reg.No. _____

Qualification: Birth _____ Parents _____ Resident _____ Guest _____

Parental signature: _____



SINCLAIR STEEL