



# Ammanford Lions Club Clwb Llewod Rhydaman



serving Ammanford and area since 1970  
Charitable Trust Number 1080093  
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## AMMANFORD 10K ROAD RACE FREE T-SHIRT TO 1st 150 FINISHERS

**SUNDAY 11th JULY 2010**

**START: 11.00 a.m. - Entries on Day from 9.30a.m.**

**AMMANFORD RECREATION GROUND**  
**£5.00 WA Affiliated    £7.00 Unaffiliated**  
**Trophies in all Categories**

**Athletic Team Trophies: Male and Female**  
**3 male (all to count) 3 female (all to count)**

Categories:            Open Male (OM)    Vet Male (M40)    (M50) (M60)  
                                 Open Female (OF)    Vet Female (F35)    (F45) (F55)

Category
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**NAME:**.....**Age on day** ..... **D.O.B**...../...../.....

**ADDRESS:**.....

**Welsh Athletics number:**..... **Athletic Club:** .....

I agree that the organiser or Amman Valley Harriers will NOT be held **LIABLE** for any loss, injury or damage incurred during, or as a result of the above event, and I participate entirely at my own risk.  
Minimum age 15 years on day.

**SIGNATURE:** .....

Race Permit Applied For

Enquiries to Rose Fitzgerald on 01792-543563