

BRIDGEND AC

Presents the 6th edition of the



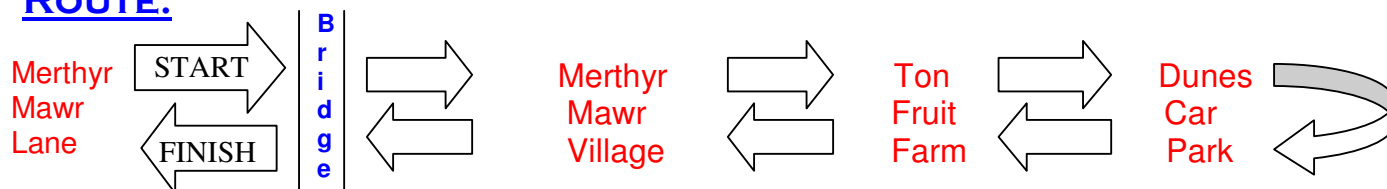
BRIDGEND AC

Merthyr Mawr Lane 5km Wednesday 26th May 2010 – 7:30pm start

Held under UK: Athletics Rules Welsh Athletics Licence No: SL2010/02 Accurately Measured

Measured out & back, rolling course, starting and finishing at the top of Merthyr Mawr Lane, Bridgend. Welcoming to athletes of all abilities

ROUTE:



COURSE: KM MARKERS. VIRTUALLY! TRAFFIC FREE. ST JOHNS IN ATTENDANCE. BRIDGEND AC CLUBHOUSE: FOR TOILETS/CHANGING/SHOWERS - BEFORE & AFTER.

ENTRIES: TAKEN ON NIGHT AT CLUBHOUSE FROM 5.30PM UNTIL 7.15PM (LATEST)

INFO: RUNNERS TO PARK AT REC CENTRE, ENTER AT BRIDGEND AC CLUBHOUSE, ENCOURAGED TO JOG TO START, WHICH IS 1 MILE (APPROX) ACROSS NEWBRIDGE FIELDS.

VERY LIMITED PARKING AT START AT "DIPPING BRIDGE". KIT STORE & DRINKS AT START

AWARDS/PRIZES*: 8.30PM (ISH) AT BRIDGEND TENNIS CLUB – 150M FROM BAC CLUB

PRIZES	MALE – 1 ST , 2 ND , & 3 RD , PLUS FIRST - U20, 40+, 50+, 60+ FIRST 3 TEAMS ~ 4 TO SCORE	PRIZES
	FEMALE – 1 ST , 2 ND , & 3 RD , PLUS FIRST U20, 35+, 45+ FIRST 3 TEAMS ~ 3 TO SCORE	

* RACE NUMBER ENTITLES YOU TO A **FREE DRINK** (1/2 PINT OR SOFT) AT THE BAR AT PRESENTATION

RECORDS: **WOMEN** – C DUGDALE (SWANSEA H) – 16.49 **MISTRESSES** – F GILL (NEATH H) – 18.29
MEN – R GARDINER (CARDIFF AAC) – 14.48 **MASTERS** - A EYNON (BRIDGEND AC) – 15.41

FURTHER INFORMATION: TEL 01656.667864 (EVE) OR 07989445627 (ANYTIME)

ENTRIES IN ADVANCE TO: RACE ORGANISER, 5 JOSLIN RD, COITY, BRIDGEND CF31 3DU
(PLEASE ADD A S.A.E. IF YOU REQUIRE DIRECTIONS OR NUMBER IN ADVANCE)

ENTRY FEE: £5 (+£2 FOR UNATTACHED ATHLETES) PAYABLE TO BRIDGEND AC

NAME CLUB M/F DOB .. / .. / ..
(DAY MONTH YEAR)

ADDRESS AGE ON DAY
(MUST BE 15+)

POSTCODE TELEPHONE **2009/10** WA REG NO

E:MAIL ADDRESS

DISCLAIMER

I ENTER THIS EVENT AT MY OWN RISK AND THE ORGANISERS SHALL NOT BE LIABLE FOR ANY PERSONAL INJURY BEFORE, DURING OR AFTER THE RACE.

FOR OFFICIAL USE ONLY