



# Ammanford Lions Club Clwb Llewod Rhydaman



serving Ammanford and area since 1970  
Charitable Trust Number 1080093  
proudly sponsors

## AMMANFORD 10K ROAD RACE FREE T-SHIRT TO 1<sup>st</sup> 150 FINISHERS

**SUNDAY 10th JULY 2011**

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

**AMMANFORD RECREATION GROUND**  
**£6.00 WA Affiliated £8.00 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:** .....

Welsh Athletics - West Wales Regional Council Race Permit No: WL/2011

Enquiries to Rose Fitzgerald on 01792-543563



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## RAS 10K RHYDAMAN

*Rhif Cofrestriad Caniatâd:*

**DYDDIAD: DYDDSUL**

10 GORFFENNAF 2011

**DECHRAU: 11.00 AM – Cofrestru ar y Dydd**

**AR ÔL 9.30AM**

**LLEOLIAD: MAES CHWARAE RHYDAMAN**

**TÂL: £6.00 Aelod o Athletau Cymru £8.00**

**Dim Aelod**

**GWOBRAU: Gwobrau ym mhob Categori**

**Gwobrau Timau Athletau:**

**Gwryw a Benywaidd**

**3 Gwryw (pawb yn sgori) 3 Benyw (pawb yn sgori)**

Categori
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**Categoriau: Gwryw Agored (OM) Gwryw Vet (M40) (M50) (M60)  
Benyw Agored (OF) Benyw Vet (F35) (F45) (F55)**

**ENW:.....Oed ar y dydd ..... Dyddiad  
Geni...../...../.....**

**CYFEIRIAD:.....  
...**

**Rhif Athletau Cymru:..... Clwb Athletau: .....**

Yr wyf yn derbyn NA FYDD y trefnydd na chlwb Ammann Valley Harriers yn GYFRIFOL am unrhyw golled, niwed neu ddifrod mewn canlyniad i'm cyfranogiad yn y digwyddiad hwn, ac rwyf yn cymryd rhan ar fy menter fy hun.

Oed: o leiaf 15 ar y dydd.

**LLOFNOD: .....**