UWC Atlantic College 10K

11am Sunday, 18th March 2012

www.atlanticcollege.org

A scenic course from the Castle grounds and along local roads, with a fast finish under the Castle's Outer Arch. Changing rooms and showers are available, plus free use of the indoor heated swimming pool after the race.

Entry Fees (Minimum age 15 years)

£8.00 A.A.W Affiliated; £10.00 Unattached; all entries £10.00 on the day

PRIZES

First 20 men overall (£100, £75 ,£50) (4-10 £20) (11-20 £10)

First 10 ladies overall (£100, £75, £50) (4-5 £20) (6-10 £10)

Prize ceremony at **1pm**

Memento ALL finishers

Please note: NO PRIZES WILL BE SENT OUT AFTER THE RACE

Entry form:

Race Number *For official use*

Name _____

Address _____

_____

Postcode _____

Phone Day _____ Phone Evening _____

Club _____ Email _____

D.O.B _____ Age on Race Day _____

A.A.W. Reg _____ M/F _____

I accept that the organisers or their agents shall not be held responsible for any loss, damage, action, claim, costs, or expenses which may arise in consequence of my participation in the Atlantic College 10K, 2012

I declare that I will not compete in this race unless I am in good health on the day of the race and that I will compete at my own risk:

Signed Date

All entry forms to be returned, together with a SAE and cheque/postal order made payable to **'ATLANTIC COLLEGE'** to:

Vicky Phillips, 46 Picton Road, Rhoose CF62 3HU Further details email : vicky.phillips@atlanticcollege.org

Please write your **name and address** on the reverse of cheques. Last date for receipt of postal entries **2nd March 2012**

☐ Tick this box if you **DO NOT** wish to receive information about Atlantic College