



2023 Series

RACE ENTRY FORM

Entry on the night from 1730
at the Blackweir Tavern, North Road, Cardiff
Race starts at 1930

Entry fees: Club Runner £7.00 • Unattached £9.00

Wednesdays May 24th, June 28th and July 26th 2023

www.ssafa5kcardiff.org (details, photos, course map, online entry etc.)

First name (block capitals please)	
Surname	
Address	
Post code	
Sex M/F	Age on day (years)
Club	Registration no:
Email	Telephone

☆☆☆ *Prize list for each night and for the Series* ☆☆☆

- ☆ 1st, 2nd and 3rd males and females
- ☆ Masters M35, M45, M55
- ☆ Masters W35, W45, W55
- ☆ 1st male and female under 20

DECLARATION: I declare that I will abide by the rules of UK Athletics. I am an amateur under the rules and I will be age 11 or over on the day of 5k Series race. I accept that the organisers will not be responsible for any loss, damage, action, cost or expenses which may arise in consequence of participation in this event, however caused. I understand that refunds are not available.

CONSENT: I agree to the above data being retained by the race organisers in accordance with the General Data Protection Regulation (GDPR) and solely for the purposes of promotion and management of the Series. (See website for further information on your rights under GDPR.)

Please tick the box to consent to data retention:

SIGNATURE: _____



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Established 1885