



2023 Series **RACE ENTRY FORM**

Entry on the night from 17.30hrs at Blackweir Tavern, North Road, Cardiff, CF10 3DX.

You can enter on line at <https://www.fullonsport.com/event/ssafa-cardiff-5k/profile>

Start at 19.30hrs in Blackweir Fields by the Changing

Entry fees: UKA Club Runners £7.00 – Unattached £9.00

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

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

BLOCK CAPITALS PLEASE

First Name:		
Surname:		
Address:		
		Post Code:
Sex tick: (M). (F).	Date of Birth:	Age on the day:
Club:	Registration No:	
Email:	Telephone:	

prizes! for each night and for the Series

1st 2nd 3rd Males & Females, Masters 35, 45, 55 Male & Female, Under 20 1st Male & Female

DECLARATION: I declare that i will abide by 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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