



Pontypool & District Runners Present:

The Ponty Plod

A Multi Terrain Event of approximately 11 miles.

14 October 10.00am – Llandegfedd Reservoir.

Enw/FullName.....

Clwb/Club.....

Cyfeiriad/Address.....

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Codbost/Postcode..... Ffôn/Telephone(+std).....

D.O.B..... Email:.....

Car Reg No..... W/A Affiliation Number.....

Emergencycontact..... Tel.....

I understand that this race is held under license with Welsh Athletics . I am aware of the Organisers' information and requirements in connection with this race. I accept the hazards involved in trail running and acknowledge that I am entering and running in this race at my own risk. Other than the Organisers' liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race.

In addition -

"You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category."

Entry Fee of £18 (affiliated) £20 (unaffiliated) - enclosed - Cheques payable to Pontypool & District Runners On the day entries £22

Llofnod/Signature.....Date.....

You must be over 18 years or over to take part in this race. IMPORTANT: - Tick age category entered and Gender.

18+	V40+	V50+	V60+	V70+
Male			Female:	

Completed forms and cheques to: Pontypwl & District Runners, 17 Museum Court, Griffithstown, Torfaen NP4 5GZ.

All numbers to be collected on the day at registration