

# 12<sup>th</sup> Llanelli 10k FUN RUN & Junior Races

(Under UK Athletics Laws)



Trophies to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in all categories  
Race Memento awarded to all who Finish

## July 6<sup>th</sup> 2014

### A GREAT FAMILY DAY OUT



**Healthy Life Activities**  
Gweithgareddau Bywyd Iach  
[www.healthylifeactivities.co.uk](http://www.healthylifeactivities.co.uk)

**JULY 6<sup>TH</sup> 2014**  
**Junior Races – 1200m**

**10:00am – Boys & Girls 5yrs and Under**  
**10:15am – Boys & Girls Yrs 1&2**  
**10:25am – Boys & Girls Yrs 3&4**  
**10:35am – Boys & Girls Yrs 5&6**  
**10:45am – Boys & Girls Yrs 7&8**

**11:00am Presentation Ceremony Juniors**

Awards to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in all categories apart from Under 6.  
Medals to all who complete the course.

**11:30am – 10Km FUN RUN**

Males under 40, V + 40, V + 50, V + 60  
Females under 35, V + 35, V + 45, V + 55  
Best Fancy Dress

**Traffic Free Course / Chip Timing / Race  
Memento / Free On-site parking**

**Fees:**

Children £ 3.00  
Adults (Over 16) Affiliated to AAW £ 12.00  
Adults (Over 16) Non-Affiliated to AAW £ 14.00

Corporate Team Entry Available – please see website  
for details and form- 12 places for £120

Closing date for postal entries: July 1<sup>st</sup> 2014  
Forms & cheques to be sent to:

Healthy Life Activities  
111 Penygarn Rd, Tycroes, Ammanford, SA18 3PF  
Cheques payable to: Healthy Life Activities

**No Race Entry for 10k on the day**  
**Race entry on the day for Junior Races 8:00am**

Register on line on:  
[www.healthylifeactivities.co.uk](http://www.healthylifeactivities.co.uk)

Enquiries – Noelwyn 07968859260

## ENTRY FORM:

Name:	_____
Surname:	_____
Address:	_____
Post Code:	_____
Email:	_____
Club / School:	_____
Age:	_____
AAW No :	_____
Gender:	<input type="checkbox"/> M <input type="checkbox"/> F

Please select race:

Secondary School Races:

Years 7 & 8  M  F

Primary School Races:

Years 1 & 2  M  F  
Years 3 & 4  M  F  
Years 5 & 6  M  F  
Under 6  M  F

Adult Races (Over 16):

Males under	Females under
<input type="checkbox"/> 40	<input type="checkbox"/> 35
<input type="checkbox"/> V + 40	<input type="checkbox"/> V + 35
<input type="checkbox"/> V + 50	<input type="checkbox"/> V + 45
<input type="checkbox"/> V + 60	<input type="checkbox"/> V + 55

**DECLARATION:**

I declare that I will abide by the rules of UK Athletics. I accept that the organisers will not be responsible for any loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event, however caused. I further declare that you may use my name, voice or picture in any broadcast, telecast, promotion or other account. I consent to the use of my name or records pursuant to the Data Protection Act 1998.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature if Under 16:

# 12<sup>dddeg</sup> Ras Hwyl 10k Llanelli a Rasmus Plant

O Dan rheolau athletau Prydain



Tlysau I'r 1<sup>af</sup>, 2<sup>ail</sup>, 3<sup>ydd</sup>  
Tlws I bawb sy'n gorffen

## Gorffennaf 6ed 2014

### DIWRNOD ALLAN I'R TEULU



**Healthy Life Activities**  
Gweithgareddau Bywyd Iach  
[www.healthylifeactivities.co.uk](http://www.healthylifeactivities.co.uk)

## GORFFENNAF 6ED 2014

RASUS PLANT – 1200M

**10:00yb – Bechgyn a Merched 5 ac o dan**

**10:15yb – Bechgyn a Merched BI 1&2**

**10:25yb – Bechgyn a Merched BI 3&4**

**10:35yb – Bechgyn a Merched BI 5&6**

**10:45yb – Bechgyn a Merched BI 7&8**

**11:00yb Seremoni Gwobrwyo'r Plant**

Tlysau i'r 1<sup>af</sup>, 2<sup>ail</sup> a 3<sup>ydd</sup> ond am dan 6. Medalau i bawb sy'n gorffen y cwrs

### 11:30yb – Ras Hwyl 10km

Dynion o dan 40, F + 40, F + 50, F + 60

Menywod o dan 35, F + 35, F + 45, F + 55

Gwisg Ffansi Gorau

Cwrs heb cerbydau / Amseru electronic / Tlws I orffen a  
Parcio am Ddim o fewn cant llath I'r llinell dechrau..

#### Tâl:

Plant	£3.50
Oedolion (Dros 16) Aelod o AAW	£12.00
Oedolion (Dros 16) Dim Aelod o AAW	£14.00

Cofrestrwch Tim Corfforaethol o ddeg rhedwr – welwch y safle We am fwy o fanylion - £110

Dyddiad cau trwy'r post : Gorffennaf 6ed 2014  
Ffurflenni a Siecâu i:

Healthy Life Activities

111 Penygarn Rd, Tycroes, Ammanford, SA18 3PF  
Siecâu yn daladwy i: Healthy Life Activities

**Dim Cofrestru ar y dydd ar gyfer y 10k ond fe fydd cofrestru o 8:00am ymlaen ar gyfer Rasmus y Plant.**

Cofrestrwch ar lein ar:

[www.gweithgareddaubywydiach.co.uk](http://www.gweithgareddaubywydiach.co.uk)

Ymholiadau – Noelwyn 07968859260

## FFURFLEN COFRESTRU:

Enw:	_____
Cyfenw:	_____
Cyfeiriad:	_____
Cod Post:	_____
Ebost:	_____
Ysgol/Clwb:	_____
Oed:	_____
Rhyw:	<input type="checkbox"/> D <input type="checkbox"/> M
<b>Dewiswch Ras:</b>	
Rasmus Ysgol Uwchradd :	
BI 7 a 8	<input type="checkbox"/> D <input type="checkbox"/> M
Rasmus Ysgol Gynradd:	
BI 1 & 2	<input type="checkbox"/> D <input type="checkbox"/> M
BI 3 & 4	<input type="checkbox"/> D <input type="checkbox"/> M
BI 5 & 6	<input type="checkbox"/> D <input type="checkbox"/> M
O Dan 6	<input type="checkbox"/> D <input type="checkbox"/> M
Rasmus Oedolion (Dros 16):	
Dynion o dan	Menywod o dan
<input type="checkbox"/> 40	<input type="checkbox"/> 35
<input type="checkbox"/> F + 40	<input type="checkbox"/> F + 35
<input type="checkbox"/> F + 50	<input type="checkbox"/> F + 45
<input type="checkbox"/> F + 60	<input type="checkbox"/> F + 55
<b>DATGANIAD:</b>	
Yr wyf yn datgan y byddaf yn ufuddhau i reolau Athletau'r DU. Yr wyf yn derbyn na fydd y trefnwyr yn gyfrifol am unrhyw gollod, niwed, cais gweithred, costau neu dreuliau a all godi mewn canlyniad i'm cyfranogiad yn y digwyddiad hwn, ar unrhyw achos. Yr wyf yn datgan ymhellach y medrwyh ddefnyddio fy enw, llais neu lun mewn unrhyw ddarllediad, telediad, hyrwyddiad neu unrhyw gyfrif arall. Yr wyf yn caniatáu i'r defnydd o'm henw neu recordiau yn unol â Deddf Gwarchod Data 1998.	

Arwyddwyd: \_\_\_\_\_ Dyddiad: \_\_\_\_\_

Llofnod Rhiant os o dan 16: