



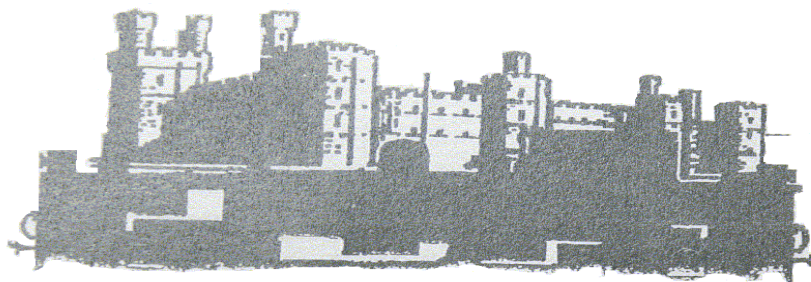
ERYRI HARRIERS

Express



Motors

PRESENT THE 12TH RACE THE TRAIN
DINAS – CAERNARFON
5K TRAIL / FUN RUN R.R.C. REG. UNDER A.A.W. RULES



7.30 p.m. Wednesday 22 July 2009

LIMIT 200 RUNNERS REGISTRATION @ COFI ROC
CAERNARFON 6-7:00 P.M.

ENTRY FEE £3.00 / CHARITY RUNNERS £2.50

£100 prize for beating the record!

Courtesy of

MENS RECORD
STEVE BRACE, 1998
14:13



WOMENS RECORD
SAM GRAY, 1998
17:21

Cofi Roc

1 ½ K FOR JUNIORS
£1.00
JUNIORS AT 6.30PM
FREE TESCO GOODIE BAG

PRIZES SUBJECT TO ENTRY

MALE U40/O-40/O-50/O-60

FEMALE U35/O-35/O-45

1ST LOCAL MALE & FEMALE

1ST JUNIOR MALE & FEMALE U18, U16's

1ST NON ATHLETIC TEAM- 1 Crate Budweiser (4 to Count)

TEAM ENTRIES CLOSE 14TH JULY

FREE TO ALL RUNNERS
COMMEMORATIVE SLATE COASTER COURTESY OF
INIGO JONES SLATE WORKS GROESLON
COMMEMORATIVE CERTIFICATE AND RESULTS

RACE THE TRAIN OFFICIAL FORM

NAME..... A.A.W. REG No FUN RUNNER(U/A £2.00)

ADDRESS

.....TELEPHONE NUMBERCURRENT 5K TIME

CLUBDOB / / AGE ON DAY OF RACE

CHARITY RUNNER PLEASE (PROOF REQUIRED ON THE DAY)

FEE ENCLOSED £..... (CHEQUES MADE PAYABLE TO RACE THE TRAIN)

FORWARD **CHEQUE & SAE** TO RACE SECRETARY,

MIKE BLAKE, CARTREF, 1 GARREG FAWR, LON GARREG FAWR, GROESLON, LL54 7EB. TEL 01286 831115

I ACCEPT I RUN AT MY OWN RISK

SIGNEDDATE