



RHEDWYR ERYRI HARRIERS

PRESENT THE 16TH RACE THE HIGHLAND TRAIN

DINAS TO CAERNARFON

5K ROAD/FUN RUN HELD UNDER U.K.A. RULES

Wednesday 24th July 2013 Train leaves Highland Railway Station, Caernarfon at 7.30pm. Race starts 8PM at Dinas Railway Station

LIMIT 250- Entries close Monday 22nd July unless full beforehand.

ENTRY FEE ATTACHED £3/UNATTACHED £5

FREE COMMERORATIVE SLATE COASTER FOR THE 1ST 200 ENTRIES
COURTESY OF INIGO JONES GROESLON

NO ENTRIES ON THE NIGHT

CASH PRIZES FOR BEATING RECORDS



Courtesy of



MENS RECORD
MATHEW CLOWES - 2012
13m 44s

WOMENS RECORD
GINA PALETTA – 2012
17m 00s

PRIZES SUBJECT TO ENTRY
MALE U/40/O-40/O-50/O-60/O-65/ O-70/O-75
FEMALE U35/O-35/O-45/O-55/O-60/O-65
1ST JUNIOR MALE & FEMALE U18 & U16
1ST NON ATHLETIC TEAM – 1 Crate Budweiser (4 to count)
TEAM ENTRIES CLOSE 15TH JULY 2013
MINIMUM ENTRY AGE OF 15

JUNIORS - 6.30PM – 1.5K
£1 Entry Fee
Free Tesco Goody Bag
Limit = 45 runners

RACE THE TRAIN OFFICIAL ENTRY FORM

NAME W.A. REG. NO.....

ADDRESS..... TEL.....

CLUB D.O.B..... AGE ON RACE DAY CURRENT 5K TIME

JUNIOR RACE ENTRY [] (PLEASE TICK)

FEE ENCLOSED £..... (Cheques made payable to Race the Train)

FORWARD **CHEQUE & S.A.E** TO RACE SECRETARY: - Mike Blake, Cartref, 1 Garreg Fawr, Groeslon, Caernarfon Gwynedd LL55 7EB Tel. No. 01286 831115

I accept that I run at my own risk and will not hold the organisers responsible for any loss, injury or sickness arising from my taking part.

SIGNATURE..... DATE.....