



# ENTRY FORM

For Office Use:

Race Number	
Category	
Payment	
Date Received	

## SUNDAY 27 September 2009

Why not save time and enter online at [www.swanseabay10k.com](http://www.swanseabay10k.com)

<b>10k</b> Race (UKA Affiliated) £12	<input type="checkbox"/>	1pm
<b>10k</b> Race (Non UKA Affiliated) £14	<input type="checkbox"/>	1pm
<b>5k</b> Race £6	<input type="checkbox"/>	12 noon
<b>3k</b> Race £6	<input type="checkbox"/>	11.30am
<b>1k</b> Race £6	<input type="checkbox"/>	11 & 11.15am

Projected time for distance \_\_\_\_\_

Best time for distance \_\_\_\_\_

Year and event achieved \_\_\_\_\_

First Names (in full) \_\_\_\_\_  
Surname \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_ Post Code \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Mobile Number \_\_\_\_\_

### Race T-Shirt

Please circle the size you would like:

Adult    S    M    L    XL

Junior 3-4    5-6    7-8    9-11    12-13

T-shirts available for first 2500 entries and are issued on a first come first served basis

Are You...? Male  Female   
Date of Birth    /    /

Are you a wheelchair athlete?

Are you a member of a UKA Affiliated running Club or association? Y  N   
Name of Club \_\_\_\_\_

Would your participation story be of interest to readers?

### Race Information

As race organisers we would like to offer a more efficient service and become more environmentally friendly.

Instead of sending you information by post, we would like runners to download race information from our website, we will notify you by email when new information is available.

Please tick here if you are happy to be updated  
By Email     By Post Only   
Email address \_\_\_\_\_

### Medical Information / Emergencies

Do you have a medical condition that the organisers should know about?

Y     N

Details: \_\_\_\_\_  
\_\_\_\_\_

### Sponsorship

If you would like to receive a sponsorship form for the Lord Mayor's Charity

Please tick here

My Swansea  
Fy Abertawe



HELD UNDER UK ATHLETIC RULES  
PERMIT/ LICENSE APPLIED FOR

City and County of Swansea  
Dinas a Sir Abertawe



## Payment and Entry Information

Please make cheques payable to:

### City and County of Swansea

Send Entry Forms and Payment to:

Special Events (10k), City and County of Swansea,  
Room 101, Penllergaer Offices, Penllergaer,  
Swansea, SA4 9GJ.

Tel: 01792 635428

Email: [special.events@swansea.gov.uk](mailto:special.events@swansea.gov.uk)

Please fill in all sections of the form in

**BLOCK CAPITALS**. For the main 10k race  
only the first 3,500 entries will be accepted.

Please send individual entry forms.

Photocopies and universal entry forms **WILL  
BE** accepted.

**NB** The organisers reserve the right to refuse  
entry without being bound to assign a reason  
in which case a refund will be given.

## Important Instructions

Your race information will be dispatched prior  
to the race, please visit

[www.swanseabay10k.com](http://www.swanseabay10k.com) for full details.

## Age Restrictions

10k – Must have reached their 15th birthday by  
1st September 2009.

5k – Aged 15yrs – 20yrs only (Limited entries).

Must have reached their 15th birthday by  
1st September 2009.

3k – Aged 9yrs – 14yrs only

1k – Aged 11yrs and under only

For the 3k and 1k - Competitors must not  
have reached their 15th and 12th birthday  
respectively by 27 September 2009.

**10k Entries Close on the 31 August 2009  
or when maximum entry is reached.**

## Late Entries

There are NO late entries for the 10k race, ONLY if  
spaces are available will late entries be accepted for  
the 5k, 3k and 1k junior races (extra premium will apply).

## Data Protection Act

Under the Data Protection Act 1998 the City and  
County of Swansea has a legal duty to protect any  
information we collect from you and to use that  
information only in compliance with the Act. We  
may wish to use your name, voice or picture and  
record of your time in any broadcast, telecast,  
promotion, publication or other account of this  
event and to pass this Information to any news or  
broadcast media. Please indicate your consent by  
signing the declaration.

If you would like this application form in a  
different format please contact Marketing  
Services on 01792 635478.

## Declaration

Please accept my entry form for the Swansea Bay  
10k road race/fun run to be held on 27 September  
2009. I understand that I participate completely at  
my own risk and the organisers will not be held  
responsible for any loss or injury and that the  
particulars included on this application are, to the  
best of my knowledge and belief, correct.

I agree to pay £10 if I do not return my Champion  
Chip within 30 days of the race.

Signed \_\_\_\_\_

(NB If entrant is under 16 the parent or guardian  
should sign on their behalf)

Date \_\_\_\_\_

For up to date information please visit

**[www.swanseabay10k.com](http://www.swanseabay10k.com)**

Provisional race results will be available  
on this web site from  
Monday 28 September.



British  
Association  
of Road  
Races Ref No. 554



realbuzz  
runbritain.com



ADMIRAL



Day's



thewave  
96.4 fm

swansea sound  
1170 mw & DAB