



Run the 55<sup>th</sup>

# GRAND PRIX EXPRESS

## NORTH WALES 10 MILE CHAMPIONSHIP 2017

(Incorporating Wrexham Open 10)

Under UK Athletics Rules

RRA Measured

Permit 2017/29/4

**START & FINISH at**

**THE CLUB HOUSE (Formerly Prysmian Club)**

Wrexham Industrial Estate

**Saturday 29<sup>th</sup> April 2017**

**Start: 2.00pm**

**AWARDS:**

**NW Closed Champs**

First 3 Male & Female

First 3 Masters in each age category – Male & Female

First Junior

**Wrexham Open**

First 3 Male & Female

First Male Master in each category

First Lady Master in each category

First 3 Male Teams – 4 to score; First 3 Female Teams – 3 to score; First 3 Male Masters Teams – 3 to score  
(all Team awards to be open – no Closed Team Awards)

**PLUS EXTRA AWARDS IF ENTRIES DEMAND**

**ALL RUNNERS IN THE OPEN EVENT MUST REPRESENT THEIR FIRST CLAIM CLUB**

**ALL RUNNERS IN CLOSED EVENT MUST HAVE NORTH WALES QUALIFICATION**

**ALL RUNNERS MUST WEAR CLUB VEST**

**ENTRY FEE:**

**CLUB £8.00 UNATTACHED £10.00**

**NO TEAM FEE**

Entries to: Bernie Jones, 18 Sandington Drive, Sandiway, Cheshire CW8 2ZD (Tel: 07909 043117)

## NORTH WALES 10 MILE CHAMPIONSHIP 2017

**NAME..... WA REGISTRATION No.....**

**ADDRESS.....**

**..... TELEPHONE.....**

**DATE OF BIRTH..... MALE/FEMALE.....**

**CLUB..... UNATTACHED.....**

**NORTH WALES QUALIFICATION – Birth or Residence:.....**

PLEASE ENTER ME IN THE .....SECTION OF THE NW 10 MILE CHAMPIONSHIPS

Please make cheques payable to: N.W.C.C.A

Postal closing date: Monday 24<sup>th</sup> April 2017 – Late entries £2.00 extra (eligible for prizes)

**PLEASE COLLECT YOUR NUMBER ON RACE DAY**

I agree to abide by UK Athletics Laws and to take part in the event entirely at my own risk

Personal headsets must NOT be worn during the race.

**Signed..... Date.....**

