



Presents

The Old Father Time Road Race

Sunday 1st January 2017 @ 1pm

**A 5 mile / 2 lap course for Veteran Athletes (35+) Only
Incorporating the WMAA 5 mile Championships**

**Race HQ – Llandaff Rugby & Athletic Club
Western Avenue, Cardiff CF5 2AZ (Next to UWIC)
Limited Changing Facilities**

Name: _____

Address: _____

Postcode: _____ Telephone No: _____

Age on day: _____ Club: _____

Athletics Registration No: _____

I wish to enter the WMAA 5 mile Championship: Yes / No

Welsh Masters Athletics Association No: _____

Entry Fees: Registered Athletes £8.00 Others £10.00 On the day £10.00
Cheques should be made payable to: 'Les Croupiers Running Club'.

Send entries with SAE to: John Griffin
22 Heol Waun y Nant
Whitchurch
Cardiff
CF4 1JZ



Permit Applied for

