



Presents

The Old Father Time Road Race

Sunday 30 December 2018 @ 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 Cardiff Metropolitan University’s campus)
Limited changing facilities / parking**

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

