



Presents

# The Old Father Time Road Race

**Sunday 29<sup>th</sup> December 2019 @ 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**

