

# Run the Admiral Swansea Bay 10k

Admiral  
10cBaeAbertawe  
SwanseaBay10k



**Sunday 26 September 2010, 1.00pm start**

- Suitable for wheelchair athletes
- Free T-shirt to first 3500 entries
- Course accurately measured and timed
- No entries on the day

The Admiral Swansea Bay 10k is one of the most popular races in the running calendar. The fast and flat route takes you past stunning scenery and will give you ample opportunity to achieve a personal best time.

## How do I enter?

- Enter online at [www.swanseabay10k.com](http://www.swanseabay10k.com) (save 50p per entry online)
- OR
- Fill in the attached entry form and send to us with your cheque

To enter the 10k, you must have reached your 15th birthday by 1 September 2010. Junior races are also available – look out for junior entry forms or why not enter online or download a form at [www.swanseabay10k.com](http://www.swanseabay10k.com)

10k entries close on the **31 August 2010** or when maximum capacity is reached.  
**NB** Maximum capacity has been reached prior to this date for the last 4 years.

For up to date information, please visit [www.swanseabay10k.com](http://www.swanseabay10k.com)  
Provisional race results will be available on the website from 26 September.

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



WELSH ATHLETICS  
ATHLETAU CYMRU



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RULES LICENSE WL2010009

**Admiral**

City and County of Swansea  
Dinas a Sir Abertawe





# Entry Form

For Office Use:

Race Number	
Category	
Payment	
Date Received	

## Please enter me for the Admiral Swansea Bay 10k

Please use **BLOCK CAPITALS** and use black ink.

Title \_\_\_\_\_ First name \_\_\_\_\_ Surname \_\_\_\_\_

Address: \_\_\_\_\_

Postcode \_\_\_\_\_ E-mail address \_\_\_\_\_

Home phone \_\_\_\_\_ Mobile number \_\_\_\_\_

Date of birth \_\_\_\_\_ Are you...? Male  Female

Projected finish time \_\_\_\_\_

Are you a wheelchair athlete...? Yes  No

I would like to raise funds for the Lord Mayor's Charity, please tick here

I would like to raise funds for another charity (please state) \_\_\_\_\_

I am not running for charity

I would like a 30th Anniversary commemorative t-shirt.

Size: **Small**  **Medium**  **Large**  **X Large**

(Free T-shirts are available for first 3500 entries)

Would your participation story be of interest to readers? Yes  No

Would you be interested in receiving special offers and training e-mails from the City and County of Swansea? Yes  No

### Medical Information/ Emergencies

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

Yes  No

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

### Payment and Entry Information

10k Race (UKA Affiliated) £13.50

Name of Club \_\_\_\_\_

Registration number \_\_\_\_\_

10k Race (Non UKA Affiliated) £15.50

Please make cheques payable to: **City and County of Swansea**

Send completed signed entry form and payment to:

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

☎ 01792 635428 ✉ [special.events@swansea.gov.uk](mailto:special.events@swansea.gov.uk)

### 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.

### Declaration

Please accept my entry form for the Admiral Swansea Bay 10k road race/ fun run to be held on 26 September 2010. 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 \_\_\_\_\_ Date \_\_\_\_\_