

DEGANWY PROM DAY

www.deganwypromday.org.uk

6th Annual Deganwy Dash 2014

5 miles flat scenic coastal course

Friday, 30th May, 7.15p.m.

Due to major storm damage to Deganwy Promenade access is unlikely for this years Dash. An alternative 5mile route has been planned. The start and finish will now be at the vehicle turn around point on Marine Crescent. The course is an out and back trail fun run on the Deganwy/Conwy Cycle Path. Run towards Conwy Castle leave the path for a short run on the road in Deganwy Quay then back onto the coastal path. Continue running to the base of the footbridge (Grid ref. SHf785 775) by Conwy Castle. Turn around run back to the RSPB flyover bridge, run over the bridge and continue on the path towards the RSPB Reserve, turn around and run back to the finish at Marine Crescent.

Deganwy Dash is part of Deganwy Prom Day, after the 2013 event donations totalling £1,050.00 were made to local charitable groups in Deganwy, Conwy, Llandudno.

Entry fee is £7.00

Entries close on 28th May or when entry limit of 250 runners is reached. Entries on day if limit is not reached (+£2.00)

Minimum age: 15 years on day of race, parent/guardian consent required for under 17 years of age.

Race numbers are not transferable and will be issued at registration. After acceptance entry fees are non refundable.

ACKNOWLEDGEMENT OF ACCEPTANCE WILL BE BY EMAIL

FREE CASH DRAW FOR ALL PARTICIPANTS, DETAILS ON ENTRY ACKNOWLEDGEMENT

All finishers will receive commorative award

**MINIMUM AGE
15 years
(On day of race)**

REGISTER BY DEGANWY BEACH (at the start/finish area) 6.00 to 7.00p.m.



DEGANWY DASH 2014 ENTRY FORM

Please use CAPITAL LETTERS

Office use only	
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Full name.....

Address.....

TICK APPROPRIATE	
MALE <input type="checkbox"/>	FEMALE <input type="checkbox"/>

Post code Email address D.o.b/...../.....

Age on day of race..... Tel no. (inc. std).....

Please complete this form, detach and send with entry fee of £7.00 to:

Deganwy Dash, West Point (Ground Floor), 19 Deganwy Road, Deganwy LL31 9DL

Email: g7hgc@btinternet.com Tel 01492 582631

PLEASE MAKE CHEQUE PAYABLE TO 'DEGANWY PROM DAY'

Please include a sae if you do not have an email address. Results will emailed to all finishers.

I understand that the organisers accept no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this event. I have no record health problems that might give rise to problems before, during and after the event, and that I run entirely at my own risk.

Competitor's Signature.....Date.....

Parental/Guardian's Signature (if entrant is under 17 years of age on day of event)

(Parent/Guardian must sign for under 17years of age)