

Dear Athlete

Please ensure you have read the race day information before arriving via the race website:

<https://www.runwales.com/events/rhyl-10-mile/race-day-info/>

Collect your registration pack from Walter Hill who will be located in the registration area. He will also give you your age category number to be pinned on your back

The list of competitors shows in green all the “natural” BMAF British teams which are automatically entered because there are three runners in the same team category. The clubs with competitors shown in yellow can choose to down-age one or more members to make up a team in a younger age group and hence maximise the number of medals the club can win. Please fill out a form if you wish to do this and hand it in to registration no later than 30 minutes before the start of the race.

After the race, BMAF individual and team medals will be awarded at the end of the main prize giving. Please can everyone stay on for these presentations if possible, in order to celebrate the success of the winners and share stories of the race

Regards

Peter Kennedy

BMAF IT Manager