



Healthy Life Activities
 Gweithgareddau Bywyd Iach
 www.healthylifeactivities.co.uk

In Conjunction with Amman Valley Harriers

PROUDLY SPONSOR

2019 AMMANFORD JUNIOR FUN RUN

DATE: WEDNESDAY 5TH JUNE 2019 **ENTRY FEE:** £2.50
START: 6:30pm (Registration from 5:30pm)
VENUE: AMMAN VALLEY LEISURE CENTRE ENTRIES ON DAY
 (on RUNNING TRACK behind Swimming Pool) (Registration Point)

PRIZES: MEDALS TO ALL FINISHERS

Age Group Category

Categories: Reception & under: - 1 lap
Distance: Yr 1&2: - 2 laps Yr 5&6: - 2 laps
 Yr 3&4: - 2 laps Yr 7&8: - 2 laps



NAME:.....

Age **D.O.B.**...../...../.....

ADDRESS:

SCHOOL..... **Athletic Club:**.....

I agree that the organiser or Amman Valley Harriers will NOT be held **LIABLE** for any loss, injury or damage incurred during, or as a result of the above event, and I participate entirely at my own risk. Signature of parent or guardian required please.

SIGNATURE:

Enquiries to: juniors.avh@gmail.com



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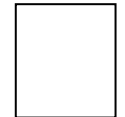
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Mewn cydweithrediad â Harriers Dyffryn Aman
YN FALCH O GAEL NODDI

RASYS HWYL PLANT RHYDAMAN 2019

DYDDIAD: DYDD MERCHER 5ED MEHEFIN 2019 MYNEDIAD: £2.50
I GYCHWYN AM: 6:30y.p (Cofrestru o 5:30 y prynhawn)
LLEOLIAD: CANOLFAN HAMDDEN DYFFRYN AMAN
(ar y TRAC RHEDEG y tu ôl i'r Pwll Nofio)
GWOBRAU: MEDALAU I BAWB SY'N GORFFEN

Categoriâu: Derbyn ac o dan (1 Lap)
Blw.1 a 2 (2 Lap) Blw 5 a 6 (2 Lap)
Pellter: Blw 3 a 4 (2 Lap) Blw 7 a 8 (2 Lap)

Categoriâu

Enw:.....

OEDRAN **D.G.**...../...../.....

CYFEIRIAD:

YSGOL..... **Clwb Athletau:**

Rwyf yn cytuno **NA** fydd y trefnydd na Harriers Dyffryn Aman yn cael eu dal YN GYFRIFOL am unrhyw golled, niwed, neu ddifrod a achosir yn ystod, neu o ganlyniad i'r digwyddiad uchod, ac rwy'n cymryd rhan yn llwyr ar fy menter fy hun. Mae llofnod rhiant neu warcheidwad yn ofynnol os gwelwch yn dda.



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