# EAST WALES REGION

## CHAMPIONSHIP RACES 2009

- May 10th **Soarbrook 10km**
- July 15th **Scenic Drive 7 Mile** (Evening Race)
- Aug 2nd **Brecon 10 mile**
- Nov 21st **Elan Valley 10 Mile**

- **Entries to all events through normal entry form channels**
  (Championship entries taken on day of event only)

**Medals for first 3 in all categories**

## Male & Female

**Senior Men**
**Masters 35 - 39**
**Masters 40 – 49**
**Masters 50 – 59**
**Masters 60+**

**Senior Women**
**Masters 35 - 44**
**Masters 45 - 54**
**Masters 55 +**

## ROAD RACE SERIES 2009

Only East Wales athletes eligible. Overall winner in each category
Best 3 out of 4 results in the above races to count
Scores based on total accumulated points from finishing positions

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## IN ADDITION

If any athlete has raced at 5km, 5mile, 10km, 10mile, half marathon, 20 mile or full marathon distance in a UK Athletics approved race in **2009,** and please can you e-mail Martyn the details - he needs to know the athletes' age group, and sex as well as the race distance, race location and the race time.

Administration by Martyn Jenkins (Gwent Leisure League race administrator) who will record details of all times forwarded to him by East Wales-registered runners during the year. His e-mail address is jejenkinshome@aol.com

**Your help will aid us with selection for forthcoming events.**

**For further information contact Eric Bailey on 01633.282962 or devildance@ntlworld.com**