

Medical Officer: Dr. Huw Davies



**RUN TO RAISE MONEY FOR**  
Registered Charity  
Number 261017  
**MACMILLAN. CANCER SUPPORT**  
**SOUTH WEST WALES**

**realbuzz.com**  
healthy active living

**runbritain.com**

**CORUS**  
ALSO SUPPORTED BY:  
NUMEROUS OTHER SMALL BUSINESSES

**SUPPORTED BY:**  
The Rolling Mill  
Cwmafan  
Image Publications  
Tyla Fedwen Farm, Brynbryddan  
The Jersey Arms, Cwmafan  
  
Neath Port Talbot  
County Borough Council  
COMMUNITY CHEST

# CORUS-RICHARD BURTON CBE 10K and 1 MILE FUN RUN

PRESIDENT - Mrs SALLY BURTON

## SUNDAY 28th MARCH 2010

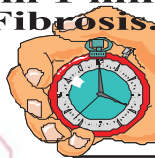
**RACES START FROM CWMAFAN COMMUNITY CENTRE**  
**1 MILE STARTS AT 10.15AM      10K STARTS AT 11.15AM**

**Course Certified**  
**Accurate**  
**Clock in**  
**Lead Car**

All Profits from 10k  
go to Local Charities.  
All Profits from 1 mile  
go to Cystic Fibrosis.

**Special Commemorative**  
**'T' Shirts**  
**for 10k Finishers**

The Course is intended to create the maximum opportunity for fast times, enabling runners of all abilities to attempt a personal best



**BONUS FOR NEW RECORD £175**  
COURSE RECORD 29m 23s

### ENTRY FEES:

Teams: Four in Team First Three to Count  
(Enter Individually)

BAF £10.00 Unattached £12.00 1 MILE FUN RUN £3.00  
No Penalty for On-Day Entry

Entry Fee must be enclosed with Entry Form  
(please make cheques payable to CWMAFAN 10K)  
Please include £1.00 Postage

Return to: D. Bines, 18 Heol Mabon, Cwmafan  
Port Talbot, West Glamorgan SA12 9PD

For Further information, please call:  
(01639) 793476 or Email: delbin2@ntlworld.com

To download extra Entry Forms please go to:  
[www.macmillan.org.uk](http://www.macmillan.org.uk); [www.welshathletics.org](http://www.welshathletics.org);  
[www.richardburtonroadrace.com](http://www.richardburtonroadrace.com) or  
[www.realbuzzrunbritain.com](http://www.realbuzzrunbritain.com)

### CASH PRIZES 10K ONLY PRIZE POT UP TO £2760

MALE ENTRANTS			
1st	£500.00	4th	£100.00
2nd	£250.00	5th	£75.00
3rd	£150.00	6th	£50.00
7th	£30.00	8th	£25.00
9th	£25.00	10th	£25.00
Team		£140.00	

MALE VETERANS			
40 yrs Plus	£100.00	50 yrs Plus	£100.00
Team		£140.00	

FEMALE ENTRANTS			
1st	£300.00	3rd	£100.00
2nd	£200.00	4th	£75.00
5th	£30.00	6th	£25.00
7th	£25.00	8th	£25.00

FEMALE VETERANS		COURSE RECORD	
35 yrs +	£100.00	OPEN	£175.00

**PLUS 10k COMPETITORS FREE RAFFLES  
DRAWN OUT OF RACE NUMBERS.  
1ST, 2ND & 3RD PRIZES**

Please tear off and return

### RICHARD BURTON 10K (SENIOR) / 1 MILE FUN

Please enter me for the **LADIES / MENS** race (delete as necessary)  
**PLEASE COMPLETE THIS FORM CAREFULLY. USE BLOCK CAPITALS ONE LETTER PER BOX**



SURNAME / FAMILY NAME  
[ ] [ ]

POSTAL ADDRESS  
[ ]  
[ ]  
[ ] [ ]

TOWN / CITY  
[ ] [ ]

COUNTY  
[ ] [ ]

POSTCODE      DAYTIME PHONE NUMBER  
[ ] [ ] [ ] [ ] [ ] [ ]      [ ]

NAME OF CLUB OR TEAM  
.....

FORENAME  
[ ] [ ]

[ ]      AGE ON DAY OF RACE  
DATE OF BIRTH

I hereby declare that I as an amateur, as defined by the B.A.F. laws, and that the above particulars are correct in my belief. Furthermore, I am medically fit to run the above distance and fully understand that the Organisers will in no way be held responsible for any injury or illness to my person during or as a result of, the above event, or any of my property lost on the course, changing are or in the vicinity of the course. I understand the Organisers reserve the right to cancel the event at short notice.

A.A.W. Registration No: .....  
(i.e. registered Athletic Club)

SIGNATURE ..... DATE .....

# HOW TO FIND US

from SWANSEA direction

leave M4 at Junction 41.

off sliproad, turn right CARE: merging with town traffic)

down road to roundabout

left at roundabout (signposted Cwmafán)

stay on this road for approx. 2 to 3 miles

you will eventually come into the village

follow road all the way through

take first right before old BP garage & bear left towards Rugby Club

Community Centre is large red brick

building directly behind it.

from CARDIFF direction

leave M4 at Junction 40.

off sliproad, turn right (back under M/way) keep left (signposted Cwmafán/Pontrhydyfen)

left at mini roundabout

stay on this road for approx. 2 to 3 miles

you will shortly see sign for Cwmafán turn

left down the hill (CARE: very sharp left) turn right at bottom of hill

follow road through (speed ramps)

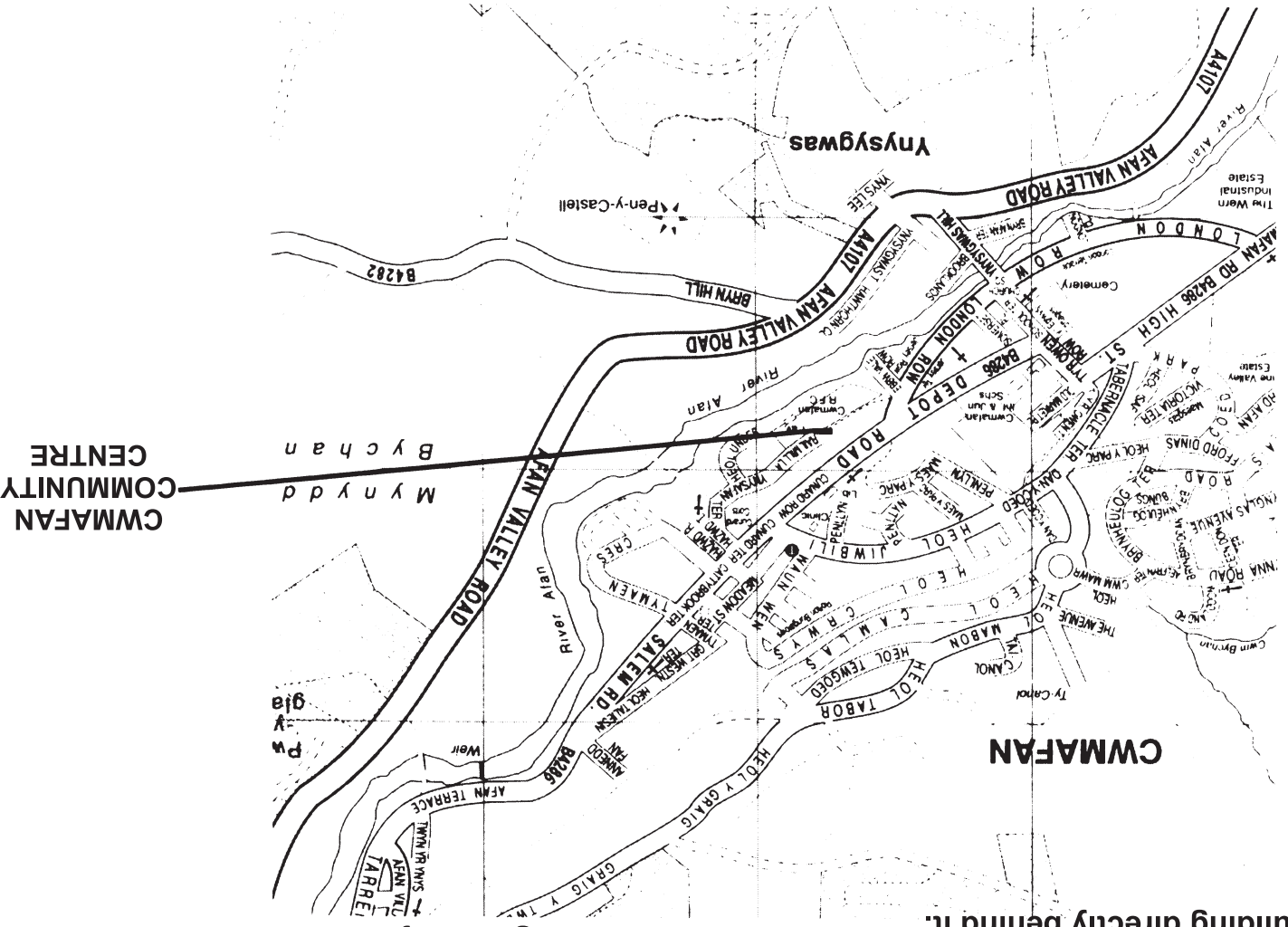
Rugby Club in front of you

follow road around to the right of it

Community Centre is large red brick

building directly behind it.

COMPETITORS AND SPECTATORS ADVISED "NO PARKING" MAIN ROAD BETWEEN HAZELWOOD ROW AND DEPOT ROAD. PARKING AT REAR OF DYLAN'S CLUB AND REAR OF CO-OP, BOTH SIDES OF JUBILEE AND REAR OF CWMAFAN SOCIAL CLUB.



CWMAFAN  
COMMUNITY  
CENTRE

Mynydd  
Brychan

CWMAFAN