



Mynydd MYFYR Hill Run, Trefonen



4 miles mixed terrain 500' climb

Held under FRA and UKA Laws

Bank Holiday Monday 25th May 2009 at 11am

Venue: Trefonen Village Hall

Doug Morris Pentarathon Series!

This event is a Hill Race which can be run as an individual race or part of the series. Reduced fees for the series: £25.00 Club / £35.00 unattached. At least four events in the series must be completed to qualify for an award. Series 'T' shirts for all in the Pentarathon. Closing date for the series 8th June 2009.

Popular juniors races on the field approx. 12.30pm

Awards: (Ages on the day count)

1st three men & women. Vets: Men and Women 1st in all age Groups.

1st 14yr old. 1st Trefonen local.

Send Entries to: Margaret Morris, 27 Whittington Road, Oswestry, Shropshire SY11 1JD

TEL: (01691) 653338

DON'T FORGET - 9" x 6" S.A.E. ONLY FOR ACCEPTANCE AND RACE NUMBER

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Please accept my entry for the **MYNYDD MYFYR HILL RUN** Enter for Pentarathon [...] Tick

NAME (BLOCK CAPS) :..... AGE ON DAY:

ADDRESS:

D.O.B.....TEL NO:SEX(M/F):.....

A.A CLUB (or state if U/A):

FEE: for this race only: £6.00 Club or £8.00 Unattached payable to: 'Oswestry Olympians'
Entries on the day £1.00 extra

OR: PENTARATHON SERIES: £25.00 Club or £35.00 Unattached payable to: 'Oswestry Olympians'

State Tee Shirt size if entering the Series: **Large[] Medium[] Small[]**

I understand that this race is held in accordance with the WFRA Safety Code. I am aware of the Organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running in this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race.

SIGNED (UNDER 16's - PARENT SIGNS):.....

DATE:.....

Results will be on our web site shortly after each race. www.oswestryolympians.co.uk