



**MALDWYN HARRIERS 2012**  
**Off Road Gregynog Run**  
**Approx 4.5 miles trail run**

**3<sup>rd</sup> IN THE SERIES**

Over road and footpaths around Gregynog Hall  
**Friday 14th June 2013**

Course Measurement Cert No: *n/a*

Permit No: *applied for*

**Fun Run starts at 7pm - Main Race starts at 7.30**

*(Under 9's must be accompanied by an adult)*

*Race run under UKA Rules*

*(15 years and over)*

*Course suitable for wheelchairs and prams*

**VENUE: Registration and start at Gregynog Hall, Tregynon**

**Entry fees: £6.00 Club**

**£8.00 U/A**

**Fun Run Entry £2.00**

**Awards in all categories and prize to all fun runners**

**ENTRIES TO: Paul Beeson, Y Felin, Old Hall, Llanidloes, Powys SY18 6PW 01686 411354**

**www.maldwynharriers.org.uk or danny@newtownoaks.freemove.co.uk**

**Please accept my entry for the Jubilee Race Race/Fun Run  
on Friday 14th June 2013**

**Age Group (Please circle relevant age group)**

**U20 Senior V35 V40 V45 V50 V55 V60 V65 V70 V75**

**NAME .....**M/F ..... **AGE ON DAY .....**

**ADDRESS .....**

**D.O.B..... TELEPHONE NUMBER.....**

**Registration Number .....Club .....**

**Fees: for this race only £ 6.00 Club £ 8.00 U/A Payable to Maldwyn Harriers**

**Fees: Fun Run £2.00**

*The organisers of this race will not be responsible for any loss or injury to myself or my property while I attend this event. I am medically fit to run and I agree to abide by UKA laws. I declare that I am an amateur runner.*

**Signed .....** **Date .....**

**Signed (Under 16's - Parent signs) .....** **Date .....**