



Mynydd MYFYR Hill Run, Trefonen



Evans and
Newton
Potato Merchants
www.evansandnewton.co.uk

4 miles mixed terrain 500' climb

Held under FRA and UKA Laws

Bank Holiday Monday 26th May 2008 at 11am

Venue: Trefonen Village Hall

“Flippin’ Heck!” It’s the new 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 if you're not a member of an Athletics Club (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 2008. *Entries on the day £1.00 extra*

Popular youngsters races on the field approx. 12.30pm

Awards:

1st three men & women. Vets: 1st 40-50-60-70 men and women. 1st 14yr old. 1st Trefonen local.

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

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

(Be sure to attach the correct postage, under paid items will not be collected from the PO!)



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

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

ADDRESS:.....

.....D.O.B.....

A.A CLUB (or state if U/A):..... Sex (M/F).....

FEE: for this race only: £6.00 Club or £8.00 Unattached payable to: ‘Oswestry Olympians’
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