

WITH THE KIND PERMISSION OF HAMDDEN WREXHAM AAC WILL ORGANISE THE

LLYN BRENIG

TOILETS

REFRESHMENTS

MULTI-TERRAIN APPROXIMATELY 9 MILE RACE

(SAME COURSE GPS MEASURED)

SATURDAY 6th SEPTEMBER 2008

Course records
Colin Donnelly 49:19
Anna Frost 58:12

START 1:00PM

Held Under UK Athletics Rules

PERMIT No 2008/

**START AND FINISHING AT LLYN BRENIG VISITORS CENTRE
CERRIGYDRUDDION. Nr CORWEN**

AROUND
RESERVIOR

ALL COMPETITORS MUST BE 16 YEARS ON THE DAY

TRAFFIC
FREE

CASH AWARDS TO WINNERS AND ALL CATEGORIES

Extra £5 to 1st runner to better age group record

ENTRIES ON THE DAY ELIGIBLE FOR AWARDS

ENTRY FEES £5 CLUB £7 UNATTACHED (ON DAY £2 EXTRA)

(CAR PARKING FEE INCLUDED IN ENTRY FEE)

Cheques made payable to 'WREXHAM AAC'

CLOSING DATE FOR POSTAL ENTRIES 1st September 2008 - Send SAE (A5) for race numbers and details

ENTRIES POSTED AFTER 1st September PLEASE COLLECT NUMBERS ON THE DAY

Entries to: - Mr Tony Parry 3 Wynnville, Ruabon Nr Wrexham LL14 6BHTel 01978 823862

ENTRY FORM

NAME.....AGE.....

ADDRESS.....

POST CODE..... TELEPHONE NUMBER.....

MALE/FEMALE..... WELSH ATHLETICS REG NUMBER.....

CLUB/UNATTACHED.....

I am medically fit to run and understand that I run entirely at my own risk and that the organisers will not be held responsible for injury as a result of taking part in this event, or for any loss or damage to property before, during or after the race

Signed.....Date.....

Llyn Brenig Multi-Terrain

Entry form and Results available from www.wrexhamroadrunners.org.uk OR www.wrexham-athletics.co.uk