

Entry form and results available from www.wrexhamroadrunner.org.uk or www.wrexham-athletics.co.uk

The 4 Mile Hilly Off Road Race

FROM THE PONDEROSA CAFÉ ON THE HORSESHOE PASS LLANGOLLEN LL20 8DR
<http://ponderosa.viviti.com/> (GR193481)

Permit No. 2010/

WEDNESDAY

11th August 2010

7:00 pm Start

All runners must be 16 years or older

You **MUST** come prepared to run with the following kit: Waterproof cagoule & over trousers, map of the race route, compass & whistle & the ability to use them under FRA rules. Spot checks **WILL** be made ~ don't get disqualified we want you to enjoy the race and stay safe.

Course Records: Tim Davies 2008 24:46 Kath Hewitt 2008 29:55

Prizes for 1st, 2nd & 3rd Male and Female plus 1st in each 5 year age groups male and female from 40 years.

Car parking, toilets & meals available at the [Ponderosa café](#)
If more information is required, please ring Peter Norman on 01978 846292

ENTRY FEES £4 ON THE NIGHT ONLY

All runners under 18 years of age must have parent signature

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ENTRY FORM (Please print clearly)

Name _____ Age _____

Address _____

_____ Post Code _____

Telephone Number _____

Male / Female _____ Car reg Number _____

Club / Unattached _____

Signed (Parent signature if under 18) _____ Date _____

I understand that this race is held in accordance with WFRA safety code. I am aware that the organisers information and requirements in connection with the 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 organisers liability for causing death or personal injury by negligence, I confirm that the organiser accepts no liability to me for ant loss or damage of any nature to myself or property arising out of my participation in this race.