



**PONTYPRIDD ROADENTS AC  
LLANWONNO FORESTRY RACES  
WEDNESDAY 30th June 2010  
START 7.15 pm**

**BETTER THAN A TRAINING NIGHT AND THE KIDS CAN RUN  
TOO**

**5 MILE MULTI TERRAIN RACE** – A great run for runners of all abilities.

**2 KM FUN RUN** – Under 16. Why not make up a team or enter a school team (teams of 3 runners). **Prizes for various age groups.**

The course starts on tarmac then continues on good forestry paths and trails. It's a fast but undulating course. The course is well marshaled with a number of water points.

Start & Finish near the Brynffynon Inn CF37 3PH, near Ynysybwll. It's approximately 15mins from Pontypridd.

All enquiries to Andy Davies on 07960452657

**ENTRY ON THE DAY ONLY**

Entry fees are    ADULT     Affiliated £5     Unaffiliated £7  
                         JUNIOR     £3

Cheques made payable to "Pontypridd Roadents AC"

Club Name/Team.....

Surname..... Forename(s).....

DOB..... Age on day of race.....

Male/Female.....

**Declaration:** I declare I will abide by the rules of the UK Athletics. I accept that the race organizers will not be responsible for any loss, damage, action, claim, costs or expenses, which may arise in consequence of participation in this event, however caused. I further declare that you may use my name, voice or picture in any broadcast, telecast, promotion or other account. I consent to the use of my name or records pursuant to the Data Protection Act 1998.

Signature .....  
Or Parent /Guardian

