

# Hilly 4

Tuesday September 7<sup>th</sup>, 2010 6.45 p.m.

4-ish miles of ups and downs

Start and finish- Old House, Llangynwyd, Maesteg.

Name.....

Male/Female

Address.....

.....

.....

Club (if appropriate)

.....

Postal entries to:

Mike Ridout, 109 Parc Tynywaun, Llangynwyd, Maesteg,  
Bridgend, CF34 9RH

Entries - £5 - Cheques payable to 'Old Parish Running Club'

Numbers to be collected on the day.

Free drink and buffet in the Old House for all finishers.

All runners participate at their own risk.

