The Loop 6mile M/T race

SUNDAY 17th July 2016

START 10:30am

Course Description: The course is run on forest roads and trails and trail shoes are best suited for the course but with good weather conditions normal running shoes should suffice. The course is approx. 6 miles with the first 3 miles uphill until you find the water station at the halfway mark whilst the rest of the course runs back downhill to the finish, which includes one sharp downhill descent.

Registration and Parking at Barry Sidings Visitor Centre, Hopkinstown, Cf37 2PP.

Parking, Changing, showers and toilets available at Hopkinstown cricket club, also the location for the after race presentation.

**Minimum age** 17yrs on day of race, **not** suitable for wheelchairs or prams.

**All enquires** to Julian Davies on 01443 401439 or by email pontypriddroadents@hotmail.co.uk

### Prizes: First 3 men and ladies

###  1st male in the following categories’, Senior, V40, V50 and V60.

 1st female in the following categories’, Senior, V35, V45 and V55.

Team prizes - first male team of 3, first female team of 3

**Online Entries** via Runnersworld £6 Affiliated £8 Unaffiliated, online entries will incur a fee.

**Postal Entries,** please send cheque payable to Pontypridd Roadents AC. **Entries on the Day** will be accepted between 8.30am & 10.00am cost £8 affiliated £10 unaffiliated

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| **Pontypridd Roadents AC** | **Entry Form****The Loop 6 mile m/t race****Sunday 11th July** |
| **Surname:** | **First Name:** |
| **Postal Address:****Post Code:** |
| **Telephone:** | **Email:** |
| **Date Of Birth:** | **Age On Race Day:** |
| **Gender: Male Female** |  |
| **Affiliated Club:** | **Welsh Athletics Registration Number:** |
| **Declaration:**A signed entry form will be considered as an acceptance of the governing body rules and a declaration that you compete at your own risk. |
| **Signed:** | **Date** |
| **Return Postal Entries To:**Julian Davies9 Ffordd Tryweryn, Cilfynydd, Pontypridd, CF37 4JE **Please note that race numbers will be issued on the day** |