Treforest 10km

SUNDAY 29th MAY 2016

START 10:30am

Course Description: The first 2km are flat followed by 500 m uphill section whilst the next 3km are on undulating roads through Gwaelod Y Garth whilst the last 5km is flat to the finish. The course is well marshalled and sign posted and is suitable for runners of all abilities with a water station at 5km.**Minimum age** 16yrs on day of race, **not** suitable for wheelchairs

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

### Prizes: First 3 men and ladies

###  1st male under 23, Senior, V40, V50, V60 & V70

 1st female under 23, Senior, V35, V45, V55 &V65

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

**Online Entries** via Runnersworld £7 Affiliated £9 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 £9 affiliated £11 unaffiliated

Registration & Presentation at “The Pottery Pub”, Treforest Ind.Estate, Pontypridd.

 Changing, Showers and Toilets are all available at the University of South Wales Playing Fields, Treforest Ind Estate, Pontypridd, CF37 5YR.

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| **Pontypridd Roadents AC** | **Entry Form****Treforest 10km****Sunday 29th May** |
| **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** |