REVERSE 10

SUNDAY 11th September 2016

START 10:00am

**Suitable for all abilities,** the course is undulating with a mixture of tarmac &trail paths. A scenic 10 mile route with one uphill/downhill section, well marshalled with plenty of water stations.

### Facilities: Parking, Changing, Showering Facilities & Toilets, Refreshments

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

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

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

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

Team prizes - first male team of 4, first female team of 3

**Memento for all finishers.**

**Online Entries** via Runnersworld £10 Affiliated £12 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 8am & 9.30am cost £12 affiliated £14 unaffiliated

**All race numbers will be issued on the day.**

#### Start & Finish at Penallta House, Tredomen Park, Ystrad Mynach, Caerphilly, CF82 7PG.

####  Further information can be found at [www.pontypriddroadentsac.org.uk](http://www.pontypriddroadentsac.org.uk)

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| **Pontypridd Roadents AC** | **Entry Form****Reverse 10****Sunday 11th September** |
| **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** |