**Pontypridd Roadents AC**

**The Reverse 10**

 **Sunday 29TH March 2015 Start 10.00am**

The race starts and finishes at the Indoor Climbing Centre, Trelewis, Treharris, CF46 6RD.

The course is run mainly on tarmac paths but a two mile section is run on trail paths and normal running shoes will suffice. The course is undulating with 1 uphill and 1 downhill section, you will run through two parks of outstanding beauty and the rest of the course is extremely scenic. This course is suitable for runners of any ability, including beginners relatively new to the sport as well as experienced club runners who will use the race as part of their preparation for a Spring Marathon or just for the enjoyment of the race itself.

Parking, Changing, Showering Facilities and Toilets are all available.

Minimum age - 16 years on day of race Not suitable for wheelchairs or prams

Awards to first 3 men and ladies.

Prize for 1st male in the following age categories - Under 23, senior, V40, V50,, V60, and V70.

Prize for 1st female in the following age categories - Under 23, senior, V35, V45, V55 and V65

Team prizes to first male team (3) and first ladies team (3)

**T shirt for all finishers**

Online entries via Runnersworld £10.00 affiliated or £12.00 unaffiliated, please note these prices do not include Runnersworld processing fee.

If you have not got access to the Internet, the entry fees are £10.00 Affiliated Runner, £12.00 Unaffiliated Runner.

Please make cheques payable to Pontypridd Roadents AC and forward with the entry form to Pontypridd Roadents AC c/o 9 Fford Tryweryn, Cilfynydd, Pontypridd, CF37 4JE.

Race Numbers will not be posted, they will be available for collection on the day of the race.

Entry on day - Accepted between 8.00 am to 9.30am

£12.00 Affiliated Runner, £14.00 Unaffiliated Runner

Further information and results can be found on [www.pontypriddroadentsac.org.uk](http://www.pontypriddroadentsac.org.uk)

All enquiries to Julian Davies on 07989 427703 or pontypriddroadents@hotmail.co.uk