**PONTYPRIDD ROADENTS AC**

**Sunday 12th July 2015**

1km Fun Run for Under 11’s followed by a 2km Fun Run for Under 16’s

Children Races starts at 10.10am



Entry Fee £2 and includes momento

The course is run on a safe off road course and the park has wonderful facilities including a café, park, lake and walks.

Parking, Toilets and changing facilities are available

Children of all ages are encouraged to participate, parents are encouraged to join in and run alongside their children and enjoy the occasion.

The race starts and finishes at the Barry Sidings Visitor Centre, situated between Hopkinstown and Trehafod, CF37 2PP.

If you want to make it a morning out for the whole family there is also a race for the Adults at 11.00am and here is a description of the course.

For further details of the races, please view [www.pontypriddroadentsac.org.uk](http://www.pontypriddroadentsac.org.uk) or contact [pontypriddroadents@hotmail.co.uk](mailto:pontypriddroadents@hotmail.co.uk)

Details of the Adults Race

The course is run on forest roads and trails and trail shoes is best suited to the course but with good weather conditions normal running shoes should suffice. The course is approx 6 miles with the first 3 miles uphill whilst the rest of the course runs back downhill to the finish.

The course is well marshaled and sign posted and is suitable for runners of all abilities but will be especially suited to the runner who prefers the off road experience.

When you reach the top of the climb you will be rewarded with panoramic views across the valleys as far away as the Brecon Beacons, so why don’t you come along and give it a go and you will even be back home in time for dinner.