

**PRESTEIGNE  
PACERS**



**LLAMWYR  
LLANANDRA**

## 2 RIVERS KNILL NASH DASH

**SUNDAY 20<sup>th</sup> SEPTEMBER 2009**

**VENUE:** PRESTEIGNE **MINIMUM AGE:** 16 **ENTRIES ON THE DAY** YES

**START:** 11.00 AM AT THE FOLLY CAR PARK

**COURSE DESCRIPTION:** APPROX 8 MILES, MULTI TERRAIN.

The run includes woodland and farmland tracks and the crossing of 2 rivers plus the crossing of a main road in two places. The course will be marshalled throughout and there will be first aid cover at start / finish.

**PRIZES:** a prize will be presented to all finishers. A range of other prizes will be presented for age categories.

**PARKING:** there will be parking in the grounds of John Beddoes School

**TOILET/SHOWERS:** At the Leisure Centre (there will be a charge for this)

**FURTHER INFORMATION CONTACT :** DAVE LLOYD 01544267052.

**REGISTRATION / RESULTS / PRESENTATION:** FOLLY CAR PARK

**ENTRY FEE:** £8 ATTACHED £10 UNATTACHED £11 ON DAY

**RACE NUMBERS WILL BE GIVEN OUT ON THE RACE DAY.**

**CHEQUES MADE PAYABLE TO : PRESTEIGNE PACERS.**

THERE WILL BE £10 FOR  
THE RUNNER WHO BEATS  
THE COURSE RECORD:

TIME 58.06

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

POSTCODE \_\_\_\_\_ TEL NO \_\_\_\_\_

SEX M/F \_\_\_\_\_ CLUB \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

RETURN FORM/FEE TO:

DAWN LLOYD

44 CAENBROOK MEADOW

PRESTEIGNE POWYS LD82NE

EMAIL Mdawnlloyd@aol.com

**I AGREE THAT THE ORGANISATION SHALL NOT BE RESPONSIBLE FOR ANY INJURY, ACCIDENTS, LOSS OR DAMAGE SUSTAINED BY ME AS A CONSEQUENCE OF MY PARTICIPATION IN THE ABOVE EVENT:**

SIGNED.....DATE.....

PARENTAL SIGNATURE FOR 16/17 YEAR OLD.....

