

BOLAMAEN

Bruce Springsteen was right: We were born to run.

A new race in aid of Brecon and District Male Choir

Bolamaen : ~ 7 off-road miles of scenic running held under ARC /WFRA guidelines.

ARC Race Permit Number: ARC/8/139

Race [start 1.00pm May26th 2018](#) at Bolamaen Farm ,Pontfaen ,Brecon Powys LD3 9ND,

The route will be marked, marshalled and back-marked. Terrain will include the open Fell and some steep, stony and wet tracks. Entry fee £8 plus £2 extra if unaffiliated to either ARC or UKA. Add £1 for Entry on day. Spot prizes available.

Minimum age 17. Send the completed entry form with a cheque payable to ADMC to Richard Hale, Bron yr Afon, Pontfaen, Brecon, Powys, LD3 9RR. Confirmation by email or SAE. Collect numbers on the day so we know who's out there.

Route maps and race notes are at www.runningpontfaen.com or contact Richard Hale on 01874690408

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PLEASE PRINT CLEARLY, especially email address!

Name:

Club.

Affiliated to ARC or UKA? Yes / No

Address:

Email.

Phone:

Date of birth:

Sex: M / F / Only on the Fells

Car registration on the day:

Disclaimer: I will abide by the rules of the event, will have some experience of off-road running by the time of the race, and will run only if physically and medically fit to do so. I will not hold the organisers liable for any loss or injury incurred as a result of my entry.

Signed:

Date:

Welcome to the Fell side!