

BOLAMAEN

May 5th 2019

Bolamaen : ~10K off-road miles of scenic running held under ARC /WFRA guidelines.

ARC Race permit applied for

Race start: 1100 am at Pontfaen ,Brecon Powys LD3 9RR

Route will be marked, marshalled and back-marked. Terrain will include forest tracks and trails , open Fell and grass fields.Entry fee £8 plus £2 extra if unaffiliated to either ARC or EA. 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 EA? Yes / No

Address:

Email.

Phone:

Date of birth:

Sex: M / F /

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: