

# TWO RIVERS RUN

## CHALLENGING 8 MILE TRAIL RACE

**Sunday 8th October 2017**

Nash Woods, Broadaxe Lane, Presteigne, Wales, LD82YT

- Along country lanes
- Forestry trails
- Crossing 2 rivers
- 1200ft of ascent
- Individual prizes
- Team Prizes
- Spot prizes
- Hot & cold refreshments

Held under UKA Rules

Registration Opens: 10am

**Race Starts: 11am**

£10 (attached) · £12 (unattached) · £12 (All) on the day

Minimum age on race day: 18 years old

### TWO RIVERS RUN (2017)

Name: ..... Tel: .....

Club: .....

Email address: .....

D.O.B ..... Age on race day: ..... Male/Female: .....

**Do you have any medical conditions you believe the organisers should be made aware of (please list)?:** .....

Signature: ..... Date: .....

I declare that I am fit and that I am competing in the above race at my own risk and I agree that the organisers cannot accept any liability for any accident or damage suffered as a consequence of my taking part. Any medical conditions should be listed on the back of running number.

(Race numbers will be issued on the day) - (Minimum age on race day: 18 years)

Postal entries to be received by: 05/10/2017, any postal entry received after that date will be charged the 'on the day' entry fee

Permit applied for

(Cheques made payable to: Presteigne Pacers)

Please send completed entry forms to:

TWO RIVERS RUN - 7 Park Avenue - Kington - Herefordshire - HR53AN