

MAGOR MARSH 10K

SUNDAY AUGUST 1ST AT 10.30AM

A CHEPSTOW HARRIERS PROMOTION



Chepstow
Harriers



Run and Become
Become and Run
Cardiff's Specialist Running Shop

RACE H.Q. UNDY UNITED FOOTBALL CLUB, THE CAUSEWAY, UNDY. NP26 3EW.

Chepstow Harriers invite you to enter the 3rd running of this popular charity 10k. The course, between Undy and Redwick is almost totally flat and so therefore is ideal for both experienced runners chasing a Personal Best and those who have not run a 10k before. To reach race H.Q. go to J23a on the M4, follow Magor signs (B4245) and then follow race signs.

Entry limit of 300. There are no entries on the day.

There are ample car parking spaces, changing and shower facilities. Refreshments and a Bar-b-que are again being provided by the football club for a small fee.

Entries: Affiliated Runners £8, Unaffiliated £10. Entries close 27th July 2010.

Cheques payable to "Chepstow Harriers". Entry form, together with a STAMPED Addressed Envelope to: Andrew Blackmore, 23 Cowleaze, Magor, Monmouthshire, NP26 3LE.

General enquiries E-mail Bill: wcb1966@hotmail.com Website: www.chepstowharriers.org.uk

Prizes awarded to first 3 men and women, 1st under 20 male and female and each vets category.

This year's race is being sponsored by 'Run and Become' Ltd, 12 Wood Street, Cardiff, CF10 1ER.

Tel: 029 2023 2346. We are very grateful for their support.

All proceeds go to this year's charities. St Johns, without whose support the event could not be held, Latch, Action For Children and a local service for Senior Citizen Meals.

The event is run under AAW rules, permit applied for. Runners must be 15 years or over on race day.

Detach and return lower section

MAGOR MARSH ENTRY FORM 2010.

Surname..... First name.....

Address.....

..... Post Code

Male/Female..... Date of Birth Age on Race Day

Tel no: Day..... Evening..... Mobile.....

E-mail.....@.....

Affiliated Club.....Athletics Reg. No.....

I understand and accept that I take part in this race at my own risk and I absolutely relieve the organisers and anyone else involved in the organisation of the event of any responsibility for any loss or injury to myself or my property that I may sustain in the course of participating in the Magor Marsh event.

Signature..... Date.....