

# MAGOR MARSH

## 10K

SUNDAY 29<sup>th</sup> JULY 2012 at 10.30AM

A CHEPSTOW HARRIERS PROMOTION



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

Chepstow Harriers invite you to run this year's Magor Marsh 10k. The course is totally flat, and so 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 B4245 to Magor and then Chepstow Harriers race signs.

#### Entry limit of 300.

There are ample car parking spaces, changing and shower facilities, a bar and we hope the football club will again run a post race bar-b-que.

Proceeds from the event will go to Bobath Children's Therapy Centre, for children with cerebral palsy, [www.bobathwales.org](http://www.bobathwales.org) and St John's Ambulance.

Prizes awarded to 1<sup>st</sup> 3 men and women, 1<sup>st</sup> under 20 male and female and each vets category.

**Entries:** Affiliated Runners £9, Unaffiliated £11. Entries close 15<sup>th</sup> July 2011.

Cheques payable to "Chepstow Harriers". Entry form, together with a STAMPED Addressed Envelope to: Stuart Penny, Crossways Cottage, Crossways, Newcastle, Monmouth, NP25 5NN

General enquiries E-mail Rob Brown [marsh@chepstowharriers.org.uk](mailto:marsh@chepstowharriers.org.uk) Website [www.chepstowharriers.org.uk](http://www.chepstowharriers.org.uk)

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 2012.

Surname..... First name.....  
Address..... Post Code .....  
Male/Female..... Date of Birth ..... Age on Race Day .....  
Tel no. Day..... Evening..... E-mail.....@.....  
Affiliated Club..... Welsh 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.....

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