

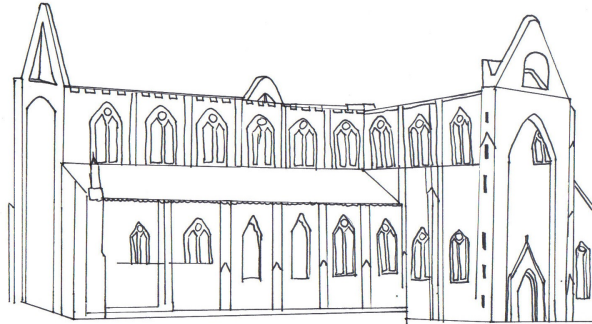
A CHEPSTOW HARRIERS PROMOTION

OFFA'S 'ORROR

Sunday 11th April 2010 Start 10:30 AM

www.chepstowharriers.org.uk

Chepstow
Harriers



Sponsored by

CYMRU KITCHENS 
www.cymrukitchens.com

20K MULTI TERRAIN RACE from THE VILLAGE HALL, TINTERN, NP16 6SY
Located on A466 between Chepstow and Monmouth

Off road shoes are highly recommended, especially if the weather has been wet.

- Individual age category prizes and team prizes for both genders donated by our prize sponsor 'Run and Become'
- Free pint/or tea and cake to all finishers
- Goody bag to all finishers
- Free Parking
- Medical and Rescue cover
- Toilets and changing facilities
- Permit applied for, run under Welsh Athletics rules



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

Entrants must be 18 years or over on the day of the race.

Post entries to: Entry Co-ordinator, Crossways Cottage, Crossway, Nr. Newcastle, Monmouth, Gwent, NP25 5NN.

Email: Offa@chepstowharriers.org.uk Tel: 01600 750512

Strictly no entries on day. Entries close 7th April 2010 or before if 300 entry limit reached.

Cut across line and return lower section

OFFA'S 'ORROR ENTRY FORM

Surname..... First Name.....
 Address.....
 Post Code..... Male/Female Date of Birth...../...../..... Age on race day.....
 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 or anybody involved in the organisation of the event of any responsibility for any injury, loss or damage to myself or my property that I may sustain in the course of or in connection with the Offa's 'Orror Event. Chepstow Harriers agrees to use your personal information responsibly and will not pass to third parties.

Signature..... Date

The above named person is responsible for the accuracy of all information and any omissions

Affiliated £10 Unaffiliated £12

Cheques payable to 'CHEPSTOW HARRIERS'

'Orror T-Shirt £4 – Available on the day!

Entry Confirmation: Please either supply your email address or include a DL sized stamped address envelope.

.....@.....

Tick here if you wish to receive details of other Chepstow Harriers events by email.