

Whether you're chasing a 10k tarmac PB, fancy your chances on challenging multi-terrain or simply want to enjoy an evening race with a friendly, local atmosphere, look no further...

Chepstow Harriers presents...



"Something for everyone"



Starring -

OFFA'S 'ORROR

Our premier event! Taking in Tintern Abbey, the eponymous Dyke and 20 off-road Wye Valley km, you're immersed in history and scenery. Just you... and 300 others, vying to conquer the Orror!

Sunday 22 April 2012 – start at 11.00. Find out more at www.chepstowharriers.org.uk/offa.htm

Co-starring -

MAGOR MARSH 10K

It's fast, furious, but caters for all abilities. A pancake-flat course on the lanes of the Gwent Levels, Magor has established a reputation for PBs and hosted the British Masters 10k Champs in 2008.

Sunday 29 July 2012 – start 10.30. Find out more at www.chepstowharriers.org.uk/marsh.htm

With -

Tintern Trot

It may be half the length of big brother Offa, but the Trot holds its own. Sponsored by [Coates Physiotherapy Clinic](#), this is a beautiful and relax evening multi-terrain race.

Thursday 5 July 2012 – start 7.30 pm. Find out more at www.chepstowharriers.org.uk/tintern.htm

And -

 ***Rose Inn***

Run one or run them all. Four ever popular flat 4 mile road races. With age-category prizes for each race and the series, a BBQ and a drink token for all finishers.... life doesn't get much better. With kind sponsorship from [Run & Become](#).

Second Tuesday of the month, May to August -start at 7.30 pm. Please note, limited parking – please car share where you can. Find out more at www.chepstowharriers.org.uk/roseinn.htm.

And introducing -



The latest addition to our calendar, the MT 10 is a challenging multi-terrain through the woods, lanes and fields of the lower Wye Valley... with the prospect of home-made cakes at the finish. With kind sponsorship from [Coates Physiotherapy Clinic](#).

Sunday 16 September 2012 – start at 10.30. Find out more at <http://www.chepstowharriers.org.uk/starvansmt.htm>