

The Tintern Trot

Sponsors: Chepstow Physiotherapy
www.chepstowphysio.com

Organisers: Chepstow Harriers

Thursday July 23rd 19:15

Chepstow Harriers once again invite you to take part in the scenic Tintern Trot. Starting from the playing field adjacent to The Anchor Inn in Tintern (NP16 6TE), the route crosses the Wye on the old railway bridge and then follows the river for about a mile. It then climbs up through the woods to reach Offa's Dyke path, going north along the path for a mile or so. At the 3 way post the route goes down past HAPPA, and then turns left back along the lane to rejoin the outward route and back to the field.

Prizes: There will be prizes for the first 3 Ladies and first 3 Men; also age category prizes. Each runner will get a free 'pint' or special soft drink.

Entries: Affiliated Runners £5, Unaffiliated £7 {On the day £6/£8 respectively}

Cheques payable to "Chepstow Harriers".

Send Entry Form together with a STAMPED addressed envelope to:

Gareth Jenkins, 1 Heol Glaslyn, Caldicot, Monmouthshire, NP26 4PG.

General Enquiries: geoff@grcram.co.uk Web: www.chepstowharriers.org.uk

The events is run under AAW rules, permit applied for.

Age limits: Male: 17 years or over. Female: 20 years or over.

Detach and return lower section



Tintern Trot ENTRY FORM 2009

Surname	First name	
Address	Post Code	
Tel No. Evening	Email	
Date of Birth	Age on Race Day	Male/Female
Affiliated Club	Welsh Athletics Reg. No.	
I understand that the organisers will in no way be held responsible for any injury, illness or loss of property in consequence of my participation in this event. I declare that I will abide by the laws of the AAW		
Signed	Date	
Note: Entry Affiliated £5; Unaffiliated £7. Entries on the day £6/£8 respectively.		