



Sunday 16th June 2013 - The DARRENS DASH hill run
**All proceeds will be split between Longtown Pre-School,
 Longtown Primary School P.T.F.A. and Longtown Mountain Rescue Team.**

Venue: Longtown, Herefordshire **Minimum age:** 16 **Entry limit:** 100
Start: 2 pm at Longtown Community Primary School
Course Description: The Darrens Dash is a challenging hill run of approximately 6 miles on the eastern edge of the Brecon Beacons National Park. The run includes a total of 1,500 ft ascent, undulating running along the Offa's Dyke path, a swift descent to the Olchon Valley and a short uphill run to the finish! The start and finish are at Longtown Community Primary School. 100% of the running is off-road on farmland, tracks & paths. Longtown Mountain Rescue Team will provide mountain safety & first aid cover at key locations on the course.
Prizes: Race t-shirt included in entry fee. A range of other category prizes will be awarded. **Parking/Toilets:** At Longtown Community Primary School
Further information? Contact Mike Fawcett on 01873 860219 (eve)
ENTRY FEE: £10 Attached, £12 Unattached (£2 extra on the day).
Cheques made payable to "Longtown Pre-School" please.

www.wyevalleyrunners.co.uk



Name: _____
 Address: _____

Please return form & fee to:
 Darrens Dash,
 Denmark House,
 Longtown, Hereford HR2 0LS
Race numbers will be issued on race day

Email: _____
 Postcode: _____ Tel No. _____ T-shirt size _____
 Sex m/f: _____ Club: _____ Date of birth: _____

WAIVER: I understand that the organisers will in no way be responsible for any injury, illness, accident or loss of property resulting from my participation in this event. I am an amateur as defined by the rules of UK Athletics.

Signature: _____ **Date:** _____