



LLANGOLLEN FELL RACE

16 MILES AND 3000FT ASCENT

SUNDAY APRIL 14TH 2019 9.00AM START

REGISTRATION / EVENT HQ -LLANGOLLEN LEISURE CENTRE FROM
7.30AM

A LONG DISTANCE FELL RACE RUN UNDER WFRA CONDITIONS

FULL KIT TO BE CARRIED

PRIZES FOR CATEGORIES – PRIZES AWARDED AT 1PM

MALE 1ST AND 2ND MALE V40,V50,V60,V70

FEMALE 1ST AND 2ND FEMALE V40,V50,V60,V70

ENTRY FEE £15

ONLINE ENTRIES @ www.fabian4.co.uk – Entries Open 1st June

(LIMITED TO 300 RUNNERS)

ENTRY FEE INCLUDES TEA, COFFEE, SOUP AND ROLL AFTER

AND A SOUVENIR RACE BUFF

Tech Tshirts available to order with Entry for £13

PRE AND POST RUN MASSAGES AVAILABLE AT DISCOUNTED RATES
OFFERED BY LEE FROM LW SPORTS THERAPY



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