

33rd Annual

PENTYRCH HILL RACE

Fell Race category: BM

Sponsors: "Up and Under Outdoor Gear Ltd"

Tuesday

30 APRIL 2019 at 7 p.m.

Registration: Pentyrch Rugby Club by 6.30 p.m.
Minimum age 18 years by 1st January 2019

FELL RACE GRADE: B(M) **Total distance 7 Miles (11.02K)**
of which 5 Miles (8K) is off-road
1,600 feet of climbing (488M)

ENTRIES (ON DAY ONLY) **£8.00 all athletes**

*Enjoy a mixed terrain race set in beautiful countryside.
Well marshalled: no previous knowledge of the course needed.
Why train alone in midweek?
Enjoy the company of runners and enthusiastic
marshals around this one lap course.*

3 miles from the M4 Junctions 32 and 34.
GR 100816 Post Code: CF15 9QJ

Details: John Gough
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Organised by St Catwg's Church Pentyrch
and supported by Les Croupiers Running Club

**Training athletes note there is no public right of way from the road
to Lan farm**



St John
Cymru - Wales