



LONGTOWN

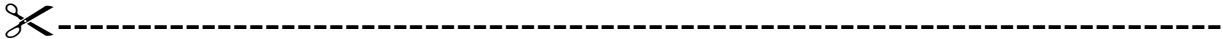
outdoor education centre



THE DARRENS DASH
5th anniversary event
Saturday 5th June 2010

WYE VALLEY RUNNERS & LONGTOWN OUTDOOR EDUCATION CENTRE
PRESENT THIS CHALLENGE RUN TO RAISE FUNDS FOR
THE LONGTOWN O.E.C. BURSARY FUND
ARE YOU TOUGH ENOUGH TO DASH THE DARRENS?
www.longtownoec.co.uk www.wyevalleyrunners.co.uk

Venue: Longtown, Herefordshire **Minimum age:** 16 **Entry limit:** 100
Start: 2.30 pm at Event Centre (Longtown O.E.C) for transport to the 3 pm start. (NB. The start & finish are in different locations so the minibus transport provided must be used).
Course Description: The Darrens Dash is a challenging 8 km hill run on the eastern edge of the Brecon Beacons National Park. The run includes a total of 900ft ascent, undulating running along the Offa's Dyke path and a swift descent to the Olchon Valley. The finish is at Longtown Outdoor Education Centre. 95% of the running is off-road on farmland, tracks & paths. The course will be marshalled throughout with first aid cover provided at key locations.
Prizes: All finishers will receive a special certificate and race memento. A range of other category prizes will be awarded.
Parking: At Longtown O.E.C. **Toilets/showers:** At the Centre
Further information? Contact Mike Fawcett on 01873 860225 (day)
ENTRY FEE: £10 Attached, £12 Unattached (£2 extra on the day)
Cheques made payable to "Longtown OEC Bursary Fund" please.



Name: _____
Address: _____

Please return form & fee to:
Darrens Dash
26 Holm Oak Road
Hereford HR2 7UP
Race numbers will be issued on race day

Email: _____
Postcode: _____ Tel No. _____
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:** _____