

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  
45 Maes-y-Sarn  
Pentyrch  
Cardiff  
CF15 9QQ  
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www.parishofpentyrch.org.uk

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