

# San Domenico 20 Miler

Sunday 25th March 2012 @ 10AM  
Merthyr College, Merthyr Tydfil, CF48 1AR

More details - [www.sd20.org.uk](http://www.sd20.org.uk)

- A scenic, accurately measured and certified road race route, mainly along the 'Taff Trail'
- Start, Finish & Race HQ at Merthyr College (CF48 1AR)
- Excellent training race or long run for Spring Marathons - London in particular
- Category Prizes / memento for all finishers / Changing & Showers / Refreshments / Baggage area
- First Aid Provision / Water stations / Course not suitable for wheelchair athletes
- Race Entry Limit (400) – No entries on the day if race limit reached
- Run under Welsh Athletics rules / race license applied for

Affiliated (inc. RunBritain members): £15 in advance, £17 on the day.

Unaffiliated: £17 in advance, £19 on the day.



- Race numbers are to be collected on the day. No entry fees can be refunded
- No transfer of race numbers allowed. Closing date for postal entries is Saturday 17th March 2012
- Please make cheques payable to 'San Domenico RRC'

Name:

Date of Birth: / /

Address:

Male  Female

E-mail address (we use this to confirm receipt of entry and email race day information):

Postcode:

Affiliated Club:

Emergency Tel No:

Reg. number:

Estimated finish time:

T-shirt size: X-Small  Small  Medium  Large  X-Large

Please accept my entry for the San Domenico 20 Miler. I am over 18 years old and medically fit to compete. I accept that I enter at my own risk and that the organisers will in no way be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of my participation in this race. I will abide by the WA Rules of Competition.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Send Entry & Payment to:

Dominic Shields  
Briarwood,  
Old Newport Road,  
Old St. Mellons  
Cardiff, CF3 5FX

Online entry (opens December 2011):

[www.sd20.org.uk](http://www.sd20.org.uk)

Probably the most enjoyable 20 mile course in South Wales!