

# **DENBIGH HARRIERS**

## **PRESENT**

# **THE FAIRY FRECKLED COW TRAIL RACE**

**SUNDAY 1st JULY 2018 AT**  
**LLYN ALWEN RESERVOIR**  
**@ 11.30am**  
**OS Grid Reference: SH955530**

A single lap of approximately 11K on woodland trails and tracks around the scenic Alwen reservoir following the water's edge and up onto the moor land of Mynydd Hiraethog where there are stunning landscape views.

With the kind permission of Welsh Water and Natural Resources Wales.

Category prizes plus memento to all finishers.  
Limited car parking. Please car share if possible.

**Entry £12 in advance (plus £2 for unaffiliated) on [www.fabian4.co.uk](http://www.fabian4.co.uk).  
£1 extra on the day. Minimum age – 18 years.**

### **ENTRY –**

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The Fairy Freckled Cow Race Entry Form. Held under UK Athletics rules. Permit applied for.

Name:-----

Address:-----

Tel Number: -----

Car Registration Number: -----

M/F:----- Date of Birth: -----

Age on Race Day: -----

Club: -----

AAW/UKA Registration Number: -----

I am medically fit to run and understand that I run entirely at my own risk and that the organisers will not be held responsible for any injury incurred during, or as a result of, taking part in this event, or for any loss of or damage to property.

Signed:-----

Date:-----

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