



Oswestry  
Olympians

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The Triathlon Section of Oswestry Olympians

# Mynydd Myfyr

Hill Run, Trefonen

Held under FRA Rules

Sunday 24<sup>th</sup> May 2015

START 11:30AM

Approx 6.5 kilometres (4 miles) mixed terrain run on trail, paths, fields and country lane including climbs totalling 150 plus metres (500ft)

Excellent introduction to off road racing

**VENUE: TREFONEN VILLAGE HALL**

**SY10 9DY**

**AWARDS: MEDAL TO ALL FINISHERS**

1st three men & women. Vets: 1st 40-50-60-70 men & women.

1st Trefonen Local (minimum age of race entry 15 years)

**ENTRIES ON THE DAY ONLY ENTRY FEE £6**

**Cheques made payable to Oswestry Olympians**

SUPPORTING TREFONEN HILL WALK WEEKEND 22<sup>nd</sup> -25<sup>th</sup> MAY 2015

PROCEEDS OF WHICH GO TO

MEDECINS SANS FRONTIERES & LINGEN DAVIES APPEAL

An entry should only be made by individuals who are fit enough to take part in the event and have no record of health problems that might give rise to problems before or after the event.

I accept that the organisers are not responsible for any loss or damage to my property and that I run at my own risk.

I agree to abide by UKA rules.

SIGNED (UNDER 16's - PARENT

SIGNS):.....DATE:.....

**Results will be on our web site shortly after each race.**

**[www.oswestryolympians.com](http://www.oswestryolympians.com)**