



# GYRN GALLOP

Hill Run, Rhiwlas

Held under WFRA rules

Saturday 25<sup>th</sup> July 2015 START 1:00pm

Approx. 10.6km/6.6miles with 350m/1150ft of ascent,  
mixed terrain run on country lane, track and field.

VENUE: RHIWLAS COMMUNITY CENTRE  
SY10 7JH

Held in conjunction with the village fayre

Entries on the day ENTRY FEE £5:00

Cheques payable to Oswestry Olympians

I understand that this race is held in accordance, and that I have familiarised myself, with the WFRA Safety Code. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified by the WFRA Safety Code or by the Race Organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running in this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race. Details can be found at <http://www.wfra.me.uk/>

Full Name .....

Club .....

Address .....

Post code ..... Telephone.....

D.O.B. .... Email .....

Emergency contact ..... Tel. ....

**Results will be on our website shortly after the race. [www.oswestryolympians.com](http://www.oswestryolympians.com)**