

# The San Domenico 20 Mile

Sunday 28th March 2010 @ 10 am

Merthyr College, Merthyr Tydfil, CF48 1AR

## Probably the most enjoyable 20 mile course in South Wales!

- 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 run for Spring Marathons - London in particular
- Category Prizes / memento for all finishers / Changing & Showers / Refreshments / Baggage area
- First Aid Provision / Water stations
- Race Entry Limit (400) – No entries on the day if race limit reached
- Run under Welsh Athletics rules / race license applied for.

### Entry Fees:

Affiliated (inc. RunBritain members): £14 in advance, £16 on the day.

Unaffiliated: £16 in advance, £18 on the day.



Please enclose A5 SAE. Race number and information sheet will be posted to you.

No entry fees can be refunded / no transfer of race numbers allowed.

Closing date for postal entries is Saturday 20th March 2010.

Please make cheques payable to 'San Domenico RRC'.

**Surname:**

**DOB:**                    /                    /

**Forename:**

**Male**     **Female**

**Address:**

**Age on 28/03/2010:**

**E-mail address: (we use this to confirm receipt of entry)**

**Tel No:**

**Affiliated Club:**

**Reg. number:**

**Postcode:**

**Estimated finish time:**

Please accept my entry for the San Domenico 20 Mile. 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 & A5 SAE to:

San Domenico 20  
10 Pinewood Hill,  
Talbot Green,  
Pontyclun  
CF72 8JE

ian@sandomenico.org.uk

### Online entry:

www.runnersworld.co.uk

and

www.ukresults.net

You will pay an additional transaction fee when entering online.

**More details and online entry - [www.sandomenico.org.uk](http://www.sandomenico.org.uk)**