



**Sunday 17<sup>th</sup> June 2012 - The DARRENS DASH 6 mile hill run**  
**NEW COURSE FOR 2012 - The longest, steepest, toughest yet!**  
**All proceeds will be split between Longtown Pre-School,**  
**Longtown Primary School P.T.F.A. and Longtown Mountain Rescue Team.**

**Venue:** Longtown, Herefordshire **Minimum age:** 16 **Entry limit:** 100  
**Start:** 2 pm at Longtown Community Primary School  
**Course Description:** The Darrens Dash is a challenging 6 mile hill run on the eastern edge of the Brecon Beacons National Park. The run includes a total of 1,500 ft ascent, undulating running along the Offa's Dyke path, a swift descent to the Olchon Valley and a short uphill run to the finish! The start and finish are at Longtown Community Primary School. 100% of the running is off-road on farmland, tracks & paths. Longtown Mountain Rescue Team will provide mountain safety & first aid cover at key locations on the course.  
**Prizes:** Race t-shirt included in entry fee. A range of other category prizes will be awarded. **Parking/Toilets:** At Longtown Community Primary School  
**Further information?** Contact Mike Fawcett on 01873 860219 (eve)  
**ENTRY FEE:** £10 Attached, £12 Unattached (£2 extra on the day).  
**Cheques made payable to "Longtown Pre-School" please.**

[www.wyevalleyrunners.co.uk](http://www.wyevalleyrunners.co.uk)

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Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please return form & fee to:  
Darrens Dash,  
Denmark House,  
Longtown, Hereford HR2 0LS  
*Race numbers will be issued on race day*

Email: \_\_\_\_\_  
Postcode: \_\_\_\_\_ Tel No. \_\_\_\_\_  
Sex m/f: \_\_\_\_\_ Club: \_\_\_\_\_ Date of birth: \_\_\_\_\_

**WAIVER:** I understand that the organisers will in no way be responsible for any injury, illness, accident or loss of property resulting from my participation in this event. I am an amateur as defined by the rules of UK Athletics.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_