



It's all good.

The Lletty Fell Race

Organised by Denbigh Harriers

Race 1 in the 2010 **McCain UK Mountain Challenge**
Also incorporating the British Intercounties Championship race.

PLEASE NOTE THAT DOGS SHOULD NOT BE BROUGHT TO THIS RACE - THIS IS A WORKING FARM WE ARE VERY GRATEFUL FOR THE ASSISTANCE OF THE FARMER AND HE HAS REQUESTED THAT NO DOGS BE ALLOWED INTO HIS FIELDS. NO RECCEING OF THE COURSE FROM THE FARM WILL BE ALLOWED ALTHOUGH THE MOUNTAIN MAY BE ACCESSED FROM THE CAR PARK AT MOEL ARTHUR GR 146657 OR LLANGYNHAFAL GR 129633.

AM 9m/2090ft

2.30 pm start

Saturday 22nd May 2010

Venue: Lletty Farm, Llangynhafal, Denbighshire GR 128647

(Records: male A Smith 01.25.12, 2009; female A Rowlands 01.31.31, 2009)

Competitors must follow the course which is clearly marked/marshalled

Over 18's only

FRA SAFETY & RULES will be enforced. All runners must have access to the following: Waterproof full body cover, Map, Compass, Whistle, Hat & Gloves.

A full list of required equipment will be displayed at registration

FIRST AID is provided by NEWSAR at the summit on Moel Famau (GR 161626) & again at the start/finish.

EMERGENCIES call 07880 932832 or use the 999 system.

FACILITIES Tea, coffee & food will be available during the day in the main field.

Details: Martin Cortvriend, Dol-y-Caeau, Llangynhafal,

Denbigh, LL16 4LN. Tel: 01824 790534. Email:

martincortvriend@yahoo.co.uk www.wfra.org.uk

INTERCOUNTIES ENTRIES: entry form from Alan Barlow, 12 Redcar Close, Hazel Grove, Stockport SK7 4SQ Return by 8th May. Tel: 0161 483 9330. Email:

international@fellrunner.org.uk. All other runners EOD.

www.uka.org.uk/competitions/mccain-mountain-running-challenge/