

San Domenico R.R.C. presents  
**The San Domenico 20 Mile**  
Sunday 9<sup>th</sup> March 2008 @ 10am  
Rhydycar Leisure Centre, Merthyr Tydfil

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

- A scenic, accurately measured and certified mainly off road route along the 'Taff Trail'
- Predominantly flat with some undulations and challenging climbs
- Start & finish at Rhydycar Leisure Centre (CF48 1UT)
- Excellent Training Race for all Spring Marathons - London & Paris in particular
- Category Prizes / memento for all finishers
- Changing / Showers / Refreshments / Parking / Baggage Area
- First Aid Provision / Frequent water stations
- Race Entry Limit (400) – No entries on the day if race limit is reached
- Last posting date for information packs and race numbers will be Friday 29<sup>th</sup> February
- Course not suitable for wheelchair athletes

Run under AAW rules.  
Race permit applied for.

**Entry Fees: Affiliated: £12: Unaffiliated: £13 Entries on the Day - All Categories: £15**

**Cheques payable to 'San Domenico RRC'**

(Closing date for postal entries is Wednesday 27<sup>th</sup> February)

**Please enclose A5 SAE**

(race number and information sheet will be returned to you in this envelope)

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

**Surname:**

**DOB:**

**Forename:**

**Gender:**

**Male**

**Female**

**Address:**

**Age on 09/03/2008:**

**E-mail address:**

**Town:**

**Tel No:**

**County:**

**AAW reg. number:**

**Postcode:**

**Club:**

**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 AAW Rules of Competition.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Send Entries, Payment & A5 SAE to:** San Domenico 20, 10 Pinewood Hill, Talbot Green, Pontyclun, Rhondda Cynon Taf, South Wales CF72 8JE email: [ian@sandomenico.org.uk](mailto:ian@sandomenico.org.uk)

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