



WELSH ATHLETICS INTER-REGIONAL MOUNTAIN RUNNING CHAMPIONSHIPS – LONGTOWN

LLANTHONY on Saturday 13th April 2019 2.00pm. Entry £5.00 - Enter on line or Enter on the day.

Enter on-line: <https://www.entrycentral.com/longtown-llanthony-loop>

TEAMS: 4 X Senior Men & Women – 3 to count. 4 X Masters Men & Women – 3 to count.

- **Date & Time:** Saturday 13th April 2019 at 2:00pm
- **Category: (AM)** Full kit must be carried (Body and leg cover, Hat. Gloves. Map. Compass & Whistle).
- **Website:** <http://www.wyevalleyrunners.co.uk/longtown-llanthony-loop-fell-race>
- **Distance:** 8.5miles/13.6km
- **Climb:** 2600ft/792m
- **Venue:** Longtown Outdoor Learning Centre, Longtown, Hereford, HR2 0LD
- **Minimum Age:** 16
- **Course Records: Men:** Mark Hopkinson (Mynydd Du) 1:07:27. (2018)
Women: Helen Brown (Mynydd Du) 1:22:46. (2018)
- **Course Map:** <https://www.goodrungle.co.uk/RouteMap/MyRoutes/665103/Footpath>

This tough event that was launched in 2018. It is the 'Big Brother' of the Darrens Dash Hill Race and starts and finishes in the village of Longtown (HR2 0LD) The stunning route crosses Hatterrall Ridge via Loxidge Tump and descends steeply to Llanthony Priory before ascending to the 552m trig point and returning to Longtown via the Rhiw.

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WELSH ATHLETICS INTER-REGIONAL TEAM ENTRY

WELSH ATHLETICS
ATHLETAU CYMRU

REGION:	SENIOR MALE TEAM:
1	
2	
3	
4	

REGION:	SENIOR FEMALE TEAM
1	
2	
3	
4	

REGION:	MALE MASTERS TEAM
1	
2	
3	
4	

REGION:	FEMALE MASTERS TEAM
1	
2	
3	
4	

TEAM COORDINATOR/MANAGER:

WELSH ATHLETICS EVENT COORDINATOR: Daniel Bodman (Aberdare AC) Tel: 07469 251485
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