

Clwydian Range Runners presents


Dash in the Dark

Night time trail race series (6.5Km) starting from
Coed Llandegla Visitors Centre - One Planet
Adventure.

Friday 9th Nov 2018.

Friday 7th Dec 2018.

Friday 18th Jan 2019.



Registration from 6pm Race starts at 7pm
The course follows a well marked trail of approx 6.5Km. The
ground is rough in places
so fell shoes (studded) advised.

As this race takes place in winter, minimal kit is required.

1. Torch with minimum 2 hours GOOD light. (Head torch preferred)
2. Full waterproof jacket.
3. Hat and gloves

DO NOT SKIMP ON EQUIPMENT, IT'S FOR YOUR SAFETY.

Entry on the night. £4 per person, 16 years of age and over.



Bryniau Clwyd a Dyffryn Dyfrdwy
Clwydian Range and Dee Valley
Ardal o Harddwch Naturiol Eithriadol
Area of Outstanding Natural Beauty



For more information and details visit
www.clwydianrangerunners.co.uk

Or call Gareth 07810 808884