



SIALENS Y BARCUD COCH RED KITE CHALLENGE SATURDAY 29TH APRIL 2017



Senior Regional Championships (West Wales) and Welsh Junior Championships

Register at the Woodlands Caravan Park, Devil's Bridge, Aberystwyth, SY23 3JW (O.S Grid Ref: 745773)

1pm	½ Marathon Senior Race (18 yrs +)	£15/£17 unattached (+ £2 on the day)	<input type="checkbox"/>
1pm	10 k Senior Race (17 yrs +)	£12/£14 unattached (+ £2 on the day)	<input type="checkbox"/>
11:00am	Junior Race (U20yrs) Year of Birth 1997,1998,1999 **	£6 (+ £2 on the day)	<input type="checkbox"/>
11:00am	Junior Race (U17yrs) Year of Birth 2000, 2001 **	£6 (+ £2 on the day)	<input type="checkbox"/>
11:00am	Junior Race (U15yrs) Year of Birth 2002, 2003,2004 **	£6 (+ £2 on the day)	<input type="checkbox"/>
11.30am	6 / 13 Mile Walk (approx)	£7 (+ £2 on the day)	<input type="checkbox"/>

Your Details

Enw Cyntaf / First Name:		Cyfenw / Surname:	
Cyfeiriad & Cod Post / Address & Post Code:			
Cyfeiriad e-bost – E-mail address:			
Rhif Cyswllt / Contact Number:		Rhyw / Sex:	
Dyddiad Geni / Date of Birth:		Oedran ar ddiwrnod y ras/Age on race day	
Welsh Masters No' (if affiliated):		Club Name:	
Are you eligible to run for Wales?	Y / N	Welsh Athletics No:	
Are you eligible to run for West Wales?	Y / N		

**** Please note: if you wish to qualify for the Welsh Junior championships you will need to enter in advance****

Please make cheques payable to 'The Red Kite Challenge'. Numbers to be collected on race day.

Ceisiadau / Entries to: Race Secretary, Cefn Cae, Penuwch, Tregaron, Ceredigion, SY25 6QZ

***** Postal Closing Date: 21st of April 2017*****

Declaration: I am medically fit to walk / run (delete as appropriate) and accept that I participate in this/these events at my own risk and that the organisers shall not be liable for any accident, injury or loss as a consequence of my participation. I will abide by the UK Athletics rules and obey marshals' instructions.

Arwyddwyd / Signed	Dyddiad / Date
--------------------	----------------

For further information: contact Dic: 07773 435073, email: rhedwr@gmail.com or <http://www.redkite-barcudcoch.org.uk>