



SIALENS Y BARCUD COCH RED KITE CHALLENGE SATURDAY 4TH MAY 2019



incorporating the Welsh and West Wales trail championships
for seniors, masters and juniors

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 (+ £2 on the day)	<input type="checkbox"/>
1pm	10k Senior Race including U20 Men (17 yrs +)	£12 (+ £2 on the day)	<input type="checkbox"/>
11:15am	Junior Race (U20yrs) Year of Birth 1999,2000,2001 **	£6 (+ £2 on the day)	<input type="checkbox"/>
11:15am	Junior Race (U17yrs) Year of Birth 2002, 2003 **	£6 (+ £2 on the day)	<input type="checkbox"/>
11:15am	Junior Race (U15yrs) Year of Birth 2004, 2005,2006 **	£6 (+ £2 on the day)	<input type="checkbox"/>
11am	6 / 13 Mile Walk (approx)	£7 (+ £2 on the day)	<input type="checkbox"/>

Eich manylion / 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 Athletics / Masters No' (if affiliated):		Club Name:	
Are you eligible to run for Wales?	Y / N	Are you eligible to run for West Wales?	Y / N
Allergies e.g. Penicillin / Latex	Y / N	If yes, please include details	
Emergency Contact Name:		Emergency Contact Number:	

**** Please note: if you wish to qualify for the Welsh / West Wales Championships, and Welsh Junior championships you will need to enter by the 26th April 2019****

Please make cheques payable to 'The Red Kite Challenge'. Numbers to be collected on race day.
Ceisiadau / Entries to: Race Secretary, Maes Blodau, Llandre, Aberystwyth, Ceredigion, SY24 5BS.

***** Postal Closing Date: 26th of April 2019*****

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.

By signing I confirm that I have read and accepted the terms and conditions – available on the website and on our Facebook Page.

Arwyddwyd / Signed Competitor or, if under 18, Parent/Legal Guardian		Relationship to Competitor if under 18		Dyddiad / Date:	
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For further information contact the Race Director (Dic): **07773 435073**, email: rhedwr@gmail.com
Facebook: www.facebook.com/RedKiteRace | Website: www.redkite-barcudcoch.org.uk