



# SIALENS Y BARCUD COCH RED KITE CHALLENGE SATURDAY 9<sup>TH</sup> MAY 2020



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 +) **	£20 (+ £2 on the day)	<input type="checkbox"/>
1pm	10k Senior Race including U20 Men (17 yrs +)	£18 (+ £2 on the day)	<input type="checkbox"/>
11:15am	Junior Race (U20yrs) Year of Birth 2000,2001,2002 **	£8 (+ £2 on the day)	<input type="checkbox"/>
11:15am	Junior Race (U17yrs) Year of Birth 2003, 2004 **	£8 (+ £2 on the day)	<input type="checkbox"/>
11:15am	Junior Race (U15yrs) Year of Birth 2005, 2006 **	£8 (+ £2 on the day)	<input type="checkbox"/>
11:15am	Junior Race (U13yrs) Year of Birth 2007, 2008 **	£8 (+ £2 on the day)	<input type="checkbox"/>
11am	6 / 13 Mile Walk (approx)	£8 (+ £2 on the day)	<input type="checkbox"/>
10:30am	Primary School Fun Run	£3	<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 1<sup>st</sup> of May 2020\*\***

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: 1<sup>st</sup> of May 2020\*\*\***

**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:	
--	--	--	--	--------------------	--

For further information contact the Race Director (Dic): **07773 435073**, email: [rhedwr@gmail.com](mailto:rhedwr@gmail.com)  
Facebook: [www.facebook.com/RedKiteRace](https://www.facebook.com/RedKiteRace) | Website: [www.redkite-barcudcoch.org.uk](http://www.redkite-barcudcoch.org.uk)