**SIALENS Y BARCUD COCH RED KITE CHALLENGE**

Saturday 30th April 2022

**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)

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| 1pm | ½ Marathon Senior Race (18 yrs +) \*\* | £20 |  |
| 1pm | 10k Senior Race | £18 |  |
| 1pm | 10K University Students (17 yrs +) | £8 |  |
| 1pm | Junior Race (U20yrs) Year of Birth 2002,2003,2004 \*\* | £8 |  |
| 11:15am | Junior Race (U17yrs) Year of Birth 2005, 2006 \*\* | £8 |  |
| 11:15am | Junior Race (U15yrs) Year of Birth 2007, 2008 \*\* | £8 |  |
| 11am | Secondary School Children (U13yrs) Year of Birth 2009, 2010 \*\* | £8 |  |
| 11am | 6 / 13 Mile Walk (approx) | £8 |  |

**Eich manylion / Your details**

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| --- | --- | --- | --- | --- |
| 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/University/School 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  If yes, please include details | Y/N | Are you eligible to run for a Welsh University? | | Y / N |
| Emergency Contact Name  And Number |  | Estimated Time for ½ mar.  Or 10K | |  |

# \*\* Please note:if you wish to qualify for the Welsh / West Wales Championships you will need to enter by the 15th April 2022\*\*

Please make cheques payable to ‘The Red Kite Challenge’. Numbers to be collected on race day. Entries to: Race Secretary, 1 Tŷ Mawr, EglwysFach, Machynlleth, Ceredigion, SY20 8SX.

# \*\*\* Postal Closing Date: 22nd of April 2022\*\*\*

**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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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**](http://www.facebook.com/RedKiteRace)| Website: [**www.redkite-barcudcoch.org.uk**](http://www.redkite-barcudcoch.org.uk/)