

# Summer Series - Red Kite Challenge

## RAS HWYRNOS NANT YR ARIAN - 19/04/2023



18:00	Primary School Children (1 mile approx.)	£3	<input type="checkbox"/>
19:00	Secondary School (3 mile approx.) Seniors (5 miles approx.)	£5	<input type="checkbox"/>

### Your details

First Name:		Surname:	
Address & Post Code:			
E-mail address:			
Contact Number:		Gender:	
Date of Birth:		Age on race day: (delete as appropriate)	Male / Female
Welsh Athletics / Masters No' (if affiliated):		Emergency Contact Name & Number	

### Declaration

- I understand that this race is held in accordance with the WFRA Codes of Conduct & Safety and the Organiser's information & requirements for this race
- I accept the hazards inherent in fell and trail running and acknowledge that I am entering and running at my own risk.
- I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.
- I confirm that I have read and will comply with the safety requirements for competitors, I acknowledge and agree that I am responsible for determining whether I have the skills, equipment and fitness to participate in this event.
- I accept that neither the Race Organiser nor the Welsh Fell Runners Association shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race (other than in respect of death or personal injury as result of negligence).
- I consent to publication of my name, club, race category, race number, finishing time and race position in race pre-entry and results lists.
- I consent to photos/video of my child's participation being used by the organising club/WFRA in connection with fell and trail running

By signing I confirm that I have read and accepted the terms and conditions above.

Signed Competitor or, if under 18, Parent/Legal Guardian		Relationship to Competitor if under 18		Date:	
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For further information contact Tom: 07807414107, email: [rasybarcud@gmail.com](mailto:rasybarcud@gmail.com)  
Facebook: [www.facebook.com/RedKiteRace](https://www.facebook.com/RedKiteRace) | Website: [www.redkite-barcudcoch.org.uk](http://www.redkite-barcudcoch.org.uk)



# Cyfes yr Haf - Sialens y Barcud Coch

## RAS HWYRNOS NANT YR

### ARIAN - 19/04/2023



18:00	Plant Ysgol Cynradd (tua 1 filltir)	£3	<input type="checkbox"/>
19:00	Plant Ysgol Uwchradd (tua 3 milltir) + Oedolion (tua 5 milltir)	£5	<input type="checkbox"/>

#### Eich manylion

Enw Cyntaf:		Cyfenw:	
Cyfeiriad & Cod Post:			
Cyfeiriad e-bost:			
Rhif Cyswllt:		Rhywedd (dilewch):	Gwryw / Benyw
Dyddiad Geni:		Oedran ar ddiwrnod y ras:	
Rhif Aelodaeth Athletau Cymru / Meistri (os yn berthnsol):		Rhif cyswllt mewn argyfwng	

#### Datganiad

- Rwy'n deall bod y ras hon yn cael ei chynnal yn unol â Codau Ymddygiad a Diogelwch CMRC, a'r gwybodaeth a gofnyon y Trefnydd ar gyfer y ras hon, ac rwyf wedi egluro'r gofnyon i'm plentyn
- Rwy'n derbyn y peryglon sy'n gysylltiedig â rhedeg mynydd a llwybrau ac yn cydnabod bod fy mod yn rhedeg y ras hon ar fy menter fy hun.
- Heblaw am atebolrwydd y Trefnydd am achosi marwolaeth neu anaf personol trwy esgeulustod, cadarnhaf fy mod yn deall nad yw'r Trefnydd yn derbyn unrhyw atebolrwydd i ni am unrhyw golled neu niwed o unrhyw natur i mi fy hun yn sgil cymryd rhan yn y ras hon
- Rwy'n cydnabod ac yn cytuno mai fi sy'n gyfrifol am benderfynu a oes gennyf y sgiliau, yr offer, y meddyginiaeth a'r ffitrwydd i gymryd rhan yn y digwyddiad hwn.
- Rwy'n cydsynio i gyhoeddi fy enw, clwb, categori, rhif ras, amseroedd a safle ar restrau canlyniadau a chyn-fynediad y ras, ac i rannu'r manylion uchod â sefydliadau partner dibynadwy (e.e. Athletau Cymru).
- Rwy'n cydsynio luniau/fideo o fy ngyfranogiad yn y ras i gael eu defnyddio gan y clwb trefnu/CRMC mewn cysylltiad â rhedeg mynydd a llwybrau

Wrth lofnodi cytunaf fy mod wedi darllen a derbyn y telerau ac amodau uchod.

Llofnod rhedwr neu, os o dan 18 oed, eu rhiant / gwarcheidiwr		Perthynas i blentyn os o dan 18 oed		Dyddiad:	
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Am fwy o wybodaeth cysylltwch â Tom: 07807414107, ebost: [rasybarcud@gmail.com](mailto:rasybarcud@gmail.com)  
 Facebook: [www.facebook.com/RedKiteRace](https://www.facebook.com/RedKiteRace) | Gwefan: [www.redkite-barcudcoch.org.uk](http://www.redkite-barcudcoch.org.uk)

