**SIALENS Y BARCUD COCH RED KITE CHALLENGE**

Saturday 27th April 2024

**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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| 11:00 |  Metric Half/½ Marathon walk (NO dogs please / DIM Cwn o.g.y.dd.) | £8  |   |
| 11:00 |  Junior Race (U14yrs) Year of Birth 2011, 2012 | £10/£8 |  |
| 11:20 | Junior Race (U16yrs) Year of Birth 2010, 2009 | £10/£8  |  |
| 11:40 | Junior Race (U18yrs) Year of Birth 2008, 2007 | £10/£8 |  |
| 14:00 | Metric Half Race | £22/£20 |  |
| 14:00 |  ½ Marathon Senior Race | £25/£23 |  |

**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: |  | Cenedl/ 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 |
| Allergiese.g. Penicillin / LatexIf yes, please include details |  Y/N  | Are you eligible to run for a Welsh University? | Y / N |
| Emergency Contact Name And Number |  | Sock size (3-7 / 8-11)OrNo socks - please donate the money to Chemo/Ystwyth Ward, Bronglais Hospital. |  |

# \*\* Please note: if you wish to qualify for the Welsh / West Wales Championships you will need to enter by the 20th April 2024\*\*

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

Entries to: Race Secretary, 1 Tŷ Mawr, Eglwys Fach, Machynlleth, Ceredigion, SY20 8SX.

**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.

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| Arwyddwyd / Signed Competitor or, if under 18, Parent/Legal Guardian |  | Relationship to Competitor if under 18 |  | Dyddiad/ Date: |  |

For further information contact Tom: **07807414107**, email: **rasybarcud@gmail.com**

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