



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)

11:00	Metric Half/½ Marathon walk (NO dogs please / DIM Cwn o.g.y.dd.)	£8	<input type="checkbox"/>
11:00	Junior Race (U14yrs) Year of Birth 2011, 2012	£10/£8	<input type="checkbox"/>
11:20	Junior Race (U16yrs) Year of Birth 2010, 2009	£10/£8	<input type="checkbox"/>
11:40	Junior Race (U18yrs) Year of Birth 2008, 2007	£10/£8	<input type="checkbox"/>
14:00	Metric Half Race	£22/£20	<input type="checkbox"/>
14:00	½ Marathon Senior Race	£25/£23	<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:		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
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		Sock size (3-7 / 8-11) Or No 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.

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 Tom: 07807414107, email: rasybarcud@gmail.com
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