



RED KITE CHALLENGE WEEKEND

Running and Walking Festival 1st - 2nd May 2010



UK Short Course, Welsh Seniors & Masters Trail Running Championships



Pencampwriaeth y Deyrnas Unedig
UK Championships

RACE 1 SATURDAY 1ST MAY

RUN: 11 + Miles **START TIME:** 13.00

WALK: 8 + Mile course **START TIME:** 11.00

COURSE: multi-terrain, demanding, scenic route through Red Kite country, forest and moorland

REGISTRATION: Nant Yr Arian Visitor Centre, Ponterwyd, Aberystwyth. O.S Grid Ref: 718813



RACE 2 SUNDAY 2nd May

RUN: 18 miles **START TIME:** 11.00
(As an individual or relay team)

WALK: 12 Mile course **START TIME:** 10.00

COURSE: multi-terrain, demanding, scenic route through Devil's Bridge area - including forest and moorland

REGISTRATION: Woodlands Caravan Park, Devil's Bridge, Aberystwyth, SY23 3JW. O.S Grid Ref: 745773

Run: £8.00 / £10.00 unattached / race
(£2.00 extra on day/after postal closing date)
Walk: £5.00 / race

Please enclose appropriate fee with completed entry form, please make cheques payable to 'the Red Kite Challenge'

Further Information / contact:

www.redkite-barcudcoch.org.uk

Telephone: 07773 435073 or 01974 261202

Email: rhedwr@gmail.com

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Entry Form

Enw Cyntaf / First name.....

Cyfenw / Surname

Cyfeiriad / Address

.....

.....Cod Post / Post Code

Rhif ffon /Telephone Number.....

Dyddiad Geni / Date of Birth

Oedran ar ddiwrnod y ras / Age on race day.....

Rhyw / Sex: T-Shirt Size: S/M/L.....

Rhif cofrestri /WA reg no:

Rhif cofrestri / Welsh masters reg no:

Rhif cofrestri / TRS / reg. no:

Enw Clwb / Club Name:

Prizes awarded in all categories for the following, please indicate which you wish to be entered for:

Cais **Sialens Y Barcud Coch** Entry

Ticiwch os gwelwch yn dda / Please tick

Pencampwriaeth y DU /UK Trail Running Championships

Cymhwyster Cymreig / Welsh Qualification

Ras Agored / Open race

Cerdded / Walk

Cais **Ras y Diafol** Entry

Ticiwch os gwelwch yn dda / Please tick

Unigolyn / Individual

Ras Gyfnewid / Relay (all 3 members must complete an entry form)

Ras Agored / Open race

Cerdded / Walk

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.

Arwyddwyd /SignedDyddiad / Date.....

Ceisiadau /Entries to: Menna Stephens, Cefn Cae, Penuwch, Tregaron, Ceredigion, SY256QZ

Enclose cheque and S.A.E. if confirmation of entry is required. Numbers collected on day of race.

Postal Closing Date: **23rd April 2010**. Momento to all entries before closing date. **£2.00** extra after that date / on day

