

11th North Wales Junior Mountain Running Championships - Girls & Boys

"Fast Run-able Courses"

Saturday 23rd September 2017

OPEN TO NON NORTH WALES' RESIDENTS - PRE ENTRY RECOMMENDED

Registration at the Great Orme Summit Cafe, from 10am

This event is sanctioned and run under Welsh Athletics Ltd rules.

AGE GROUP	Distance	Start Time
Under 9's (min age 6yrs)	0.8km	12pm
Under 11's	1.6km	12.10pm
Under 13's	3.2km	12.40pm
Under 15's	4.8km	1.20pm
Under 17's & U19's	6.4km	1.50pm

*Registration for each race must be at least 15 mins before the start of race
(Age category shall be determined by age at 31st December 2017)*

**Entry Fee - £ 2.00, cheques payable to N.W.J.M.R.C. plus S.A.E
And send to Mike Blake:**

1 Garreg Fawr, Lôn Garreg Fawr, Groeslon, Caernarfon, Gwynedd, LL54 7EB

Tel: 07778 145 144 / 01286 831115

Certificates for all competitors.

Trophies for 1st, 2nd, 3rd places and certificates for all in each age group (boys & girls)

All competitors will receive a free pass to the Great Orme Mines

Entry Form

Name: _____ Date Of Birth _____

Address: & Contact Number _____

Email address _____

Club/School: _____

Please enter me for the _____ section of the above Championships

I enclose my entry fee of £ _____ Welsh Athletics Reg.No. _____

Qualification: Birth _____ Parents _____ Resident _____ Guest _____

Parental signature: _____



**SINCLAIR STEEL
SINCLAIR POWER ACCESS**

11ed Pencampwriaeth Rhedeg Mynydd Iau Gogledd Cymru - Bechgyn a Genethod

"Cyrsiau Cyflym i'w Rhedeg"

Dydd Sadwrn 23 Medi 2017

**YN AGORED I BOBL NAD YDYNT YN BYW YNG NGOGLEDD CYMRU - Argymhellir
llenwi ffurflen gystadlu ymlaen llaw**

Cofrestru yng Nghaffi Copa'r Gogarth, o 10yb ymlaen

Caniateir a chynhelir y digwyddiad hwn dan reolau Athletau Cymru Cyf.

GRŴP OEDRAN	Pellter	Amser Dechrau
O dan 9 (Lleiafrif 6 oed)	0.8km	12pm
O dan 11	1.6km	12.10pm
O dan 13	3.2km	12.40pm
O dan 15	4.8km	1.20pm
O dan 17 & O dan 19	6.4km	1.50pm

*Rhaid cofrestru ar gyfer pob ras o leiaf 15 munud cyn iddi ddechrau
(Bydd y categori oedran yn cael ei bennu yn ôl oed ar 31 Rhagfyr 2017)*

**Ffi Cymryd Rhan - £ 2.00, sicciau'n daladwy i N.W.J.M.R.C. gydag amlen barod
Anfonwch at Mike Blake:**

1 Garreg Fawr, Lôn Garreg Fawr, Groeslon, Caernarfon, Gwynedd, LL54 7EB
Ffôn: 07778 145 144 / 01286 831115

Tystysgrifau i'r holl gystadleuwyr.

Tarian ar gyfer y 1^{af}, 2^{il} a'r 3^{ydd} a thystysgrifau i bawb ym mhob grŵp oedran (bechgyn a genethod)

Bydd pawb sy'n cymryd rhan yn cael pas am ddim i Fwynglawdd y Gogarth

Ffurflen Gofrestru

Enw: _____ Dyddiad Geni: _____

Cyfeiriad a Rhif Cyswllt _____

E bost _____

Clwb/ Ysgol: _____

Rhowch fy enw i lawr ar gyfer yr adran _____ yn y Pencampwriaethau uchod

Rwy'n amgáu fy ffi o £ _____ Rhif Cofrestru Athletau Cymru _____

Cymwys trwy: Enedigaeth _____ Rhieni _____ Preswlydd _____ Gwestai _____

Llofnod Rhiant: _____



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SINCLAIR POWER ACCESS**