

# 11<sup>th</sup> North Wales Junior Mountain Running Championships - Girls & Boys

Saturday 23<sup>rd</sup> September 2017

Registration at the Great Orme Summit Cafe, from 10am

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

This event is sanctioned and run under Welsh Athletics Ltd rules

For more information or an entry form, please contact Mike Blake:

Tel: 07778 145 144 / 01286 831115



MOSTYN ESTATES



SINCLAIR STEEL  
SINCLAIR POWER ACCESS



# 11ydd Pencampwriaeth Rhedeg Mynydd Iau Gogledd Cymru - Bechgyn a Genethod

Dydd Sadwrn 23 Medi 2017

*Cofrestru yng Nghaffi Copa'r Gogarth, o 10am ymlaen*

GRŴP OEDRAN	Pellter	Amser Dechrau
O dan 9 <sup>1</sup> (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

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

I gael rhagor o wybodaeth neu ffurflen gais, cysylltwch â: **Mike Blake:**

**Tel: 07778 145 144 / 01286 831115**



MOSTYN ESTATES



**SINCLAIR STEEL  
SINCLAIR POWER ACCESS**

