

RASUS NEWYDD REDEG 5 A 10K 'GWYRFAP' 2014



NEW 'GWYRFAP' 5 AND 10K RUNNING RACE 2014

ENTRY FOM/FFURFLEN MYNEDIAD

Cyswilt/Contact - Chris Hughes - 07827812935 - rasus5a10khwilybont@aol.co.uk

I'W CHYNAL/RACE DAY - SADWRN/SATURDAY 12^{ED}/12TH GORFFENAF/JULY

Lleoliad/Location - Bontnewydd - Cofrestru am/Registration for 12pm - Cychwyn/Start - 10k -1yp/pm a/and 5k -1.15yp/pm

- Ras agored 10k open Race - Pris mynediad/entry fee £8.00
- Ras agored 5k open Race - Pris mynediad/entry fee £8.00
- Ras 5k Race leuenctid/Junior (dan 16 oed/under 16 years - pris mynediad/entry fee £5.00

Beth yw eich seis? /What is your size?

Bach/Small		Canolig/Medium		Mawr/Large		Mawrmawr/XLarge
-------------------	--	-----------------------	--	-------------------	--	------------------------

Taliadau i'w gwneud mewn siec i, a'i hanfon/Payment to be made by cheque and sent to:
'Hwyl y Bont' - Glan y Dwr, Stad Glan Beuno, Bontnewydd, Caernarfon. LL55 2UB

Enw/Name (printiwch plis/please print)

- Gwryw/Male Dyddiad geni/Date of birth _____
- Benyw/Female Oed/Age _____

Cyfeiriad/Address

Llinell 1/Line 1- _____

Llinell 2/Line 2- _____

Llinell 3/Line 3- _____ Côd post/Post code _____

Ebost/email - _____

Waiver (read before signing)

I understand that an event such as this is a potentially hazardous activity. I will not enter and participate unless I am medically fit to do so. I agree to abide by any decision of any race official as to my ability to complete the event. I assume ALL risks associated with this event, including, but not limited to falls, contact with other participants, and effects of weather including high heat and humidity, traffic and the condition of the course, ALL such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of us (Hwyl y Bont) accepting my entry, I, and anyone entitled to act on my behalf, waive and release Hwyl y Bont, race officials, volunteers and all sponsors from ALL claims and liabilities of any kind arising from my participation in this event. I give permission to all of the foregoing to use my photograph, recordings, or any other record of this event for any legitimate purpose.

Llofnod yr athletwr/Signature of athlete (Parent if under 18) _____

Dyddiad/Date _____/2014