

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

"Fast Run-able Courses"

## Saturday 20th September 2014

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 8's	0.8km	12pm
Under 10's	1.6km	12.10pm
Under 12's	3.2km	12.40pm
Under 14's	4.8km	1.20pm
Under 16'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 1<sup>st</sup> January 2014)*

**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 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> 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: \_\_\_\_\_



MOSTYN ESTATES



**SINCLAIR STEEL  
SINCLAIR POWER ACCESS**

# 8ed Pencampwriaeth Rhedeg Mynydd Iau Gogledd Cymru - Bechgyn a Genethod

"Cyrsiau Cyflym i'w Rhedeg"

## Dydd Sadwrn 20 Medi 2014

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 8	0.8km	12pm
O dan 10	1.6km	12.10pm
O dan 12	3.2km	12.40pm
O dan 14	4.8km	1.20pm
O dan 16	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 1 Ionawr 2014)*

**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<sup>af</sup>, 2<sup>il</sup> a'r 3<sup>ydd</sup> 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

