

8th North Wales Junior Mountain Running Championships - Girls & Boys

"Fast Run-able Courses"

Saturday 14th September 2019

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 16s & 18s	6.4km	12pm
Under 10's	1.6km	12.05pm
Under 12's	3.2km	12.40pm
Under 14's	4.8km	1.20pm
Under 8's	0.8km	1.20pm

*Registration for each race must be at least 15 mins before the start of race
(Age category shall be determined by age at 1st 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 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: _____



MOSTYN ESTATES



**SINCLAIR STEEL
SINCLAIR POWER ACCESS**

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

"Cyrsiau Cyflym i'w Rhedeg"

Dydd Sadwrn 14 Medi 2019

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 16 & 18	6.4km	12pm
O dan 10	1.6km	12.05pm
O dan 12	3.2km	12.40pm
O dan 14	4.8km	1.20pm
O dan 8	0.8km	1.20pm

*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^{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: _____



SINCLAIR STEEL
SINCLAIR POWER ACCESS

