

# Red Kite Trail Running & Walking Festival

## 16th-17th June 2007



UK Short Course, Welsh Seniors & Masters Trail Running Championships



Nant Yr Arian - Ponterwyd - Aberystwyth - West Wales

Run or walk in Red Kite country-through some of the most beautiful landscapes of Wales, with forests, lakes, valleys and open moorland-along demanding, but very scenic routes.



### Sialens Y Barcud Coch

## The Red Kite Challenge

Saturday, June 16<sup>th</sup> 2007



Multi-terrain challenge over 11+ miles, (walk 8 miles), incorporating the UK Short course, Welsh Seniors and Masters Trail Running Championships.

Start and finish at Nant-yr-Arian Visitor Centre near Ponterwyd on the A44, 15 miles west of Llangurig, 10 miles east of Aberystwyth.

Walkers START 11 am  
Runners START 1.00p.m

### Ras Y Diafol - Devil's Race

#### Devil's Bridge

Sunday, June 17<sup>th</sup> 2007

Individual or relay  
(team of three)

Multi-terrain challenge over 18 miles (12 miles walk), to be run as an individual or as a relay in teams of three. Awards will be presented for cumulative times for the Saturday & Sunday races. There will be classes for both Male and Female individual and relay teams and a special class for non-athletic teams e.g. football, rugby or hockey teams.

Start and finish at Woodlands Caravan Park, Devil's Bridge near Aberystwyth (On the A4120, 2 miles south of the A44 at Ponterwyd).

Walkers START 10.00a.m.  
Runners START 11.00a.m

Running events held under Welsh Athletics rules - permit applied for.  
Runners must be at least 18 years of age.

### Entry Fees and Categories

Walkers: £5.00 for one event / £8 for both events children under 12 free.  
Runners: £8.00 club/ £10.00 unattached for one event, £12 / £16 for both events (£2.00 extra per race after closing date.)

Postal Entries: Close on the 9<sup>th</sup> of June. Please make cheques payable to "The Red Kite Challenge"

For further information visit the Barcud Coch website at <http://www.redkite-barcudcoch.org.uk>

**Prizes & Trophies:** In all categories (subject to entries).

**Spot prizes**

**Red Kite Weekend Challenge Prizes awarded for best cumulative times over the weekend**

**A Memento for all postal and online entries received by the 9<sup>th</sup> of June.**

**Championship Medals:** awarded in each category (subject to entries) Men 40+, 45+, 50+, 55+, 60+ 65+,70+

**Women 35+, 40+, 45+, 50+, 55+ 60+**



# Ffurflen Gais - Sialens Y Barcud Coch a Ras Y Diafol Entry Form - The Red Kite Challenge & Devil's Race



Cyfenw / Surname:

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Enw Cynta / First Names:

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Cyfeiriad / Address:

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Cod Post / Post Code:

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Rhif Cyswllt / Contact No:

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Dyddiad Geni / Date of Birth:  
of Race:

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

Oedran ar ddiwrnod y ras / Age on Day

Rhyw / Sex:

G / B M / F

Lleol (*12 milltir radiws*) / Local (*12 mile radius*)

Y /

N

Rhif cofrestri / WA reg no:

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Rhif cofrestri / Welsh Masters reg no:

Rhif aelodaethTRA / Mem' no:

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Maint crys-T / T-Shirt size: S M L XL

Enw Clwb / Club Name:

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## Cais am Ras Sialens Y Barcud Coch    Entry for The Red Kite Challenge

	Ticiwch os gwelwch yn dda / Please Tick
Pencampwriaeth D U / UK Trail Running Champs	
Cymhwyster Cymreig / Welsh Qualification	
Ras Agored / Open Race	
Cerdded / Walk	

## Cais am Ras y Diafol / Entry for Devil's Race

	Ticiwch os gwelwch yn dda / Please Tick
Unigolyn / Individual	
Ras Gyfnewid / Relay <i>(all 3 members must complete entry form)</i>	
Cerdded / Walk	
Enw Tim Cyfnewid / Relay Team name (Athletic Club):	
Enw Tim Cyfnewid / Relay Team name (Non Athletic Club):	

Declaration: I am medically fit to walk / run (*delete as appropriate*) and accept that I participate in this/these event/s at my own risk and that the organisers shall not be liable for any accident, injury or loss as a consequence of my participation. I will abide by the UK Athletics rules and obey marshals' instructions.

Arwyddwyd / Signed \_\_\_\_\_

Dyddiad / Date \_\_\_\_\_

**Ceisiadau I / Entries to: The Race Secretary, Y Siop Abermagwr, Aberystwyth, Ceredigion, SY23 4AR.  
(Tel 07773 435073 or 01974 261202), e-mail rhedwr@gmail.com.**

**Please enclose entry fee (cheques payable to "The Red Kite Challenge") If you require notification of acceptance please include a 9x6 SAE. Numbers to be collected on race day.**

**Closing date for postal entries: Saturday, June 9<sup>th</sup>.**

