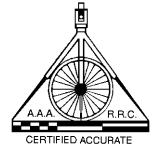




Clwb Rhedeg

MEIRIONNYDD

Running Club



Dolgellau 5

5 mile race/ Ras 5 milltir

Road Race/Ras Ffordd

Saturday/Dydd Sadwrn, 27.7.2013

Starting at/Cychwyn am 1330. Cae'r Marian, Dolgellau.

FUN RUN - 1230

Race permit /Rhif caniatad Ras **TBC**. Accurate certified measured course/Tystysgrif cwrs cymedrol cywir: **W/03/334**

**Prizes/Awards in a ALL categories (depending on entries)
Gobwrwyon ym MHOB categori (dibynadwy a'r ymgeisydd)
Teams/Timau (UKA/AAW): 3 to count /i'w gyfrif**

A fast road race, with lots of downhill, in the shadow of Cader Idris in the South of the Snowdonia National Park. Min. age on race day 15 years. Toilet/changing/showers at Rugby Club.

Ras ar hyd ffordd draelllog, yng nghysgod Cader Idris, De Parc Cenedlaethol Eryri. Isafrif oed ar y dydd 15. Cyfleusterau – toiled/ystafell newid/cawod ar gael yn y Clwb Rugby.

O dan rheolau U.K.A rules apply.

Postal entries/ Ffi drwy'r post:

Affiliated/Aelodau: £5 Unattached/Annibynnol: £7 Entry on day: +£2

Race Entry Form Min age on race day 15. Entry limit 300/ Isafrif oed ar y dydd, 15. Dim mwy na 300 yn y ras.

Surname/Cyfenw.....

First Name/Enw Cyntaf.....

M/F-G/B.....

DOB/Dyddiad Geni.....

Address/Cyfeiriad.....

Ffon.....

Affiliated Club/Clwb.....

Registration Number/Rhif Cofrestru.....

Runners will be classed as unattached unless they are registered with their regional athletics board and enter their affiliation no. above.

Bydd pob rhedwr yn cael ei gyfrif yn annibynnol os nad ydynt wedi cofrestru gyda'u bwrdd athletau, ac wedi rhoi eu rhif uchod.

Please make cheques payable to/ Gwenwch sieciau yn daladwy i "Meirionnydd RC" and forward together with a SAE and completed entry form to/ os gwelwch yn dda a'i anfon ymlaen ynghyd ag amlen a'r cludiant post wedi ei dalu a'r ffufflen gais wedi ei chwblhau i: Dol 5, 1 Pen y Coed, Dolgellau, LL40 2YP. **Race enquiries to Kevin Jones 01341 422849**

I declare that I am an amateur in accordance with WA/UKA rules. I am medically fit to run and understand that I do so entirely at my own risk. The organisers shall not be held responsible for any injury, loss or damage as a consequence of my participation in this event. If you do not wish to have your details kept on file to receive athletics/race details please tick this box Signed/Arwyddwyd _____ Date/Dyddiad _____

Dolgellau 5 www.run-meirionnydd.co.uk