

Llanelli

Rasus Plant / Children's Race
Ffurflen Cofrestru / Entry Form
Mehefin 21ain / 21st June 2009



Clwb Triathlon Llanelli a Cyngor Sir Caerfyrddin
Yn Eich Gwahodd I / Invite You To The
Llanelli Waterside 10K Morlan Llanelli
Rasus Plant / Children's Races

Rasus Yn Cychwyn am 9.45am / Event Starts 9:45am - Llanelli Festival Fields

Manylion Rasus Plant / Children's Races - Event Details

- | | |
|-----------------------------------------------------------------------|-------------------------------------------|
| • A great FUN DAY for the whole family | Diwrnod MAWREDDOG O HWYL I'r teulu |
| • FREE face painting, caricatures and children's entertainment | Adloniant AM DDIM I Blant |
| • Medal to all finishers | Medalau I Bawb sy'n Gorffen |
| • Candy Floss and sweet stall | Stondin Losin a Bwydydd Iach |
| • Fairground attractions and children's rides | Adloniant Y FFAIR I Blant |

Amserlen Rasus Y Pant / Children's Event Timetable

09:45am	400m	O Dan 7 oed / Under 7 Years	Boys & Girls
10:00am	600m	Oedran 7 i 9 / 7 to 9 Years	Boys & Girls
10:10am	1000m	Oedran 10 a 11 / 10 & 11 Years	Boys & Girls
10:20am	1500m	Oedran 12 a 13 / 12 & 13 Years	Boys & Girls
10:30am	2000m	Oedran 14 a 15 / 14 & 15 Years	Boys & Girls

RHAID CWBLHAU'R MANYLION YN GYWIR A CHYFLAWN / ENTRY DETAILS MUST BE COMPLETED CLEARLY AND IN FULL

Cyfenw / Surname:- _____	Enw Cyntaf / First Names:- _____					
Cyfeiriad / Address 1:- _____	Cyfeiriad / Address 2:- _____					
Tref / Town / :- _____	Sir/County:- _____ Cod Post / Post Code:- _____					
Ffon / Telephone:- _____	Ebost / Email:- _____					
Gwrw neu Fenyw / Male or Female (Insert M or F) _____	Oed / Age (On race day) _____ DG / DOB:- _____					
Rasus y Bechgyn / Boys Categories (Please circle)	<table border="1"> <tr> <td>Under 7 JM1</td> <td>7 to 9 JM2</td> <td>10 & 11 JM3</td> <td>12 & 13 JM4</td> <td>14 & 15 JM5</td> </tr> </table>	Under 7 JM1	7 to 9 JM2	10 & 11 JM3	12 & 13 JM4	14 & 15 JM5
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Rasus Y Merched / Girls Categories (Please circle)	<table border="1"> <tr> <td>Under 7 JF1</td> <td>7 to 9 JF2</td> <td>10 & 11 JF3</td> <td>12 & 13 JF4</td> <td>14 & 15 JF5</td> </tr> </table>	Under 7 JF1	7 to 9 JF2	10 & 11 JF3	12 & 13 JF4	14 & 15 JF5
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Os hoffech cofrestrwch ar y wefan / If preferred you can enter on-line @

www.RunnersWorld.co.uk/L10k

Held under UK Athletics rules: Race permit no:- TBA Certificate of course accuracy no:- TBA

Pris Cofrestru / Entry Fee:- £5 - Siciau yn daladwy / Cheques made payable to:- **Llanelli 10k**

Dyddiad Cau / Closing date for postal entries is:- 15th June 2009

Rhifau a Gwybodaeth yw postio allan ymlaen llaw / Numbers, and pre event information to be posted in advance of ever Cofrestru am rasus plant ar gael ar y Dydd / Children's Race Entries available on the Day **£6**

DECLARATION:- I declare that I will abide by the rules of UK Athletics. I accept that the organisers will not be responsible for any loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event, however caused. I further declare that you may use my name, voice or picture in any broadcast, telecast, promotion or other account. I consent to the use of my name or records pursuant to the Data Protection Act 199

Rhaid cael llofnod Rhiant neu Gwarchodwr / Participants for any Junior race to be signed for by guardian or parent

Arwyddwyd / Signed:- _____ **Dyddiad / Date:-** _____

Dychwelwch I / Please return entry forms to:- Tim Gasser, 64 Pennant Road, Swiss Valley, Llanelli, Carmarthenshire. SA14 8EW

Am rhagor o wybodaeth drwy'r Gymraeg cysylltwch hefo Noelwyn ar 07968859260

For further information, please contact Tim:- Tel (Home):- 01554 758036. Email:- enquiries@10k.org.uk

Am rhagor o wybodaeth ewch I'r wefan / For further details please visit

www.10k.org.uk