



# PENWYTHNOS SIALENS Y BARCUD COCH/RED KITE CHALLENGE WEEKEND

Over two demanding multi-terrain courses through beautiful red kite country in West Wales

## RED KITE CHALLENGE (RACE 1)

SATURDAY 5th May



Pencampwriaeth y Deyrnas Unedig  
UK Championships

UK/Welsh Seniors & Juniors/Masters  
Trail Running Champs

SENIOR RACE -11 Miles (Approx) - 13.00 start  
JUNIOR RACE (World Youth Mountain Running  
Selection Race 16 -17yrs), 13yrs -15 yrs -13:00 start  
WALK 8 Miles - 11.00 start

**\*\*Please note: if you wish to qualify for the Welsh championships you will need to enter in advance\*\***

Registration: Nant Yr Arian Visitor Centre, Ponterwyd,  
Aberystwyth. (OS Grid Ref: 718813)

## RAS Y DIAFOL (RACE 2)

SUNDAY 6th May



Senior race & 3 stage relay

SENIOR RACE -18 Miles (Approx) - 11.00 start  
RELAY – Teams of three – 11.00 start  
12 Mile Walk -10am start

Registration: Woodlands Caravan Park,  
Devil's Bridge, Aberystwyth, SY23 3JW.  
(O.S Grid Ref: 745773)

**Prizes awarded in all age categories for each race, run both & qualify for the Red Kite Challenge combined trophy & prizes based on aggregate times**

Enw Cyntaf / First Name:		Cyfenw / Surname:	
Cyfeiriad & Cod Post / Address & Post Code:			
Cyfeiriad e-bost – E-mail address:			
Rhif Cyswllt / Contact Number:		Rhyw / Sex:	
Dyddiad Geni / Date of Birth:		Oedran ar ddiwrnod y ras/Age on race day	
Welsh Masters No' (if affiliated):		Club Name:	
Trail Running Assoc No' (if affiliated):		Welsh Athletics No:	
Are you eligible to run for Wales?	Y / N		

Which race(s) are you entering? (Please tick) ** Discount available if running both**					
Saturday			Sunday		
Senior Race (18 yrs +)	£10/£12 unattached (+ £2 on the day)	<input type="checkbox"/>	Senior Race (18 yrs +)	£10/£12 unattached (+ £2 on the day)	<input type="checkbox"/>
Junior Race (U20yrs)*	£5	<input type="checkbox"/>	Relay	£10/£12 unattached	<input type="checkbox"/>
Junior Race (U18yrs)*	£5	<input type="checkbox"/>	Name of relay team		
Junior Race (U15yrs)*	£5	<input type="checkbox"/>	<b>**Fees if running both**</b>		
*Juniors - Age on 1 <sup>st</sup> Jan 2012 min age 13yrs			Senior Races (18 yrs +)	£16/£18 unattached (+ £2 after closing date)	
Walking - Sat £5	<input type="checkbox"/>	Walking - Sun £5	<input type="checkbox"/>		

**Please make cheques payable to 'The Red Kite Challenge'. Numbers to be collected on race day.**  
Ceisiadau /Entries to: Race Secretary, Cefn Cae, Penuwch, Tregaron, Ceredigion, SY256QZ  
Postal Closing Date: 27<sup>th</sup> of April 2012

*Declaration: I am medically fit to walk / run (delete as appropriate) and accept that I participate in this/these events 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.....

For further information: contact Dic: 07773 435073/01974 261202, email: rhedwr@gmail.com or <http://www.redkite-barcudcoch.org.uk>