



Clwb Rhedeg
MEIRIONNYDD
Running Club



TRAILWORKS/garthyfog.co.uk

PENMAENPOOL 10

**Sadwrn/Saturday, 4 Hydref/October, 2008,
12 O'r Gloch/Noon**

"If you're not on the list...." Runner's World, December 2000

Cwrs tystiedig/Accurate measured course W/01/321. Race permit applied for.

Recordiau/Records - Male, A Rowe (Wesham), 54:14 (2002) Female, C.Greasley (Macc), 1:03:21 (2001)

Ras 10 milltir gyflym heb drafnidiaeth ar lwybr gwastad gyda wyneb da, a leolir ym Mharc Cenedlaethol Eryri ym mysgr golygfeydd tarawiadol Aber Mawddach./A fast, flat, traffic free 10 mile trail race on well surfaced track in the Snowdonia National Park amid the stunning scenery of the Mawddach Estuary.

Tlysau ym mhob dosbarth/Trophies in all categories (dibynnol ar y nifer /depending on entry). Timau/Teams (cofrestredig/affiliated), 3 cyntaf yn cyfri/to count. Cofeb a cwydn pethau da i bawb sy'n gorffen/Memento for all finishers.

£2 from each entry donated to Mawddach Rotary for use in their Charity work

Tal mynediad/ Entry: Aelodau/Affiliated: £8 Heb aelodi/Unaffiliated: £10

+£2 On Day

ENTRY LIMIT 150 ONLY.

Dyddiad olaf ceisiadau post 25 Medi, oed ieuengaf 17. Lluniaeth ar gael yng ngwesty George III. Postal entries close 25 September. Minimum age on day 17.

Registration/Refreshments National Parc Signal Box, Penmaenpool .

Ras Hwyl/Fun Run - Cychwyn/Start 12.05

Cwrs 2 filltir gwastad heb drafnidiaeth/2 mile flat traffic free course. Medal i bawb sy'n darfod/ Medal to all finishers.

Enw/Name:.....G/B-M/F.....Cyfeiriad/Address.....

.....Cod post/Post code.....

Clwb/Club:.....Rhif cyswllt/Affiliation Number:.....

Ffon/Phone.....Dyddiad geni/DOB.....

Os gwelwch yn dda, gwnewch eich siec yn daladwy i/ Please make cheques payable to "Meirionnydd RC" a'i hanfon ynghyd ag amlen a stamp a ffurflen gais wedi ei chwblhau i/and forward together with an SAE and completed entry form to : : Dolgellau 5, Po Box 35, Dolgellau, LL40 9AE.

Race enquiries to Graeme Stringer 07917 001173

Rydw i'n feddygol iach i redeg ac yn deall fy mod yn rhedeg yn llwyr ar fy risg fy hun ac na fydd y trefnwyr yn cymryd cyfrifoldeb am unrhyw anaf a derbynnir tra'n rhedeg, neu o ganlyniad i gymryd rhan yn y digwyddiad hwn, nag am unrhyw golled neu ddifrod i eiddo/ I am medically fit to run and understand that I run entirely at my own risk and that the organisers will not be held responsible for any injury incurred during, or as a result of, taking part in this event, or for any loss or damage to property.

Arwyddwyd/Signed.....Dyddiad/Date.....

www.run-meirionnydd.co.uk

