



**Clwb Rhedeg**  
**MEIRIONNYDD**  
**Running Club**



*TRAILWORKS/garthyfog.co.uk*

# PENMAENPOOL 10

**Sadwrn/Saturday, 3 Hydref/October, 2009,  
 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 mys 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 cwdyn pethau da i bawb sy'n gorffen/Memento for all finishers.

Run under Welsh Athletics rules

**£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 darford/ 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](http://www.run-meirionnydd.co.uk)**

