



Graeme and Tony's
INDEPENDENT



Fell Races

Rhobell Fawr

6 Miles/Milltir **RAS FYNYYDD-FELL RACE** Esgyn 1900' Ascent

Race 1 of 3 in the "Meirionnydd Winter Race Series"

**Saturday/Sadwrn, November/Tachwedd
7th, 2009, Cychwyn/Start 12.00,
Llanfachreth, Nr Dolgellau (SH 756225)**

**Gwobrau ym mhob dosbarth/Prizes-Trophies in all
categories (dibynnol ar y nifer/subject to entries).
Timau/Teams (AAW/FRA): 3 iw gyfri/to count.**

Entry on day only - £4.00

Race series competitors must register at first race. Overall winner will be the person, Man and Woman, with lowest overall accumulative time over all 3 races.

+Junior/Short Fell Race

The lower reaches of the race are run on a mixture of well marked tracks and footpaths, but the open fells above are unmarked. The high mountain terrain can be featureless and is susceptible to varied and often adverse weather conditions. Navigational skills may be necessary. Minimum age on race day 16 years. Entry limit 250.

ALL competitors must carry :
WIND/WATERPROOF FULL BODY COVER, MAP, COMPASS AND WHISTLE.

Further Information From: Graeme Stringer (07917) 001173

www.run-meirionnydd.co.uk