



Get the balloons out, it's the 20th running of the

CADER IDRIS

Under WFRA Rules **Mountain Race** 10.5 Miles/3000' Ascent

Course Records: M-Colin Donnelly, Eryri, 1.21.18 (1996) F- Mary Wilkinson, Skipton AC, 1.33.58 (2006)

**Bank Holiday Saturday, 29th May 2010,
1pm Start, Eldon Square, Dolgellau.**

Sponsored by: ***The Royal Ship Hotel, Dolgellau.***

**Cash Prizes: 1st Man, 1st Woman, New course record
Prizes/Trophies in all categories (subject to entries).**

Entry: £7 advance, £10 on the day.

The lower reaches of the race are run on a mixture of well marked roads and public footpaths, but the open fells above are rugged, rocky underfoot and unmarked. The high mountain terrain can be featureless and is susceptible to varied and often adverse weather conditions. Navigational skills may be necessary.

A cut off time to the top of the Pony Path (SH 691136) of 1hr 15 mins on ascent will be enforced.
Minimum age on race day 18 years. Entry limit 250.

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

**Junior Races, sponsored by Y Sospan – Fun Run, u/12, u/14, u/16 - New courses! + u/18
Starting from 11.00am, memento to all finishers.
Register on the day only. Age as on race day.**

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Please make cheques payable to "Ras y Gader" and forward together with an SAE and completed entry form to:
Ras y Gader, PO Box 35, Dolgellau, LL40 9AE.
Race info from Graeme Stringer 07917 001173
Meirionnydd Resident, tick box for trophy eligibility
Surname:..... Forename:..... M/F..... DOB.....
Address.....
..... Post code:..... Tel No:.....
Affiliated Club..... AAW /FRA No.....

I understand that this race is held in accordance with the rules and safety requirements of the WFRA. I declare that I am an amateur in accordance with UKA rules. I am medically fit to run and understand that I do so entirely at my own risk and that the race 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. If you do not wish your details to be kept on file to receive race/athletics info tick box

Signed..... Date.....

www.cader-race.co.uk