



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)

Saturday, 26th May 2012, 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.

Full race rules available on race website. Minimum age on race day 18 years.

A cut off time to the top of the Pony Path (SH 691136) of 1hr 15 mins on ascent will be enforced.

Under WFRA rules ALL competitors must carry:

WIND/WATERPROOF FULL BODY COVER, MAP, COMPASS AND WHISTLE. Kit checks will be carried out pre race, you have been warned ☺

As part of the Saturdays race festivities we will be organising a Fun Run to celebrate the Olympic Flame passing through Dolgellau on Monday 28th. Exclusive memento to all runners.

Junior Races, sponsored by JGS Electrical – Fun Run, u/12, u/14, u/16 - New courses! + u/18

Starting from 11.00am (tbc), 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:
Cader Race (Treasurer), 15, Uwch y Maes, Dolgellau, Gwynedd. LL40 1GA.
Race info from Graeme Stringer 07917 001173

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