



RAS MYNYDD CAERGYBI HOLYHEAD MOUNTAIN RACE
REGISTRATION FORM

Race number



29/06/19

Name..... Tel No
Address & Post code..... Vehicle registration
..... Club
..... Emergency contact Name.....
Date of birth..... Emergency contact number.....
Email

Male / Female Age on day of race:.....

CATEGORY (Tick Below): Entry fee £5

| | | | | | | | | | |
|---------------|--------------------------|-----|--------------------------|-----|--------------------------|-----|--------------------------|-----|--------------------------|
| Senior Male | <input type="checkbox"/> | M40 | <input type="checkbox"/> | M50 | <input type="checkbox"/> | M60 | <input type="checkbox"/> | M70 | <input type="checkbox"/> |
| Senior Female | <input type="checkbox"/> | F40 | <input type="checkbox"/> | F50 | <input type="checkbox"/> | F60 | <input type="checkbox"/> | F70 | <input type="checkbox"/> |

I understand that this race is held in accordance with, and that I have familiarised myself with, the WFRA Safety Code. I confirm that I am aware of the Organiser’s information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified by the WFRA Safety Code or by the Race Organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running in this race at my own risk. Other than the Organiser’s liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race.

Rwy’n deall y cynhelir y ras hon yn unol â Chôd Diogelwch CRMC, a fy mod wedi ei ddarllen. Rwy’n cadarnhau fy mod yn ymwybodol o wybodaeth a gofynion y Trefnwyr yn y ras hon. Rwy’n cadarnhau fod gen i sgiliau defnyddio map a chwmpawd digonol ar gyfer y ras ac y gwnaf gario unrhyw offer y bydd Còd Diogelwch CRMC neu Drefnwyr y Ras yn gofyn i mi eu cario drwy’r ras gyfan. Rwy’n derbyn y peryglon sy’n gysylltiedig â redeg mynydd ac yn derbyn y cyfrifoldeb o gymryd rhan. Ar wahan i atebolrwydd y Trefnwyr am achosi marwolaeth neu anaf personol drwy esgeulustod, rwy’n cadarnhau fy mod yn deall nad oes gan y Trefnwyr unrhyw gyfrifoldeb am golled neu niwed o unrhyw fath i mi nac i unrhyw eiddo gennyf i o ganlyniad i gymryd rhan yn y ras yma.

Signed Date.....

Ceisiadau drwy’r post yn cau 22ain o Fehefin. Y rhif i’w gasglu ar y diwrnod. Cofrestru ar y diwrnod ar gael hefyd.

Postal Entries close 22nd of June. Entries on the day available. Collect number on day.

Sieciau’n daladwy i “Cybi Striders” a’i gyrru i :- Irfon Rowlands, Afallon, Lon Salem, Bryngwran, Ynys Mon. LL65 3RA
ebost: dir2712@gmail.com

Cheque payable to “Cybi Striders” and send to Irfon Rowlands, Afallon, Lon Salem, Bryngwran, Ynys Mon. LL65 3RA
email: dir2712@gmail.com

Er mwyn cydymffurfio gyda Act Amddiffyn Data. Wrth arwyddo’r ffurflen yma rydych yn cytuno y gallwn gyhoeddi eich Gwybodaeth Personol fel rhan o ganlyniadau y Râs ac y gallwn drosglwyddo’r wybodaeth i’r corff rheoli neu unrhyw gyfundrefn gysylltiedig ar gyfer yswiriant, trwyddedau neu argraffu canlyniada, un a’i ar gyfer y râs ei hun neu wrth gymharu gyda digwyddiadau eraill. Efallai bydd y canlyniadau yn cynnwys (ond dim yn gyfyntiedig i) enw, unrhyw glwb cysylltiedig, amserau’r râs a chategorïau oed.

To comply with the Data Protection Act, By signing this form you agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age category.