

28th Mayor's Fun Run Carmarthen

(Under UK Athletics Laws)



Trophies to 1st, 2nd & 3rd in all categories
Medals awarded to all who complete the course
Proceeds to Tŷ Ni, Tŷ Hapus, Dr Mz and ATC

Easter Monday 13th April 2009

EASTER MONDAY – 13TH APRIL

- 10:00**
Secondary School Girls Years 7 & 8
- 10:15**
Secondary School Boys Years 7 & 8
- 10:30**
Primary School Girls Years 2, 3 & 4
- 10:45**
Primary School Boys Years 2, 3 & 4
- 11:00**
Primary School Girls Years 5 & 6
- 11:15**
Primary School Boys Years 5 & 6
- 11:30**
Secondary School Girls & Boys Years 9, 10 & 11
- 11:45**
Presentation of Trophies to all 1st, 2nd & 3rd in all categories. Medals to all who complete the course.
- 12:00 – 5Km FUN RUN**
Males under 40, V + 40, V + 50, V + 60
Females under 35, V + 35, V + 45, V + 55
Best Fancy Dress
- Fees:**
Children £ 3.50
Adults (Over 16) Affiliated to AAW £ 5.50
Adults (Over 16) Non-Affiliated to AAW £ 7.50

Closing date for postal entries: 3rd April 2009
Forms & cheques to be sent to:

Carmarthen Town Council
St Peter's Civic Hall
Nott Square
Carmarthen SA31 1PG

Cheques payable to: CARMARTHEN FUN RUN

Registration on the day from 8:00am

Register on line on:
www.rasusymaer.org.uk

ENTRY FORM:

Name:	_____
Surname:	_____
Address:	_____
Post Code:	_____
Email:	_____
School:	_____
Age:	_____
Gender:	<input type="checkbox"/> M <input type="checkbox"/> F
<u>Please select race:</u>	
Secondary School Races:	
Years 7 & 8	<input type="checkbox"/> M <input type="checkbox"/> F
Years 9, 10 & 11	<input type="checkbox"/> M <input type="checkbox"/> F
Primary School Races:	
Years 2, 3 & 4	<input type="checkbox"/> M <input type="checkbox"/> F
Years 5 & 6	<input type="checkbox"/> M <input type="checkbox"/> F
Adult Races (Over 16):	
Males under	Females under
<input type="checkbox"/> 40	<input type="checkbox"/> 35
<input type="checkbox"/> V + 40	<input type="checkbox"/> V + 35
<input type="checkbox"/> V + 50	<input type="checkbox"/> V + 45
<input type="checkbox"/> V + 60	<input type="checkbox"/> V + 55
DECLARATION:	
I declare that I will abide by the rules of UK Athletics. I accept that the organisers will not be responsible for any loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event, however caused. I further declare that you may use my name, voice or picture in any broadcast, telecast, promotion or other account. I consent to the use of my name or records pursuant to the Data Protection Act 1998.	

Signed: _____ Date: _____

Parent Signature if Under 16: _____



J. H. Morse & Sons Ltd
Agricultural & Mechanical Engineers
01267 234704

Rhodri Evans
FFOSHELIG
Quality Coach Hire
01267 237584

EVAN DAVIES
Plant Hire
Agricultural Contracting
Civil Engineering
07831 474381

Pwyllgor Apêl Elusen y Maer
Mayor's Charity Appeals Committee



Robert Lloyd PR
Media consultant
07777 683637

Peris Rice
Carmarthen
Funeral Director
01267 243787





Carmarthen LPG Distributors & Crowd Control Barrier Hire
Bryn Epynt – Trevaughan - 01267 231745



Journal
Carmarthen
www.handinhandsolutions.co.uk



Cyngor Tref Caerfyrddin
Carmarthen Town Council



28^{ain} Ras y Maer Caerfyrddin

(Cynhelir o dan reolau Athletau DU)



Tlysau 1^{af}, 2^{ail} a 3^{ydd} ym mhob adran uchod
Medalau i bawb sy'n gorffen y cwrs
Elw tuag at Tŷ Ni, Tŷ Hapus, Dr Mz a BHA

Llun y Pasg Ebrill 13^{eg} 2009

LLUN Y PASG – EBRILL 13^{EG} 2009

10:00
Merched Ysgol Uwchradd Bl 7 a 8

10:15
Bechgyn Ysgol Uwchradd Bl 7 a 8

10:30
Merched Ysgol Gynradd Bl 2, 3 a 4

10:45
Bechgyn Ysgol Gynradd Bl 2, 3 a 4

11:00
Merched Ysgol Gynradd Bl 5 a 6

11:15
Bechgyn Ysgol Gynradd Bl 5 a 6

11:30
Bechgyn a Merched Ysgol Uwchradd Bl 9, 10 a 11

11:45
Tlysau i'r 1^{af}, 2^{ail} a 3^{ydd}. Medalau i bawb sy'n
gorffen y cwrs

12:00 - Ras Hwyl 5Km
Dynion o dan 40, F + 40, F + 50, F + 60
Menywod o dan 35, F + 35, F + 45, F + 55
Gwisg Ffansî Gorau
Tâl:
Plant £3.50
Oedolion (Dros 16) Aelod o AAW £5.50
Oedolion (Dros 16) Dim Aelod o AAW £7.50

Dyddiad cau trwy'r post : Ebrill 3^{ydd} 2009
Ffurflenni a Siecau i:

Cyngor Tref Caerfyrddin
Neuadd Ddinesig San Pedr
Maes Nott
Caerfyrddin SA31 1PG

Siecau yn daladwy i: CARMARTHEN FUN RUN

Cofrestru ar y dydd o 8:00yb

Cofrestrwch ar lein ar:
www.rasusymaer.org.uk

FFURFLEN COFRESTRU:

Enw:	_____
Cyfenw:	_____
Cyfeiriad:	_____
Cod Post:	_____
Ebost:	_____
Ysgol:	_____
Oed:	_____
Rhyw:	<input type="checkbox"/> D <input type="checkbox"/> M

Dewiswch Ras:

Rasus Ysgol Uwchradd :
Bl 7 a 8 D M
Bl 9, 10 a 11 D M

Rasus Ysgol Gynradd:
Bl 2, 3 a 4 D M
Bl 5 a 6 D M

Rasus Oedolion (Dros 16):
Dynion o dan Menywod o dan
 40 35
 F + 40 F + 35
 F + 50 F + 45
 F + 60 F + 55

DATGANIAD:

Yr wyf yn datgan y byddaf yn ufuddhau i reolau Athletau'r DU.
Yr wyf yn derbyn na fydd y trefnwyr yn gyfrifol am unrhyw golled, niwed, cais gweithred, costau neu dreuliau a all godi mewn canlyniad i'm cyfranogiad yn y digwyddiad hwn, ar unrhyw achos. Yr wyf yn datgan ymhellach y medrwyh ddefnyddio fy enw, llais neu lun mewn unrhyw ddarllediad, telediad, hyrwyddiad neu unrhyw gyfrif arall. Yr wyf yn caniatáu i'r defnydd o'm henw neu recordiau yn unol â Deddf Gwarchod Data 1998.

Arwyddwyd: _____ Dyddiad: _____

Llofnod Rhiant os o dan 16: _____

J. H. Morse & Sons Ltd Agricultural & Mechanical Engineers 01267 234704	Rhodri Evans FFOSHELIG Quality Coach Hire 01267 237584
Pwyllgor Apêl Elusen y Maer Mayor's Charity Appeals Committee	
 Robert Lloyd PR Media consultant 07777 683637	Peris Rice Carmarthen Funeral Director 01267 243787
 Carmarthen LPG Distributors & Crowd Control Barrier Hire Bryn Epynt – Trevaughan - 01267 231745	
 HANDinHAND SOLUTIONS LTD www.handinhandsolutions.co.uk	
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