

**LISTEN
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WELSH ATHLETICS
ATHLETAU CYMRU

**OPEN WELSH JUNIOR TRIAL RACE FOR:
14th WMRA International U18 Mountain Running Cup. Born 2002 & 2003
British & Irish Junior Mountain Running Championships
& Welsh Mountain Running Championships: U16, U18 & U20)
BETWS-Y-COED – SATURDAY 27th JULY 2019. START: 12pm**

RACE REGISTRATION FORM/ENTER ON THE DAY ONLY

Please complete in BLOCK CAPITALS

FULL NAME: MALE/FEMALE:

CLUB:

ADDRESS:

..... POST CODE:

TELEPHONE: Email:

D.O.B. AGE ON RACE DAY:

EMERGENCY CONTACT: TEL:

MINIMUM AGE TO ENTER: 13 - Born Before: 01/01/2006. RACE ENTRY FEE: £5

I understand that this race is held in accordance, and I have familiarised myself, with both the Rules and Safety Requirements of the FRA. 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 either by the FRA Safety Requirements or by the organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running 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 me or my property arising out of my participation in this race.

Signed: Date:

Parental Signature required for under 18's. Signed: ----- Date: -----

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BETWS-Y-COED - SATURDAY 27th JULY 2019. START: 12pm**

EVENT DETAILS/DAY ENTRIES ONLY

REGISTRATION: From 10:30am at the Pont y Pair Car Park. LL26 0LS &
START/FINISH – GRID REFERENCE: SH 79164 56992. Gwydyr Forest

AGE CATEGORIES:

Under 16 Born in 2004 or 2005
Under 18 Born in 2002 or 2003
Under 20 Born in 2000 or 2001

RACE START TIMES - DISTANCE/HEIGHT:

12:00pm - Under 16 & U18 Boys	3.1 miles/692ft-5km/210m
12:30pm - Under 16 & U18 Girls	3.1 miles/692ft-5km/210m
13:00pm - Under 20 Boys & Girls	5.2 miles/1,210ft-8.3km/368.8m

INTERNATIONAL SELECTION:

Subject to standards & budgets.

The first 2 male/female finishers in the U18 (Born 2002 & 2003) race category will be automatically selected to represent Wales at the International U18 Mountain Running Cup at Susa, Italy on Saturday 24th August 2019.

The first 2 female finishers in the U20 (Born 2000, 2001, 2002) and U17 (Born 2003 & 2004) categories will be automatically selected to represent Wales at the British & Irish Junior Mountain Championships at Betws-y-Coed on Saturday 21st September 2019 provided that they meet the stipulated selection criteria.

The first 2 male athletes in each of Races 1 & 3 will be considered to represent Wales in the U20 and U17 age groups at the British & Irish Junior Mountain Championships at Betws-y-Coed on Saturday 21st September 2019 provided that they meet the stipulated selection criteria.

There will be up to 4 further places available, 2 male & 2 female subject to standards & budget requirements. The selection committee will meet to select teams soon after the event and all selected athletes will be informed as soon as possible.

WELSH JUNIOR MOUNTAIN RUNNING CHAMPIONSHIPS:

Medals will be awarded to the first three male and female finishers in all the categories. Gold, Silver and Bronze.

EVENT CONTACT DETAILS:

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