



**The CRIB GOCH OUTDOOR - WELSH ATHLETICS 2025 JUNIOR MOUNTAIN
RUNNING CHAMPIONSHIPS**
Canolfan y Fron/Community Centre. Upper Llandwrog. Caernarfon, LL54 7BB
U/20. U/17 & U/15 - Minimum Age 12
INCORPORATING THE BRITISH & IRISH JUNIOR MOUNTAIN CHAMPIONSHIPS TRIAL
Under 17 Born in years 2009 & 2010. Under 20 Born in years 2006, 07 & 08

£6 to ENTER ONLINE: <https://www.fabian4.co.uk/default.aspx?EventID=3996>

- **DATE:** Sunday 13th July 2025
- **VENUE:** Canolfan y Fron/Community Centre
- **RACE 1 - TIME:** 12:00pm. Under 15– Born 2011, 2012 & 2013. Minimum Age 12 years on race day.
- **DISTANCE/HEIGHT:** 4.65km/165m.
- **RACE 2 - TIME:** 12:30pm. Under 17 – Born 2009 & 2010
- **DISTANCE/HEIGHT:** 6.40km/265m.
- **RACE 3 - TIME:** 1:15pm. Under 20 Born 2006, 2007 & 2008
- **DISTANCE/HEIGHT:** 6.90km/303m.

EVENT HQ: Canolfan y Fron - Postcode LL54 7BB. <https://www.canolfanyfron.org/>

Note: Entries on the day will not be eligible for the Welsh Athletics Junior Mountain Running Championships.

PARKING: At the Canolfan/Community Centre or surrounding area.

TOILETS: At the Canolfan/Community Centre.

EVENT ORGANISER - ARWEL LEWIS arweleryri@gmail.com **07772302411**

<https://www.cribgochoutdoor.com/>





Y CRIB GOCH PENCAMPWRIAETH RHEDEG MYNYDD IAU ATHLETAU CYMRU 2025
CANOLFAN Y FRON, LLANDWROG UCHAF, CAERNARFON. LL54 7BB
OED O DAN 20, 17 a 15 - Lleiafswm oed – 12 ar ddiwrnod y ras
YN CYNNWYS: TREIAL PENCAMPWRIAETH MYNYDD IAU PRYDAIN ac IWERDDON
DAN 17 – BLWYDDYN GENI 2009 a 2010
DAN 20 BLWYDDYN GENI 2006, 2007 a 2008

Ceisiadau Râs £6 ar lein: <https://www.fabian4.co.uk/default.aspx?EventID=3996>

- **DYDDIAD:** Dydd Sul Gorffennaf 13eg 2025
- **LLEOLIAD:** Canolfan y Fron
- **RAS 1 - AMSER:** 12:00 y.p. Dan 15– Blwyddyn Geni – 2011, 2012 a 2013.
Lleiafswm oed – 12 ar ddiwrnod y räs
- **PELLTER/UCHDER:** 4.65km/165m.
- **RAS 2 - AMSER:** 12:30 y.p. Dan 17 – Blwyddyn Geni 2009 a 2010
- **PELLTER/UCHDER:** 6.40km/265m -
- **RAS 3 - AMSER:** 1:15 y.p. Dan 20 – Blwyddyn Geni - 2006, 2007 a 2008
- **PELLTER/UCHDER:** 6.90km/303m.

HQ y RÂS: Canolfan y Fron. Cöd Post: LL54 7BB. <https://www.canolfanyfron.org/>

NODYN: Ni fydd ceisiadau räs ar y diwrnod yn gymwys ar gyfer pencampwriaeth iau Athletau Cymru

PARCIO: Yn y Ganolfan neu yr. ardal amgylchynol

TOILEDAU: Yn y Ganolfan

TREFNYDD Y RÂS - ARWEL LEWIS arweleryri@gmail.com 07772302411

<https://www.cribgochoutdoor.com/>

!

