

32nd Mayor's Fun Run Carmarthen

(Under UK Athletics Laws)



**May Day Bank Holiday
6th May 2013**



Trophies to 1st, 2nd & 3rd in all categories
(except 6 years and under)

Medals awarded to all who complete the course

**Dr MZ Youth Project, Ty Hapus – Ty Ni,
Myrddin School Special Unit, Carmarthen Visually
Impaired Group**



Rhodfa
Santes Catrin
Canolfan Siopa Caerfyrddin



St. Catherine's
Walk
Shopping Centre Carmarthen



J. H. Morse
Agricultural & Mechanical
Engineers
01267 234704



**Myrddin
Garden
Machinery**
01267 236425

EVAN DAVIES
Plant Hire
Agricultural Contracting
Civil Engineering
07831 474381

CHARLES B. SAMS
ELECTRICAL
Industrial, Commercial &
Domestic
Installations & Maintenance
01558 668978



Mayor's Charity
Appeals Committee

J & G Fencing
Fencing Contractors
07912 270 629

Robert Lloyd PR
Media Consultant
07777 683637

Cyngor Tref Caerfyrddin
Carmarthen Town Council



MAY DAY BANK HOLIDAY – 6TH MAY

11:00 Primary School Girls Years 1 & 2
11:10 Presentation of trophies for adults fun run
11:20 Primary School Boys Years 1 & 2
11:35 Primary School Girls Years 3 & 4
11:50 Primary School Boys Years 3 & 4
12:05 Primary School Girls Years 5 & 6
12:20 Primary School Boys Years 5 & 6
12:35 Secondary School Girls Years 7 & 8
12:50 Secondary School Boys Years 7 & 8
1:05 Secondary School Girls & Boys Years 9,10 & 11
**1:15 MINI FUN RUN – 6 years & Under (may be
accompanied by an adult)**
1:25 Wheelchair Athletes & Hand cyclists

1:30 Presentation of Trophies to all 1st, 2nd & 3rd in all categories. Medals to all who complete the course.

10:00am 5km FUN RUN

Males under 40, V + 40, V + 50, V + 60
Females under 35, V + 35, V + 45, V + 55
Best Fancy Dress / 1st Relay Team.

Fees:

Mini Fun Run	£ 2.00
Children (over 6)	£ 3.00
5k Adults (over 16) Affiliated to AAW	£ 5.00
5k Adults (over 16) Non-Affiliated to AAW	£ 7.00
5k Corporate Entry (10 places)	£60.00
5k Team Relay Entry (3 per team)	£15.00
5k ON THE DAY ENTRY	£8.00
Children's ON THE DAY ENTRY	£3.50

Visit Race Website for entry forms for **NEW** Categories
Corporate Entry, Relay Team format

Closing date for postal entries: April 28th 2013 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 8.00 am
Register online on:
www.rasusvmaer.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 1 & 2	<input type="checkbox"/> M <input type="checkbox"/> F
Years 3 & 4	<input type="checkbox"/> M <input type="checkbox"/> F
Years 5 & 6	<input type="checkbox"/> M <input type="checkbox"/> F
6 Years and Under (may be accompanied by an adult)	
	<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:	_____

32ain Ras y Maer Caerfyrddin

(Cynhelir o dan reolau Athletau DU)



**Dydd Llun Gŵyl y Banc
6ed Mai 2013**



Tlysau 1af, 2ail a 3ydd ym mhob adran uchod
Medalau i bawb sy'n gorffen y cwrs
(Heblaw o dan 6 oed)

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Carmarthen Town Council



LLUN GŴYL Y BANC – 6ED MAI

11:00 Ysgol Gynradd Merched Blwyddyn 1 a 2
Cyflwyno Gwobrau am Ras 5km
11:20 Ysgol Gynradd Bechgyn Blwyddyn 1 a 2
11:35 Ysgol Gynradd Merched Blwyddyn 3 a 4
11:50 Ysgol Gynradd Bechgyn Blwyddyn 3 a 4
12:05 Ysgol Gynradd Merched Blwyddyn 5 a 6
12:20 Ysgol Gynradd Bechgyn Blwyddyn 5 a 6
12:35 Ysgol Uwchradd Merched Blwyddyn 7 a 8
12:50 Ysgol Uwchradd Bechgen Blwyddyn 7 a 8
1:05 Ysgol Uwchradd Merched a Bechgyn Blwyddyn
9,10 a 11
1:15 RAS HWYL FACH– 6 oed a llai (fe all oedolyn
cyd-rhedeg hefyd)
1:25 Ras Cadair Olwyn a Beicwyr Llaw
1:30 Tlysau i'r 1af, 2ail a 3ydd. Medalau i bawb sy'n
gorffen y cwrs

10:00 RAS HWYL 5Km

Dynion o dan 40, F + 40, F + 50, F + 60
Menywod o dan 35, F + 35, F + 45, F + 55
Gwisg Ffansi Orau, Tîm Cyfnawid 1af

Tâl:

Plant (o dan 6) £ 2.00
Plant (dros 6) £ 3.00
5k Oedolion (dros 16) Aelod o AAW £ 5.00
5k Oedolion (dros 16) Dim Aelod o AAW £ 7.00
Tim Corfforaethol (10 lle) £60.00
Tim Cyfnawid (3 yn pob tîm) £15.00

5K COFRESTRU AR Y DYDD £8.00
Rasus Plant AR Y DYDD £3.50

**Ewch at ein safle We am ffurflenni cofrestru ar gyfer y
Tîm Corfforaethol a Cyfnawid**

Dyddiad Cau trwy post - Ebrill 28ain 2013
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 8:00 yb

Cofrestrwch ar lein ar:

www.rasusmaer.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:

Blwyddyn 1 a 2 D M
Blwyddyn 3 a 4 D M
Blwyddyn 5 a 6 D M

O dan 6 mlwydd oed (gall mynd gyda oedolyn)

D M

Rasus Oedolion (Dros 16):

Dynion o dan	Menywod o dan
<input type="checkbox"/> 40	<input type="checkbox"/> 35
<input type="checkbox"/> F + 40	<input type="checkbox"/> F + 35
<input type="checkbox"/> F + 50	<input type="checkbox"/> F + 45
<input type="checkbox"/> F + 60	<input type="checkbox"/> 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 medrwrch 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: _____