

# Ras Copaon 1000m Cymru

49<sup>th</sup>

# Saturday 1st June 2019 Welsh 1000m Peaks Race

Supported by Clwb Gorphwysfa Club [www.gorphwysfa.org](http://www.gorphwysfa.org)

<p><b>Personal details:</b></p> <p>First Name.....</p> <p>Surname.....</p> <p>Address.....</p> <p>.....</p> <p>.....</p> <p>Post Code .....</p> <p>e-mail.....</p> <p>Tel: Home.....</p> <p>Mobile.....</p> <p>Emergency contact name and number</p> <p>.....</p> <p>.....</p> <p>DOB .....</p> <p>I wish to enter the</p> <p>Long Fell Race</p> <p>Long Challenge Race</p> <p>Short Fell Race</p> <p>Short Challenge Race</p> <p>Long Challenge Race (Pairs)</p> <p>Short Challenge Race (Pairs)</p> <p>If entering a pairs category please enter partner's name</p> <p>.....</p>	<p><b>All entrants must complete an entry form and sign the declaration</b></p>	
	<p><b>Race Category: Fees</b></p> <p>Long Fell Race £20</p> <p>Long Challenge Race £20</p> <p>Short Fell Race £16</p> <p>Short challenge Race £16</p> <p>Long Challenge Race(Pairs) £40</p> <p>Short Challenge Race(Pairs) £32</p>	<p><b>Experience</b></p> <p>Long Fell race: examples of 2 Cat A races of 16k+ requiring navigation</p> <p>Short Fell race: examples of 2 Cat A races of 8k+ requiring navigation</p> <p>Race 1 .....</p> <p>Race 2 .....</p> <p>Long Challenge Race and Short Challenge Race and 1<sup>st</sup> pair entrant: please give examples which demonstrate mountain experience, navigation skills and fitness:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
	<p><b>Closing Dates:</b></p> <p>Online entry: Wed 29<sup>th</sup> May</p> <p>Postal entries: postmarked no later than Sat 25<sup>th</sup> May</p> <p>Strictly no entry on the day</p> <p>Web site : <a href="http://www.welsh1000m.org">www.welsh1000m.org</a></p> <p>Privacy policy can be viewed here</p> <p><b>Additional information</b></p> <p>Service and unit must be declared to be eligible for service prize</p> <p>.....</p> <p>Club must be declared to be eligible for Club team prize in the Long Fell Race</p> <p>.....</p> <p>I require a seat on the bus to the start <b>YES / NO</b></p>	<p><b>Competitor Declaration:</b></p> <ul style="list-style-type: none"> <li>• I understand that this race is held in accordance, and that I have familiarised myself, with the rules and safety requirements of the WFRA and the Organiser's information and requirements including those relating to safety and retirement.</li> <li>• I confirm that I have the navigational skills appropriate to the race and will carry throughout the race any equipment specified either by the WFRA Safety Requirements or by the Organiser</li> <li>• I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk</li> <li>• 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</li> <li>• I am aware of the serious disabling consequences of hypothermia, dehydration and heat exhaustion and will act appropriately during the race.</li> <li>• I am in good health and have no disabilities which may be detrimental to my participation in this event and understand that the race location is in remote mountain country and that, in the event of accident or illness, help may not be quickly available</li> </ul>
<p>Payment:</p> <p>I enclose a cheque for..... made payable to '1000m Race'</p> <p>Send to:</p> <p>Mrs Jean Hall, Sunnybank House Pendle View</p> <p>Giggleswick</p> <p>BD24 0AZ</p> <p>Tel: 01729 824325      E-mail: <a href="mailto:jean.hall1@btinternet.com">jean.hall1@btinternet.com</a></p> <p>To order your tee-shirt please go to the website for forms or contact Jean Hall</p>	<p><b>Signed:</b> _____ <b>Date</b> _____</p> <p>Countersignature of parent or guardian if under 18:</p> <p><b>Signed:</b> _____ <b>Date</b> _____</p> <p>Please print name</p>	