

**Ras Capaon
1000m
Cymru**



**Welsh
1000m
Peaks Race**

Saturday 6th June 2020

All entrants must complete an entry form and sign the declaration

Supported by
Clwb Gorphwysfa Club

<p>Personal details:</p> <p>First Name.....</p> <p>Surname.....</p> <p>Address.....</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>Race Category:</p> <p>Long Fell Race £25</p> <p>Long Challenge Race £25</p> <p>Short Fell Race £20</p> <p>Short challenge Race £20</p> <p>Long Challenge Race(Pairs) £50</p> <p>Short Challenge Race(Pairs) £40</p>	<p>Experience</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 1st pair entrant: please give examples which demonstrate mountain experience, navigation skills and fitness:</p> <p>.....</p> <p>.....</p> <p>.....</p>
<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: jean.hall1@btinternet.com</p> <p>Tee-shirt size: XS S M L XL</p> <p>Please circle size required</p>	<p>Closing Dates:</p> <p>Online entry: Wed 29th May</p> <p>Postal entries: postmarked no later than Sat 25th May</p> <p>Strictly no entry on the day</p> <p>Web site : www.welsh1000m.org</p> <p>Privacy policy can be viewed here</p> <p>Additional information</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 YES / NO</p>	<p>Competitor Declaration:</p> <p>I accept the hazards inherent in fell running and acknowledge that I am entering and running at my own risk.</p> <p>I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.</p> <p>I confirm that I have read and will comply with, "Safety Requirements for Competitors"</p> <p>I acknowledge and agree that I am responsible for determining whether I have the skills, equipment and fitness to participate in this event.</p> <p>I accept that neither the Race Organiser nor the Welsh Fell Runners Association shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race (other than in respect of death or personal injury as result of negligence).</p> <p>I consent to publication of my name, club, race category, race number, finishing time and race position in race pre-entry and results list.</p> <p>Countersignature of parent or guardian if under 18:</p> <p>Signed: _____ Date _____</p> <p>Please print name</p>