

RHEDWYR ERYRI HARRIERS

Râs Mynydd Pedol Peris

Peris Horseshoe Mountain Race

Llanberis, North Wales – Saturday 5th September 2009

Full Course – 17.5 Miles, 8,500 feet ascent – Run under Welsh Athletics Rules

Half Course – 8.5 Miles, 4,500 feet ascent – Run under Welsh Athletics Rules

Registration and prize giving at Royal Victoria Hotel

HALF PERIS

Register from 9.30 am

Kit Check 10.20 am

10.30 am start

FULL RACE

Register from 9.30 am

Kit Check 10.45 am

11.00 am start

Entry Fees:

FULL: £5 by Sep 1st, £6 on day

HALF: £4 by Sep 1st, £5 on day

Cheques payable to:

Eryri Harriers

CHECKPOINTS:

Start: Llanberis

Elidir Fawr

Garn

Glyder Fawr

Pan Y Pass

Lliwedd

Yr Wyddfa

Moel Cynghorion

Maesgwm

Finish: Coed Victoria

GR SH 578603

GR SH 612613

GR SH 631596

GR SH 643579

GR SH 647556

GR SH 622534

GR SH 610544

GR SH 586564

GR SH 578572

GR SH 584596



PLEASE WRITE CLEARLY

Full Name			
Address			
Telephone			
E-mail			
Age on Race Day		Club	

Full Peris Half Peris Tick race entered

Recent experience in class AL or AM races (for full Peris):

Event	Year	Time
1.		
2.		
3.		

I understand that this race is held in accordance with the rules and safety requirements of Welsh Athletics. I am aware of the rules and regulations of the race. I understand that I must be equipped with full windproof body cover, map, whistle, compass and emergency food. I am over 18 years of age.

Signature Date

Entries to: M Blake, 1 Garreg Fawr, Groeslon, Gwynedd, LL54 7EB Telephone: 01286 831115 or 07778 145 144

For official use only:

Race number	Emergency contact details (race day)