

Tlysau i'r 1af, 2ail a 3ydd
ym mhob category
(heblaw Meithrin a Derbyn)
Medalau i bawb sy'n gorffen y cwrs

Elw yn 2019 tuag at:
Freshstart Caerfyrddin
Banc Bwyd Caerfyrddin
Opera Ieuencid Caerfyrddin
Llyfrau Llafar Cymru

Trophies to 1st, 2nd & 3rd
in all categories
(except Nursery and Reception)
Medals to all who complete the course

Proceeds in 2019 will go to:
Carmarthen Freshstart
Carmarthen Food Bank
Carmarthen Youth Opera
Talking Books Wales



Carmarthen Mayor's Fun Run -
Rasus Y Maer Caerfyrddin
@CarmsMayorRaces

Cyngor Tref Caerfyrddin
Carmarthen Town Council



MAY DAY BANK HOLIDAY – MAY 6TH

10:00 5km Adults' Fun Run (3 laps)
11:00 Primary School Girls Years 1 & 2 (2 laps)
11:10 Presentation of trophies for Adults' Fun Run
11:20 Primary School Boys Years 1 & 2 (2 laps)
11:35 Primary School Girls Years 3 & 4 (2 laps)
11:50 Primary School Boys Years 3 & 4 (2 laps)
12:05 Primary School Girls Years 5 & 6 (2 laps)
12:20 Primary School Boys Years 5 & 6 (2 laps)
12:35 Secondary School Girls & Boys Years 7 & 8 (2 laps)
12:45 MINI FUN RUN – Nursery and Reception (may be accompanied
by an adult) (1 lap)
1:10 Presentation of trophies to 1st, 2nd & 3rd in all categories.
Medals to all who complete the course.

10:00 am 5km FUN RUN

Males under 40, V + 40, V + 50, V + 60
Females under 35, V + 35, V + 45, V + 55
Males/Females School Yrs 9-11
Best Fancy Dress, 1st Relay Team

Fees:

Mini Fun Run (Nursery and Reception)	£ 2.00
Children (Year 1 and over)	£ 3.00
5k Adults' Fun Run (over 16)	£ 7.00
5k Corporate Entry (minimum 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	£ 4.00

Visit Race Website for entry forms for Corporate
Entry and Relay Team categories

Register online on:
www.rasusymaer.org.uk

or closing date for postal entries: 28th April 2019
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
or registration on the day from 8.00 am

ENTRY FORM:

Name:	_____
Surname:	_____
Address:	_____
Post Code:	_____
Email:	_____
School:	_____
School Year:	_____
Age:	_____
Gender:	<input type="checkbox"/> M <input type="checkbox"/> F
Please select race:	
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
Nursery and Reception (may be accompanied by an adult):	
	<input type="checkbox"/> M <input type="checkbox"/> F
Adult Races (Over 16) & School Yrs 9-11:	
Males under	Females under
<input type="checkbox"/> M Yrs 9-11	<input type="checkbox"/> F Yrs 9-11
<input type="checkbox"/> - 40	<input type="checkbox"/> - 35
<input type="checkbox"/> M + 40	<input type="checkbox"/> F + 35
<input type="checkbox"/> M + 50	<input type="checkbox"/> F + 45
<input type="checkbox"/> M + 60	<input type="checkbox"/> F + 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:

38^{ain} Ras y Maer 38th Mayor's Fun Run

Dydd Llun Gŵyl y Banc - May Day Bank Holiday



6 Mai/May 2019



Caerfyrddin/Carmarthen



RHODFA MYRDDIN



MERLIN'S WALK



CHARLES B. SAMS
Electrical, Industrial
Commercial & Domestic
Installations &
Maintenance
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01267 238029
07891 832316

Mark Hopley
Heating Services
01267 235897
07866 782270

SECURITY 4 WALES
Security Systems & CCTV
01267 222976

Pwyllgor Apêl Elusen
y Maer
Mayor's Charity Appeals
Committee



01550 718012 07734 823803
carl@carlmorgan.co.uk



Bowen & Weaving Ltd
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33 Blue Street, Carmarthen
01267 236556

bowenandweaving33@gmail.com



Robert Lloyd PR
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07777 683637



LLUN GŴYL Y BANC - MAI 6^{ED}

10:00 Ras Hwyl 5km (3 lap)
11:00 Ysgol Gynradd Merched Blwyddyn 1 a 2 (2 lap)
11:10 Cyflwyno Gwobrau am Ras 5km
11:20 Ysgol Gynradd Bechgyn Blwyddyn 1 a 2 (2 lap)
11:35 Ysgol Gynradd Merched Blwyddyn 3 a 4 (2 lap)
11:50 Ysgol Gynradd Bechgyn Blwyddyn 3 a 4 (2 lap)
12:05 Ysgol Gynradd Merched Blwyddyn 5 a 6 (2 lap)
12:20 Ysgol Gynradd Bechgyn Blwyddyn 5 a 6 (2 lap)
12:35 Ysgol Uwchradd Merched a Bechgyn Blwyddyn 7 a 8 (2 lap)
12:45 RAS HWYL FACH - Meithrin a Derbyn (fe all oedolyn cyd-rhedeg) (1 lap)
1:10 Cyflwyno gwobrau i'r 1af, 2ail a 3ydd ym mhob categori.
Medalau i bawb sy'n gorffen y cwrs

10:00 yb RAS HWYL 5Km

Dynion o dan 40, F + 40, F + 50, F + 60
Menywod o dan 35, F + 35, F + 45, F + 55
Blwyddyn Ysgol 9-11 Bechgyn/Merched
Gwisg Ffansi Orau, Tîm Cyfnewid 1af

Tâl:

Plant (Meithrin a Derbyn)	£ 2.00
Plant (Blwyddyn 1 a throsodd)	£ 3.00
5k Oedolion Ras Hwyl (dros 16)	£ 7.00
Tîm Corfforaethol (10 lle)	£60.00
Tîm Cyfnewid (3 ym mhob tîm)	£15.00
5K COFRESTRU AR Y DYDD	£ 8.00
Rasus Plant AR Y DYDD	£ 4.00

Ewch at ein safle We am ffurflenni cofrestru ar gyfer y categorïau Tîm Corfforaethol a Cyfnewid

Cofrestrwch ar lein ar:
www.rasusymaer.org.uk

neu dyddiad cau trwy post: 28^{ain} Ebrill 2019
Ffurflenni a siecau i:
Cyngor Tref Caerfyrddin, Neuadd Ddinesig San Pedr,
Maes Nott, Caerfyrddin, SA31 1PG
Sieciau yn daladwy i: **Carmarthen Fun Run**
neu cofrestru ar y dydd o 8:00 yb

FFURFLEN COFRESTRU:

Enw: _____
Cyfenw: _____
Cyfeiriad: _____
Cod Post: _____
Ebost: _____
Ysgol: _____
Blwyddyn Ysgol: _____
Oed: _____
Rhyw: D M

Dewiswch Ras:

Rasus Ysgol Uwchradd:

Blwyddyn 7 a 8	<input type="checkbox"/> D	<input type="checkbox"/> M
Blwyddyn 9, 10 a 11	<input type="checkbox"/> D	<input type="checkbox"/> M

Rasus Ysgol Gynradd:

Blwyddyn 1 a 2	<input type="checkbox"/> D	<input type="checkbox"/> M
Blwyddyn 3 a 4	<input type="checkbox"/> D	<input type="checkbox"/> M
Blwyddyn 5 a 6	<input type="checkbox"/> D	<input type="checkbox"/> M

Meithrin a Derbyn (gall mynd gyda oedolyn):

D M

Rasus Oedolion (Dros 16) a Blwyddyn Ysgol 9-11:

Dynion o dan Menywod o dan

<input type="checkbox"/> D 9 -11	<input type="checkbox"/> M BI 9 -11
<input type="checkbox"/> - 40	<input type="checkbox"/> - 35
<input type="checkbox"/> D + 40	<input type="checkbox"/> M + 35
<input type="checkbox"/> D + 50	<input type="checkbox"/> M + 45
<input type="checkbox"/> D + 60	<input type="checkbox"/> M + 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 dreulïau a all godi mewn canlyniad i'm cyfranogiad yn y digwyddiad hwn, ar unrhyw achos. Yr wyf yn datgan ymhellach y medrwyh 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: _____