

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

Elw yn 2023 tuag at:
MIND Caerfyrddin
Canolfannau Teuluol Tŷ Ni / Tŷ Hapus
Caerfyrddin Gyda'n Gilydd
Banc Bwyd Caerfyrddin

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

Proceeds in 2023 will go to:
Carmarthen MIND
Tŷ Ni / Tŷ Hapus Family Centres
Carmarthen Together
Carmarthen Foodbank



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

Cyngor Tref Caerfyrddin
Carmarthen Town Council



MAY DAY BANK HOLIDAY - MAY 1ST

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 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
also available from St Peter's Civic Hall

or closing date for postal entries: 26th April 2023
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:	☐ M	☐ F		
<u>Please select race:</u>				
Secondary School Races:				
Years 7 & 8	☐ M	☐ F		
Years 9, 10 & 11	☐ M	☐ F		
Primary School Races:				
Years 1 & 2	☐ M	☐ F		
Years 3 & 4	☐ M	☐ F		
Years 5 & 6	☐ M	☐ F		
Nursery and Reception - may be accompanied by an adult				
	☐ M	☐ F		
Adult Races (Over 16) & School Yrs 9-11:				
	Males under	Females under		
	☐ M Yrs 9-11	☐ F Yrs 9-11		
	☐ - 40	☐ - 35		
	☐ M + 40	☐ F + 35		
	☐ M + 50	☐ F + 45		
	☐ M + 60	☐ 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: _____

40^{fed} Ras y Maer 40th Mayor's Fun Run

Dydd Llun Gŵyl y Banc - May Day Bank Holiday



1 Mai/May 2023
Caerfyrddin/Carmarthen



DYDD GŴYL Y BANC - MAI 1^{AF}

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
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

hefyd ar gael o Neuadd Ddinesig San Pedr

neu dyddiad cau trwy post: 26^{ain} Ebrill 2023

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	☐ D	☐ M
Blwyddyn 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

Meithrin a Derbyn - gall mynd gyda oedolyn

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

Dynion o dan	Menywod o dan
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☐ D 9 -11	☐ M BI 9 -11
☐ - 40	☐ - 35
☐ D + 40	☐ M + 35
☐ D + 50	☐ M + 45
☐ D + 60	☐ 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 dreuliau a all godi mewn canlyniad i'm cyfranogiad yn y digwyddiad hwn, ar unrhyw achos. Yr wyf yn datgan ymhellach y medwrch 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: _____