

Rhedwch... Filltir Dylan Thomas



Dydd Sul 21 Medi 2014, dechrau am 12 ganol dydd

- Addas i athletwyr cadair olwyn
- Mae'r cwrs wedi'i fesur a'i amseru'n gywir
- Crys T am ddim i bawb sy'n gorffen
- Dim cofrestru ar y dydd

Mae Milltir Dylan Thomas bellach ar agor i bob rhedwr.

N.B. Rhaid i'r holl ymgeiswyr allu cwblhau'r pellter o fewn 45 munud.

Sut gallaf gofrestru?

- Cofrestrwch ar-lein yn www.10kbaeabertawe.com

NEU

- Cwblhewch y ffurflen gais atodedig a'i hanfon atom gyda'ch siec.

Mae rasys iau ar gael hefyd – cadwch lygad am ffurflenni cofrestru iau neu beth am gofrestru ar-lein neu lawrlwytho ffurflen yn www.10kbaeabertawe.com

Mae'r cyfnod cofrestru ar gyfer Milltir Dylan Thomas yn cau ar **31 Awst 2014** neu pan gyrhaeddir y mwyafswm

I gael yr wybodaeth ddiweddaraf, ewch i www.10kbaeabertawe.com
Bydd canlyniadau dros dro'r ras ar gael ar y wefan yn hwyr ar 21 Medi (yn hwyr yn y nos).

Os hoffech gael y ffurflen gais hon mewn fformat gwahanol, ffoniwch y Gwasanaethau Marchnata ar 01792 635478.



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www.facebook.com/swanseabay10k

CYNHELIR O DAN REOLAU ATHLETAU'R
DU TRWYDDED 2014 - 10405

City and County of Swansea
Dinas a Sir Abertawe



Run the... Dylan Thomas Mile



Sunday 21 September 2014, 12 noon start

- Suitable for wheelchair athletes
- Course accurately measured and timed
- Free T-shirt to all entrants
- No entries on the day

The Dylan Thomas Mile is now open to all runners.

N.B. all entrants must be able to complete this distance within 45 minutes.

How do I enter?

- Enter online at www.swanseabay10k.com

OR

- Fill in the attached entry form and send it to us with your cheque.

Junior races are also available – look out for junior entry forms or why not enter online or download a form at www.swanseabay10k.com

The Dylan Thomas Mile entries close on **31 August 2014** or when maximum capacity is reached.

For up to date information, please visit www.swanseabay10k.com
Provisional race results will be available on the website from 21 September (late evening).

If you would like this application form in a different format, please contact Marketing Services on 01792 635478.



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HELD UNDER UK ATHLETIC
RULES LICENSE 2014 - 10405

City and County of Swansea
Dinas a Sir Abertawe





ADMIRAL
Swansea Bay
Bae Abertawe 10k

Entry Form

Please enter me for the
Dylan Thomas Mile

Please use **BLOCK CAPITALS** and use **black ink**.

| For Office Use: | |
|-----------------|--|
| Race Number | |
| Category | |
| Payment | |
| Date Received | |

Title _____ First name _____ Surname _____
 Address _____
 Postcode _____ E-mail address _____
 Home phone _____ Mobile number _____
 Date of birth _____ Are you Male Female
 Projected finish time _____ Running Club _____
 Are you a wheelchair athlete Yes No

Free T-shirts are available for all entrants

Junior: 3-4yrs 5-6yrs 7-8yrs 9-11yrs 12-13yrs
 Adult: Small Medium Large X Large

Would you be interested in receiving special offers and training e-mails from the City and County of Swansea? Yes No

Medical Information / Emergencies

Do you have a medical condition that the organisers should know about?

Yes No

Details _____

Payment and Entry Information

| | | |
|-----------------------------|-------|--------------------------|
| Dylan Thomas Mile: Children | £5.00 | <input type="checkbox"/> |
| Adults | £7.50 | <input type="checkbox"/> |

Please make cheques payable to: **City and County of Swansea**
 Send completed signed entry form and payment by **31 August 2014** to:
Admiral Swansea Bay 10k, Room 152, Guildhall, Swansea, SA1 4PE
 ☎ 01792 635428 ✉ special.events@swansea.gov.uk

Data Protection Act

Under the Data Protection Act 1998 the City and County of Swansea has a legal duty to protect any information we collect from you and to use that information only in compliance with the Act. We may wish to use your name, voice or picture and record of your time in any broadcast, telecast, promotion, publication or other account of this event, and to pass this information to any news or broadcast media. Please indicate your consent by signing the declaration.

Please accept my entry form for the Admiral Swansea Bay 10k road race/ fun run to be held on Sunday 21 September 2014. I understand that I participate completely at my own risk and the organisers will not be held responsible for any loss or injury and that the particulars included on this application are, to the best of my knowledge and belief, correct.

Signed _____ Date _____



ADMIRAL
Swansea Bay
Bae Abertawe 10k

Ffurflen Gais

Cofrestrwch fi ar gyfer Ras
Milltir Dylan Thomas

Defnyddiwch **BRIFLYTHRENNAU** ac inc du.

| At Ddefnydd Swyddfa'n Unig: | |
|-----------------------------|--|
| Rhif y Ras | |
| Categori | |
| Tâl | |
| Dyddiad derbyn | |

Teitl _____ Enw cyntaf _____ Cyfenw _____
 Cyfeiriad _____
 Côd post _____ Cyfeiriad e-bost _____
 Rhif ffôn cartref _____ Rhif ffôn symudol _____
 Dyddiad geni _____ Ydych chi'n Wryw Benyw
 Amser rhagamcanedig ar gyfer y cwrs _____ Clwb Rhedeg _____
 Ydych chi'n athletwr mewn cadair olwyn? Ydw Nac ydw

Mae crysau-T am ddim ar gael i bawb sy'n gorffen

Iau: 3-4oed 5-6oed 7-8oed 9-11oed 12-13oed
 Maint: Bach Canolig Mawr Mawr lawn

A fyddai gennych chi ddiddordeb mewn derbyn cynigion arbennig ac e-byst hyfforddiant gan Ddinas a Sir Abertawe? Byddai fyddai

Gwybodaeth Feddygol /Argyfyngau

Oes gennych gyflwr meddygol y dylai'r trefnwyr wybod amdano?

Oes Nac oes

Manylion _____

Gwybodaeth am Dâl a Chofrestru

| | | |
|-----------------------------|-------|--------------------------|
| Filltir Dylan Thomas: Plant | £5.00 | <input type="checkbox"/> |
| Oedolion | £7.50 | <input type="checkbox"/> |

Sieciau'n daladwy i: **Dinas a Sir Abertawe**
 Anfonwch y ffurflen gofrestru wedi'i llenwi a'r tâl erbyn **31 Awst 2014** i:
10k Bae Abertawe Abertawe Admiral, Ystafell 152, Neuadd y Ddinas, Abertawe, SA1 4PE
 ☎ 01792 635428 ✉ special.events@swansea.gov.uk

Deddf Diogelu Data

O dan Ddeddf Diogelu Data 1998 mae'n ddyletswydd gyfreithiol ar Gyngor Dinas a Sir Abertawe i ddiogelu unrhyw wybodaeth mae'n ei chasglu gennych chi ac i ddefnyddio'r wybodaeth honno gan gydymffurfio â'r Ddeddf yn unig. Mae'n bosib y byddwn am ddefnyddio'ch enw, eich llais neu eich llun a chofnod o'ch amser mewn unrhyw ddarllediad, telediad, hyrwyddiad, cyhoeddiad neu gofnod arall o'r digwyddiad hwn, a throsglwyddo'r wybodaeth i unrhyw gyfryngau newyddion neu ddarlledu. Rhaid bod cystadleuwyr yn gallu ticio o leiaf un o'r blychau er mwyn bod yn gymwys.

Derbyniwch fy ffurflen gofrestru ar gyfer Milltir Dylan Thomas i'w chynnal ddydd Syl 21 Medi 2014. Rwy'n deall fy mod yn cymryd rhan ar fy menter fy hun yn gyfan gwbl ac ni fydd y trefnwyr yn gyfrifol am unrhyw golled neu niwed a bod y manylion ar y ffurflen hon, hyd eithaf fy ngwybodaeth a'm cred, yn gywir.

Llofnod _____ Dyddiad _____