



The event consists of two challenging 'grass roots' cross-country courses. Both routes are on single tracks, forestry tracks and fire roads, private land and minor roads so Mountain Bikes are recommended. The event takes place from the village of Cyffylliog near Ruthin in Denbighshire, North Wales, all profits from the Cyffylliog Challenge go to charity.

Registration is between 8.30 and 10.00am, riding starts from 9.00 to 10.00am. Directions to the event centre will be provided with riders logs for pre-entries. The event will also be signposted from Ruthin, Denbighshire.

Please tick your selection:

LONG RIDE (APX. 48 M)		TICK	SHORT RIDE (APPROX. 23 M)		TICK
Adult	£8.00		Adult	£8.00	
Payment after 25 th May	£10.00		Payment after 25 th May	£10.00	
Child under 16	£4.00		Child under 16	£4.00	
Payment after 25 th May	£5.00		Payment after 25 th May	£5.00	

- Children under 16 must be accompanied by an adult at all times.
- Entries after 25th May will be accepted

To Enter:

Please return your entry form and payment (cheques made payable to **North Wales Mountain Bike Association**) with **a stamped addressed envelope** ideally before 25th May 2007 to:

**NORTH WALES MOUNTAIN BIKE ASSOCIATION,
C/O 3 BROOKLEIGH AVENUE, HAWARDEN, FLINTSHIRE. CH5 2BB**

Declaration:

I wish to enter the Cyffylliog Mountain Bike Challenge to be held on 10th June 2007. I or my parent or guardian (if aged under 18 years) fully accept and agree that neither the organisers, officials, marshals, land owners, fellow participants or any person associated with the event may be held liable in any circumstance for any loss, damage or injury to me or my party that may occur during or in connection with the event. I will ride within my capability, respecting other riders and other forest users and workers. I am aware the event will be held within a working forest and that heavy machinery may be in use. I agree to obey any instructions from the event organisers. My bicycle is in good working order and I will be suitably equipped to deal with changeable weather conditions, mechanical breakdown and carry sufficient sustenance and will wear a suitable cycle helmet at all times.

Entrants Signature:

Parent or Guardian (if under 18yrs):

NAME:

ADDRESS:

POST CODE:

TELEPHONE:

Confirmation and Riders Log will be issued before the event or provided on the day for late entries

	For further information please contact:	
	Tim Peers T. 07919 480505 Email.	Simon Malam 07754 004458 events@nwmba.org.uk

Visit NWMBA on www.nwmba.org.uk/cyffylliogchallenge.html