

NORTH WALES MOUNTAIN BIKE ASSOCIATION

*The 8<sup>th</sup> Annual Cyffylliog MTB Challenge*  
*(Near Ruthin, North Wales)*

Sunday 6<sup>th</sup> August 2006

This is a challenging 'grass roots' cross-country course, featuring new sections of single track trials. Mountain Bikes are recommended. Both routes are on single tracks, forestry fire roads, private land and minor roads.

Entrants start between 8.30 and 10.00am, riding from 9.00 to 10.00. The event will be signposted from the B5105. For further information please contact Tim at NWMBA on 01244 520926 or e-mail: [simon\\_nwmba@yahoo.co.uk](mailto:simon_nwmba@yahoo.co.uk)

**PLEASE TICK YOUR SELECTION**

LONG RIDE (APX. 48 M)		TICK	SHORT RIDE (APPROX. 23 M)		TICK
Adult	£8.00		Adult	£8.00	
Payment after 1 <sup>st</sup> July	£10.00		Payment after 1 <sup>st</sup> July	£10.00	
Child under 16	£4.00		Child under 16	£4.00	
Payment after 1 <sup>st</sup> July	£5.00		Payment after 1 <sup>st</sup> July	£5.00	

**Children under 16 must be accompanied by an adult at all times.**

**Declaration:**

I, being of sound mind and body, wish to enter the Cyffylliog Mountain Bike Challenge to be held on 17<sup>th</sup> July 2005. 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):** .....

**Please return cheques, made payable to *North Wales Mountain Bike Association* and completed application forms before 15<sup>TH</sup> July 2006. Confirmation and Riders Log will be issued before the event.**

PLEASE SEND YOUR PAYMENT AND A **stamped addressed envelope** to:

NWMBA, C/O 3 BROOKLEIGH AVENUE, HAWARDEN, FLINTSHIRE. CH5 2BB

NAME: .....

ADDRESS: .....

.....

POST CODE: .....

TELEPHONE: .....

Visit NWMBA on [www.nwmba.demon.co.uk](http://www.nwmba.demon.co.uk)