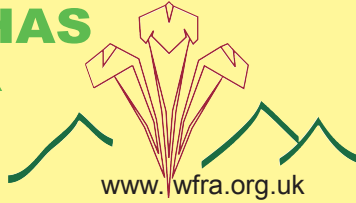


**CYMDEITHAS
RHEDWYR
Mynydd
CYMRU**



**WELSH
FELL
RUNNERS
ASSOCIATION**

Enter Membership Number

OFFICE USE ONLY

FFURFLEN AELODAETH 2010 MEMBERSHIP APPLICATION FORM

Cwblhewch pob rhan yn glir mewn llythrennau bras Un ffurflen i'w chwblhau ar gyfer pob aelod

Please complete all sections clearly in BLOCK CAPITALS
One form to be completed for each member

Mae Cymdeithas Rhedwyr Mynydd Cymru (CRMC) yn Gymdeithas annibynnol sydd yn cyflwyno gwasanaethau canlynol i redwyr mynyddoedd yng Nghymru – calendr blyneddol, Cylchlythyrau (o leiaf 3 y flwyddyn), wefan, Pencampwriaethau Agored, Yswiriant atebolrwydd sifil ar gyfer aelodau (gan gynnwys trefnwyr rasys)

The Welsh Fell Runners Association (WFRA) is an independent organisation providing the following services for fell runners in Wales – an Annual Race Calendar, regular Newsletters (minimum 3 per year), Website, Open Championships, Civil Liability Insurance for members (including race organisers).

Aelodaeth Blyneddol £10.00. Mae'r aelodaeth yn rhedeg o Ionawr 1af hyd at Ragfyr 31ain.

Annual Membership is £10. Membership year runs from January 1st to December 31st.

Os hoffech ymuno a CRMC cwblhewch y ffurflen aelodaeth hon a'i dychwelyd, gyda eich tâl aelodaeth, i'r Ysgrifennydd Aelodaeth at y cyfeiriad isod.

If you would like to join/renew membership of the WFRA please complete this form and return, with your subscription, to the membership Secretary at the address below.

Os byddwch chi'n ymuno ar ôl Hydref 1af, bydd eich aelodaeth yn para nes Rhagfyr 31ain y flwyddyn ganlynol

If you join after 1st October your membership will last until 31st December of the following year.

If renewing your membership and there are no changes to your details just enter your name, membership no. and sign form

Enw(u) Cyntaf/First Name(s)

Cyfenw/Surname

Cyfeiriad/Address

Cod Post/ Post Code

Rhowch fanylion o aelodaeth unrhyw Glwb/Cymdeithasu rhedeg
Enter name of any Athletics Clubs/Running Associations
of which you are a member

Male (✓)

Female (✓)

Dydd Geni/Date of Birth

Ebost/Email

Rhif Ffôn/Telephone Number

STD

Symudol/Mobile

If you are a member of FRA please tick

Data Protection Act / Deddf Diogelu Data:

Bydd yr wybodaeth sydd wedi ei gyflwyno ar y ffurflen hon yn cael ei gadw ar system gyfrifiadurol ac yn cael ei ddefnyddio ar gyfer pwrpas gweinyddol yn unig. Os oes gennych wrthwynebiad i'r wybodaeth yma gael ei gadw ar system gyfrifiadurol rhowch dic yn y blwch.

The data given on this form will be stored on a computer database and will be used for administration purposes only. If you object to this information being stored on computer please tick box

Llofnod/Signature.....

Dychwelwch y ffurflen wedi ei llenwi gyda tâl aelodaeth o £10.00 (sicciau yn daladwy Cymdeithas Rhedwyr Mynydd Cymru) Amgawch amlen C5 gyda stamp arno os gwelwch yn dda.

PLEASE ENTER
AMOUNT (£)
ENCLOSED

CHEQUE

CASH

Dyddiad/Date.....

Send completed form with membership fee £10.00 to Membership Sec. Cheques made out to 'Welsh Fell Runners Association' Please include C5 (162 x 229mm) SAE. Standard postage rates apply

Geoff Clegg (Membership Secretary) WEST POINT, 19 DEGANWY ROAD, DEGANWY LL31 9DL
Telephone: 01492-582631
Email: g7hgc@btinternet.com