



WFRA SOUTH WALES SERIES 2016

Sponsored by: R A Chilton Ltd. Chepstow Harriers
Mynyddwyr de Cymru (MDC) Fell Running Club

The following races are to be included in the series:

Cribyn	Saturday	April 16
Preseli Beast	Saturday	May 7
Tour de Calch	Sunday	June 26
Llanthony Show	Saturday	August 6
Four Fans	Saturday	August 20
Black Mountains	Saturday	September 24

A competitors best results from up to 4 of the 6 races will be counted in the Series. Every finisher will score points. Scores are based on the competitors time behind the average of the first five finishers. Your score will then be taken away from 100 to make a positive score. If you do not compete in a race you will score zero.

This is an Open Series. You do not have to have membership of any particular organization or have Welsh qualification to participate. **However, to be eligible for an award/prize you must be a paid up member of WFRA by 1st May 2016.**

There will be awards for at least the winner in each category.

Age categories as follows - Open, U/23, O/40, O/50, O/60 O/70

Other categories can be introduced if there is demand

Presentations for the Series will take place after Clwydian Hills on Sunday October 23

The WFRA AGM will take place after the presentation



WFRA NORTH WALES SERIES 2016

Sponsored by Cotswold Outdoor

The following races are to be included in the series:

Llantysilio	Saturday	March 26
Moel Wnion	Saturday	April 23
Moel Eilio	Saturday	May 14
Great Orme	Tuesday	May 24
Pedol Cwm Pennant	Saturday	June 11
Arenig Fawr	Sunday	July 31
Cnicht	Sunday	August 28
Trefriw Mil	Saturday	October 8
Clwydian Hills	Sunday	October 23

A competitors best results from up to 6 of the 9 races will be counted in the Series. Every finisher will score points. Scores are based on the competitors time behind the average of the first five finishers. Your score will then be taken away from 100 to make a positive score. If you do not compete in a race you will score zero.

This is an Open Series. You do not have to have membership of any particular organization or have Welsh qualification to participate. **However, to be eligible for an award/prize you must be a paid up member of WFRA by 1st April 2016.**

There will be awards for the winner in each category as long as the competitor has completed at least five races.

Age categories as follows - Open, U/23, O/40, O/50, O/60 O/70

Other categories can be introduced if there is demand

Presentations for the Series will take place after Clwydian Hills