

Welsh Indoor Rowing Championships 2016

at Cardiff Bay Water Activity Centre, CF11 7HB

**Racing for all Adult/ BUCS
Student/ Junior categories**

Saturday 26 November

Race distance and entry fees:

2000m Senior Individual: £10

3000m Team: £20

500m Sprint: £5.00

100m Sprint: £2.00

Junior: £5.00

1000m Adaptive: £5.00

2000m Student: £5.00

**Entry deadline: Wednesday 16 November
2016**

**THINK YOU HAVE
WHAT IT TAKES?**

www.WIRC.wales

**Rasio i'r holl categorïau
Oedolion / Myfyrwyr CPCP
/ Iau**

Dydd Sadwrn 26 Tachwedd

Pellter y rasys a ffioedd cystadlu:

2000m Unigolyn Hyn: £10

3000m Tîm: £20

500m Sbrint: £5

100m Sbrint: £2.00

Iau: £5

1000m Addasol: £5

2000m Myfyriwr: £5

Dyddiad cau i gystadlu:

Dydd Mercher 16 Tachwedd 2016

Pencampwriaeth Rhwyfo Dan Do Cymru 2016

ac Canolfan Gweithgareddau Dw^r Bae Caerdydd, CF11 7HB