



NANT CONWY RUGBY CLUB FUN DAY

16TH MAY 2009

Fun for all the family

Hog Roast, BBQ

FUN RUN

7 A SIDE TAG RUGBY FESTIVAL

AGE GROUPS

U9 & U10'S

U10 & U11'S

U12 & U13'S

U14 to U16'S

Boys, girls and mixed teams all welcome

See web site for details and entry forms

www.nantconwy.org

Completed entry forms can be emailed to

Glyndwr.35@tiscali.co.uk

Or

Given to a club coach before Friday 15th May



DIRWNOD HWYL CLWB RYGBI NANT CONWY

16^{ed} o FAI 2009

Hwyl i'r teulu i gyd

Rhostio Mochyn a BBQ

RAS 1 MILLTIR i'r TEULU

Twrnament Rygbi 7 bob ochr
Oedrannau :

D8 a D9
D10 a D11
D12 a D13
D14 i D16

Timau bechgyn, genethod neu gymysg

Gwelwch y wefan am fwy o fanylion a furfleni mynediad

www.nantconwy.org

A fedrwch delychwelyd eich ffurfleni i

Glyndwr.35@tiscali.co.uk

Neu i hyfforddwr clwb cyn 14/5/09