

RAS Y LLYCHAU 5k

Sponsored By :

D.L.Williams, Building Supplies, Pantyresgair Yard, Talley.

D.L.Williams, Homecentre, Glasgow House, Lampeter.

D.L.Williams, 12-14 College Rd, Lampeter

FRIDAY 24th MAY 2019 7.30pm

REGISTRATION Opens from 6.00pm @ Church Hall (Next to Talley Abbey) , TALLEY, LLANDEILO, CARMARTHENSHIRE. SA19 7AX. WALES.

•1MILE FUN RUN OPEN TO ALL PRIMARY SCHOOL CHILDREN. 6.30pm Start

MEDAL & GIFT TO ALL FINISHERS

Category :

- | | |
|------------------------------------------------------------------------------|----------------|
| •TROPHIES: MALE & FEMALE – 1 st 2 nd 3 rd | M or F |
| • MALE VET M40,M50 & M60 – 1 st 2 nd 3 rd | MV40/MV50/MV60 |
| • FEMALE VET F35,F45 & F55 – 1 st 2 nd 3 rd | FV35/FV45/FV55 |
| • UNDER 18 MALE & FEMALE - 1 st 2 nd 3 rd | U18M or U18F |

One per competitor

Mr Eric Jones MBE Memorial Cup to be presented to the first runner from Talley/Cwmdu to finish the 5k race

Perpetual Cup for 1st Boy or 1st Girl from Talley School to finish the 1mile race.

ACCURATE, SCENIC COURSE AROUND THE HISTORIC AND BEAUTIFUL TALLEY LAKES. FAST AND FIRST TIME RUNNERS WELCOME. PB, A DISTINCT POSSIBILITY

NAME:

ADDRESS.....

POSTCODE: Phone No:

CLUB:..... SCHOOL.....

MALE / FEMALE :..... AGE ON DAY : Category :

•ENTRY FEE : 5k £6.00 , FUN RUN £3.00

CHEQUES PAYABLE TO : “SARN HELEN”. **ENTRIES ON THE DAY**

•ENQUIRIES & ENTRIES TO : DAVID THOMAS, LAN FARM, TALLEY, LLANDEILO, CARMS. SA19 7BQ.
TEL: 07950178333 or E-MAIL : davidhuw@googlemail.com WEBSITE : www.sarnhelen.org.uk



@davidhuwthomas



<https://www.facebook.com/davidthomas63>

I AGREE THAT THE ORGANISERS SHALL NOT BE RESPONSIBLE FOR ANY INJURY, ACCIDENTS, LOSS OR DAMAGE SUSTAINED BY ME AS A CONSEQUENCE OF MY PARTICIPATION IN THE ABOVE EVENT.

SIGNED.....(Fun Run , Parent or Guardian) DATE.....