

# RAS Y LLYCHAU 5k

*Sponsored By :*

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

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

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## FRIDAY 26th MAY 2017 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

- TROPHIES: MALE & FEMALE – 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>
- MALE VET M40,M50 & M60 – 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>
- FEMALE VET F35,F45 & F55 – 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>
- UNDER 18 MALE & FEMALE - 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>

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 1<sup>st</sup> Boy or 1<sup>st</sup> 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 VERY POSSIBLE. Certificate no.W/05/313

NAME: .....

ADDRESS.....

POSTCODE: ..... Phone No: .....

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

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

•ENTRY FEE : 5k £6.00 , FUN RUN £2.50.

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.....