



## **List of races to be held by SARN HELEN CLUB Lampeter for 2012**

**Teifi 10** – Sunday 8<sup>th</sup> April 2012

Venue - Lampeter Rugby Club, North Road, Lampeter, Ceredigion SA48 7HZ.

Start – Seniors 12.00am.

Race Organiser - Wendy Davies, Caerwenog, Penffordd, Llanybydder, Ceredigion, SA40 9XG

Tel: 01570 481153. E-mail: [teulu.caerwenog@tiscali.co.uk](mailto:teulu.caerwenog@tiscali.co.uk)

**Cwrtnewydd 4** - Monday 7<sup>th</sup> May 2012

Venue - Cwrtnewydd School, Llanybydder, Ceredigion, SA40 9YN.

Start - Juniors 12.45pm, Seniors 1.30pm.

Race Organiser - Lyn Rees, Tanrhos, Cwrtnewydd, Llanybydder, Ceredigion, SA40 9YN

Tel: 01570 434244 E-mail: [rees.tanrhos@tiscali.co.uk](mailto:rees.tanrhos@tiscali.co.uk)

**Sarn Helen 16.5 Miles Hill Race** - Sunday 20<sup>th</sup> May 2012

Venue - Lampeter Rugby Club, North Road, Lampeter, Ceredigion SA48 7HZ.

Start - Juniors 10.30am, Seniors 11.00am.

Race Organiser - Lyn Rees, Tanrhos, Cwrtnewydd, Llanybydder, Ceredigion, SA40 9YN

Tel: 01570 434244 E-mail: [rees.tanrhos@tiscali.co.uk](mailto:rees.tanrhos@tiscali.co.uk)

**Talley 5K** - Friday 25<sup>th</sup> May 2012

Venue – Edwinsford Arms Hotel, Talley, Llandeilo, Carmarthen.

Start - Juniors 6.30pm, Seniors 7.00pm.

Race Organiser - David Thomas, Lan Farm, Talley, Llandeilo, Carmarthen, SA19 7BQ.

Tel: 01558 685749 E-mail: [davidhuw@googlemail.com](mailto:davidhuw@googlemail.com)

**Felinfach 6** - Friday 29<sup>th</sup> June 2012

Venue - Felinfach School, Lampeter, Ceredigion.

Start - Juniors 6.30pm, Seniors 7.30pm.

Race Organiser - Lyn Rees, Tanrhos, Cwrtnewydd, Llanybydder, Ceredigion, SA40 9YN

Tel: 01570 434244 E-mail: [rees.tanrhos@tiscali.co.uk](mailto:rees.tanrhos@tiscali.co.uk)

**Ras y Mast 6.5 Miles** - Sunday 25<sup>th</sup> November 2012 (depending on Gwent League)

Venue – Blaenwern Holiday Centre, Llanybydder, Ceredigion.

Start – Juniors 12.30pm, Seniors 1.00pm.

Race Organiser - Lyn Rees, Tanrhos, Cwrtnewydd, Llanybydder, Ceredigion, SA40 9YN

Tel: 01570 434244 E-mail: [rees.tanrhos@tiscali.co.uk](mailto:rees.tanrhos@tiscali.co.uk)