



29th ANNUAL SARN HELEN HILL RACE

Sunday, 18th May 2008

Juniors : 10.30 a.m. Seniors : 11.00 a.m.

Start and Finish at
Lampeter Rugby Club

£100.00 for first male or female to beat the course record,

T-shirts to all finishers in the 16.5mile race
kindly sponsored by Jones Bros Butchers,
4 College Street, Lampeter.

Water sponsored by Tŷ Nant Water

Full details and entry form overleaf

DETAILS OF MULTI TERRAIN RACE TO BE HELD ON SUNDAY 18th MAY 2008

ENTRY FORM

29th Annual Sarn Helen Hill Race

Premier race of its kind in Wales. Combining the speed of road racing with the rigours of cross country and fell running over a challenging picturesque 16.5 mile course. Also shorter courses.

TERRAIN Mixture of undulating road, paths and fell.

COURSES **A** : 16.5 Miles Approx. 3,000ft of climb. For classes 1 to 6

Record : 1.34.29 Alan Cole (1982)
2.00.18 Dawn Kenwright (1990)

B : 4 Miles 380ft of climb. For classes 7, 8, 9.

C : 1.5 Miles 200ft of climb. For classes 10, 11, 12, 13.

START AND FINISH RUGBY CLUB, NORTH ROAD, LAMPETER.
O.S. Map 146 GR 578487.

REGISTRATION CENTRE Rugby Clubhouse - Entries and collection of postal entry numbers.

START TIME Courses B & C 10.30 a.m. Course A 11.00 a.m.

FACILITIES Showers and toilets at the race centre. Ample car parking. Drink stations along the route and at the finish.

PRIZES Numerous trophies and prizes to be won in all classes.
Everyone completing their course will receive a Certificate.
Everyone completing Course A in under 2 hrs will receive a special badge.

ORGANISER Lyn Rees, Tanrhos, Cwrtnewydd, Llanybydder, Ceredigion SA40 9YN.
Tel : 01570 434244

I understand that this race is held in accordance with the WFRA Safety Code. I am aware of the Organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I'm entering and running in this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race.

Name _____ Date of Birth _____
Surname _____ Age on race day _____
Address _____ Tel No. _____
Club _____
E-mail _____
Signed _____ Date _____
(Parent or Guardian if Class 7, 8, 10, 11, 12, 13)

Please make cheques payable to **SARN HELEN CLUB**.

Please tick the class you are entering.

COURSE A - £8.00

1. MALE 18 - 39

2. MALE 40 - 49

3. MALE 50+

4. FEMALE 18 - 34

5. FEMALE 35 - 44

6. FEMALE 45+

COURSE B - £3.00

7. UNDER 18 MALE

8. UNDER 18 FEMALE

9. NON-COMPETITIVE SENIOR

COURSE C - £2.50

10. PRIMARY SCHOOL BOYS

11. PRIMARY SCHOOL GIRLS

12. UNDER 15 BOYS

13. UNDER 15 GIRLS