



# TEIFI 10 Road Race

Incorporating the Welsh 10 mile  
Road Race Championships  
'Held under U.K. Athletics Rules'



Sponsored by : Lomax's Books, Stationery & Toys, 9 Bridge Street Lampeter (01570) 422539  
Llanllyr Spring Water Company, Llanllyr, Talsarn, Lampeter (01570) 470788

- DATE:** Sunday, March 23rd, 2008.
- START & FINISH:** 12 noon at Lampeter Rugby Club, Lampeter, Ceredigion.
- ENTRIES TO:** Wendy Davies, Caerwenog, Penffordd, Llanybydder, SA40 9XG.  
Tel no. 01570 481153.
- ROUTE:** A flat, fast and scenic **certified accurate 10 mile** route taking runners along the River Teifi and through the University Town of Lampeter. A perfect course for P.B.'s.
- COURSE RECORD:** Danny Norton of Rhondda Valley Harries — 53 min 20 secs.
- CHANGING FACILITIES:** Kindly provided by the Rugby Club.
- FEE:** £6.00 for W.A registered / £7.00 for non-registered. Payable to Sarn Helen Club.
- PRIZES:** 1st, 2nd & 3rd in Male Open, Male 40+, Male 50, Female Open, Female 35+, Female 45+.  
Male and Female team prize comprising of 4 runners.

**Pre-entered runners will be required to collect number on the race day. Last day for postal entries is March 17th 2008.**

## ENTRY FORM

Name: .....Male/Female

Address: .....

Affiliated Club: ..... W.A No. ....

Class Entered:..... Age on day of race .....

E-Mail: ..... Welsh Championship Entry    A    B    C    D  
(please circle—see criteria below)

I enter this event at my own risk and accept that no responsibility is attached to the organisers of the Teifi 10 Race or their agents for any loss or injury resulting from participation in the event, however caused.

SIGNED ..... Date .....

### Requirements for entry into the Welsh Championships

**BIRTH**— the athlete having been born in Wales.

**PARENTAGE**— one or both parents having been born in Wales.

**RESIDENCE**— a minimum of 2 years continuous residence in Wales immediately prior to the event to be competed in.

**CLOSING DATE**— The closing date for entries to the Welsh Championships is seven (7) days prior to the date of this event.

N.B. I note that I am unable to enter the Welsh Championships if I have competed for another Country within the previous 2 years of the date of the event.

Entry to the Welsh championships is open only to runners currently registered with Welsh Athletics.