



# TEIFI 10 Road Race



- DATE:** Sunday, March 31<sup>st</sup> 2013.
- START & FINISH:** 12 noon at Lampeter Rugby Club, Lampeter, Ceredigion SA48 7JA.
- 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:** Christopher Davies, Telford AC in 50 minutes 12 seconds.
- CHANGING FACILITIES:** Kindly provided by the Rugby Club.
- FEE:** £10.00 for W.A registered / £12.00 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 24<sup>th</sup> 2013.**

## ENTRY FORM

Name: .....Male/Female

Address: .....

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

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

E-Mail: .....

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 participate on in the event, however caused.

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