

Sheet1

2023	Race	Distance	Time	Venue	Entry	Series
1	06/01/23 Dash in the Dark	4m	7.00pm	Llandegla Forest,LL11 3AA	£4 O/D	Yes S
	17/01/23 The Horse	7;5m	7.00pm	Cilcain Village Hall,CH75NN	Pre-Ent	
	28/01/23 Ras Tarrenhendre	6m	12 noon	Abergynolwyn	£7 FB4	
	11/02/23 Conwy Mountain	5m	12 noon	C0nway ?	£5 O/D	
	26/02/23 Sheeptracks	16;8m	10;00am	Ponderosa Cafe,Horseshoe Pass	£7 Pre Et	
2	04/03/23 Pipe Dream	4;2m	12 noon	Dolgarrog Comm. Centre LL32 8JS	£6 O/D	Yes S
3	18/03/23 Llantysilio Mt race	6;2m	11.00am	Rhewl/nr Llangollen LL20 7YT	£8 SI Ent	Yes L
	28/03/23 Tryfan(Mid-wk series 1)	2;8m	7.00pm	Canollfon Y Fron,Carnafon	£20 ser £2	
	04/04/23 Mynydd y Cilgwyn Race 2	3m	7.00pm	Canolfan Ceiriog,Glyn Ceiriog	£2 O/D	
	08/04/23 Fron Four	7;1m	10.30am	Canolfan Ceiriog,Glyn Ceiriog	£5 O/D	
4	11/04/23 Moel Lus Race 3	3;2m	7.00pm	Village Hall ,Capelulo	£2 O/D	Yes S
	16/04/23 Llangollen Fell Race	17m	8;30am	Llangollen Leis Centre,LL208TE	£17 FB4	
5	18/04/23 3 Hills of Penn(& pain) Race 4	3m	7;15pm	Graiglwyd Fm,LL34 6EP	£2 O/D	Yes S
	25/04/23 Pen Dinas Race 5	2;2m	7;15pm	Nant Peris,Llanberis	£2 O/D	
	29/04/23 Red Kite Challenge	13m/10k	1.00pm	Devils Br,Aberystwyth	£20/£18	
	02/05/23 Y Garn Race 6	2;5m	7;15pm	Railway CP,Rhyd Ddu	£2 O/D	
6	03/05/23 Ysgol Dinas Bran(Walnut Whip)	4;3m	7;15pm	Llangollen Leis Centre,LL208TE	£5 O/D	Yes S
	09/05/23 Mynydd Mawr Race 7	4;2m	7;15pm	Canolfan Ceiriog,Glyn Ceiriog	£2 O/D	
	16/05/23 Moel y Gest Race 8	3;7m	7;15pm	tyddyn Camp Site,Portmadog (R6)	£2 O/D	
	20/05/23 Cadair Idris	11m	1.00pm	Dolgallau	Pre-Ent	
	23/05/23 Mynydd Graig Goch Race 9	4;5m	7;15pm	Nebo	£2 O/D	
7	28/05/23 Mynydd Myfyr	4;0m	11.00am	Trefonen,Oswestry SY10 9DY	£7 O/D	Yes S
8	30/05/23 Great Orme Race 10	4.1m	7;15pm	Ski Centre,Gt Orme LL30 2QL (R8)	£2 O/D	Yes S
	06/06/23 Tal y Mignedd Race 11	4.1m	7;15pm	Tal y Mignedd CS,Nantle V.	£2 O/D	
9	07/06/23 Race up the"Beast"	4;5m	7;15pm	Miners Arms,Maeshafn	£2 O/D	Yes S
	13/06/23 Llanberis Race12	2m	7.00pm	Padarn Lake Htl,Llanberis	£2 O/D	
10	14/06/23 Hotfoot up Famau	3.5m	7;30pm	Bwich Penbarras	£4 O/D	Yes S
11	17/06/23 Holyhead Mt	6.8m	12 noon	Holyhead breakwater Pk LL651YG	£5 O/D	Yes L
	21/06/23 Foel Fenlli	2.4m	7.00pm	Top CP,Moel Famau	£2 O/D	
12	25/06/23 Moel y Gamelin	10m	11.00am	Ponderosa Cafe,Horseshoe Pass	£5 O/D	Yes L
	28/06/23 Moel y Gaer	3;1m	7.00pm	Top CP,Moel Famau	£2 O/D	
	01/07/23 Moel Siabod	5;4m	2.00pm	Capel Curig	£5 O/D	
13	???? Speckled Cow	8m	11 ish	Lyn Alwen,Nr Brenig	?	?
14	05/07/23 The Druid	5m	7;30pm	Druid Inn.Llanferres	£4 O/D	Yes S
?	???? Moely Relay	2m ish	7;15pm	Plas Dolben Farm ,Llangynhafal	?	?
15	19/07/23 The Green Green Grass	5m	7;30pm	Golden Lion,Llangynhafal	£5 O/D	Yes L
	22/07/23 Arenig Fawr	8m	1.00pm	Arenig Quarry	£5 O/D	
16	23/07/23 Gyrn Gallop	7m	1.00pm	Rhiwlas Village,Nr Oswestry	£5 O/D	Yes L
17	26/07/23 Ponderosa	4m	7.00pm	Ponderosa Cafe,Horseshoe Pass	£5 O/D	Yes S
	05/08/23 Ras Tri Chopa yr Eifl(3 Peaks)	4.8m	1.00pm	Tafarn y Fic,Lithfaen,Pwllheli	£7 O/D	
18	19/08/23 Rhydycroesau fell run	5.5m	1.15pm	Rhydycroesau,Oswestry	£7 O/D	Yes L
19	28/08/23 Cilcain Show Race	4m	1.00pm	Cilcain Village Hall,CH75NN	£6 O/D	Yes S
	03/09/23 Gladstone	9m	1.00pm	Penmaenmawr Football Club	£7 FB4	
	???? Ras Cym y Brain	7m	11.00am	Ponderosa Cafe,Horseshoe Pass	??	??
20	09/09/23 King Johns Castle	5m	11.00am	Llanarmon yn Lal	£5 O/D	Yes S
21	17/09/23 llangollen Trig race	9m	10.30am	Llangollen Leis Centre,LL208TE	£6 FB4	Yes L
22	30/09/23 Carlam Ceiriog Canter	7.2m	2.00pm	Canolfan Ceiriog,Glyn Ceiriog	£6 O/D	Yes L
	15/10/23 Briedden Hills	7.1m	11.00am	Criggion Vill,Shrops	£8 SI Ent	
23	03/11/23 Dash in the Dark	4m	7.00pm	Llandegla Forest,LL11 3AA	£4 O/D	Yes S
24	12/11/23 Clwydian Hills Race	9m	11.00am	Cilcain Village Hall,CH75NN	£6 O/L	Yes L
25	18/11/23 Penmaenmawr Fell Race	10m	10.30am	Dwygyfylchi,Penn	£10 FB4	Yes L
26	01/12/23 Dash in the Dark	4m	7.00pm	Llandegla Forest,LL11 3AA	£4 O/D	Yes S

Sheet1

27 15/12/23 Trail by Torchlight 5m 7.00pm Llangollen Leis Centre,LL208TE £5 online Yes S
Your best 8 races to count,of which 2 must be L=long races
More races ,mostly short will be added ,when details are advertised