

Sheet1

2024	Race	Distance	Time	Venue	Entry	Series
1	05/01/24 Dash in the Dark	4m	7.00pm	Llandegla Forest,LL11 3AA	£4 O/D	Yes S
	16/01/24 The Horse (teams of 2+)	7;5m	7.00pm	Cilcain Village Hall,CH75NN	Pre-Ent	
	27/01/24 Ras Tarrenhendre	6m	12 noon	Abergynolwyn	£8 FB4	
	03/02/24 Conwy Mountain	5m	12 noon	Conway (cicket club)	£5 O/D	
2	17/02/24 Parbold	6m	2.00pm	Parbold Village	Pre-Ent	Yes L
	25/02/24 Sheeptracks	18.6m	10;00am	Ponderosa Cafe,Horseshoe Pass	£7 Pre Et	
3	02/03/24 Pipe Dream	4;2m	12 noon	Dolgarrog Comm. Centre LL32 8JS	£6 O/D	Yes S
4	16/03/24 Llantysilio Mt race	6;2m	11.00am	Rhewl/nr Llangollen LL20 7YT	£8 SI Ent	Yes L
	09/04/24 Mynydd y Cilgwyn Race 2	3m	7.00pm	Canolfan Ceiriog,Glyn Ceiriog	£2 O/D	
	02/04/24 Tryfan(Mid-wk series 1)	2;8m	7.00pm	Canollfon Y Fron,Carnafon	£20 ser £2	
	09/04/24 Mynydd y Cilgwyn Race 2	3m	7.00pm	Canolfan Ceiriog,Glyn Ceiriog	£2 O/D	
	13/04/24 Ras y Moelwyn	10.5m	2.00pm	Clwb Rygbi,Blaenau Ffestiniog	£12 FA4	
	14/04/24 Llangollen Fell Race	17.4/9.9	9;00am	Llangollen Leis Centre,LL208TE	£17/10FA4	
5	16/04/24 Moel Lus Race 3	3;2m	7.00pm	Village Hall ,Capelulo	£2 O/D	Yes S
6	23/04/24 3 Hills of Penn(& pain) Race 4	3m	7;15pm	Graiglwyd Fm,LL34 6EP	£2 O/D	Yes S
	30/04/24 Pen Dinas Race 5	2;2m	7;15pm	Nant Peris,Llanberis	£2 O/D	
	07/05/24 Y Garn Race 6	2;5m	7;15pm	Railway CP,Rhyd Ddu	£2 O/D	
7	08/05/24 Ysgol Dinas Bran(Walnut Whip)	4;3m	7;15pm	Llangollen Leis Centre,LL208TE	£5 O/D	
8	09/05/24 Chirk Relays 1	2m x 3	7.00pm	Chirk Castle	?	Yes S
9	14/05/24 Great Orme Race 7	4.1m	7;15pm	Ski Centre,Gt Orme LL30 2QL (R8)	£2 O/D	Yes S
	18/05/24 Cadair Idris	11m	1.00pm	Dolgallau	Pre-Ent	
	21/05/24 Moel y Gest Race 8	3;7m	7;15pm	tyddyn Camp Site,Portmadog (R6)	£2 O/D	
10	26/05/24 Mynydd Myfyr	4;0m	11.00am	Trefonen,Oswestry SY10 9DY	£7 O/D	Yes S
	28/05/24 Mynydd Mawr Race 9	4;2m	7;15pm	Canolfan y Fron,Y Fron LL54 7BB	£2 O/D	
	04/06/24 Mynydd Graig Goch Race 10	4;5m	7;15pm	Nebo	£2 O/D	
11	05/06/24 Race up the"Beast"	4;5m	7;15pm	Miners Arms,Maeshafn	£4 O/D	Yes S
	11/06/24 Tal y Mignedd Race 11	4.1m	7;15pm	Tal y Mignedd CS,Nantle V.	£2 O/D	
12	12/06/24 Hotfoot up Famau	3.5m	7;30pm	Bwich Penbarras	£4 O/D	Yes S
13	15/06/24 Holyhead Mt	6.8m	12 noon	Holyhead breakwater Pk LL651YG	£5 O/D	Yes L
	18/06/24 Abergwyngregyn Race 12	4.5m	7;15pm	Abergwyngregyn	£2 O/D	
14	23/06/24 Moel y Gamelin	10m	11.00am	Ponderosa Cafe,Horseshoe Pass	£5 O/D	Yes L
15	???? Robbie Webster Wobbler	6m	7;15pm	Forest Hills,Frodsham	Pre-Ent	Yes L
	25/06/24 Llanberis (Pres.Night)	2m	7.00pm	Padarm Lake Htl	£2 O/D	
16	26/06/24 Nant Gain	4.7m	7;30pm	Cilcain Waterwks CH7 5PE	£3 O/D	Yes S
17	03/07/24 The Druid	5m	7;30pm	Druid Inn.Llanferres	£4 O/D	Yes S
18	07/07/24 Speckled Cow	8m	11;30am	Alwyn Reservoir	Pre-Ent	Yes L
19	???? Moely Relay	2m ish	7;15pm	Plas Dolben Farm ,Llangynhafal	£15.00	Yes S
	14/07/24 Team Fell Enduro	10.3m	11.00am	Bwich Penbarras	£ ??	
20	17/07/24 The Green Green Grass	5m	7;30pm	Golden Lion,Llangynhafal	£5 O/D	Yes L
21	20/07/24 Gyrn Gallop	7m	1.00pm	Rhiwlas Village,Nr Oswestry	£7 FB4	Yes L
22	24/07/24 Ponderosa	4m	7.00pm	Ponderosa Cafe,Horseshoe Pass	£5 O/D	Yes S
23	08/08/24 Chirk Relays	2m x 3	7.00pm	Chirk Castle	?	Yes S
24	11/08/24 Norman Conquest	7.5m	11.00am	Ponderosa Cafe,Horseshoe Pass	£5 O/D	Yes L
	17/08/24 Ras Tri Chopra yr Eifl(3 Peaks)	4.8m	1.00pm	Tafarn y Fic,Lithfaen,Pwllheli	£7 O/D	
25	17/08/24 Rhydycroesau fell run	5.5m	1.15pm	Rhydycroesau,Oswestry	£7 O/D	Yes L
26	26/08/24 Cilcain Show Race	4m	1.00pm	Cilcain Village Hall,CH75NN	£6/8 O/D	Yes S
	01/09/24 Gladstone	9m	1.00pm	Gladstone PH,No Slow'ens	£8 FB4	
27	14/09/24 King Johns Castle	5m	11.00am	Llanarmon yn Lal	£5 O/D	Yes S
28	28/09/24 Carlam Ceiriog Canter	7.2m	2.00pm	Canolfan Ceiriog,Glyn Ceiriog	£6 O/D	Yes L
	13/10/24 Briedden Hills	7.1m	11.00am	Criggion Vill,Shrops	£8 SI Ent	
29	27/10/24 Clwydian Hills Race	9m	11.00am	Cilcain Village Hall,CH75NN	£6 O/L	Yes L
30	01/11/24 Dash in the Dark	4m	7.00pm	Llandegla Forest,LL11 3AA	£4 O/D	Yes S

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31	16/11/24	Penmaenmawr Fell Race	10m	10.30am	Dwygyfylchi,Penn	£11 FB4	Yes L
32	06/12/24	Dash in the Dark	4m	7.00pm	Llandegla Forest,LL11 3AA	£4 O/D	Yes S
	10/12/24	Terrys Tinselly Townbrook Terror	2.3m	7.00pm	Church Stretton	£8 O/D	
33	13/12/24	Trail by Torchlight	5m	7.00pm	Llangollen Leis Centre,LL208TE	£6 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

Remember there are more races that can be added,also I will up-date with parkruns & pubruns