

C/IC	,,2012 RACES	Name of Race	Venue	Time	Other info
*****	<b>Please note:</b>	<b>C = Club Championship</b>	<b>IC = Interclub Championship</b>		
	<b>JANUARY</b>				
	Sun 29 Jan	Team Pursuit Crymych	Crymych Leisure Centre	11am	<b>ROAD</b>
	<b>FEBRUARY</b>				
		Gwent Cross-Country League			
<b>C1</b>	Sun 12 Feb	<b>CARDIGAN VALENTINES 10 km</b>	Cardigan Rugby Club	11am	<b>ROAD</b>
<b>C2</b>	Sun 12 Feb	<b>TREGARON 1/2 MARATHON</b>	Ras Cors Caron, Brenig, Station Rd	11:00 AM	<b>ROAD</b>
	Sun 19 Feb	Llanelli 10m			
	Sun 26 Feb	Ras Gwyl Dewi	Llandewi Brefi, Village Hall/Rec.Ground	12 noon	<b>ROAD</b>
	<b>MARCH</b>				
	Sun 4 March	Llanelli 1/2 marathon			
		Coastal Endurance Little Haven	Marathon + 1/2 marathon + 10K		
<b>TBC</b>	Sun 11 March	LLYS Y FRAN TIME TRIAL	30 sec. Intervals	11.00 am	<b>OFF-ROAD</b>
		Gwent Cross-Country League	Singleton Park, Swansea	12.50/2.20	Ladies/Men
	Sat 17 March	Rhyader Round The Lakes	20 m 1pm; 5m 1.30pm	1:00 PM	
	Sun 25 March	San Domenico 20 m	Merthyr College, M.Tydfil	1:00 PM	
	<b>APRIL</b>				
	Sun 1 April	Pembs Duathlon	Neyland 5K run+22K bike+2.5K run	8.30am???	
<b>C3/IC1</b>	Sun 8 April	<b>TEIFI 10 - 10m</b>	Lampeter Rugby Club	12 noon	<b>Pre-entry only</b>
<b>C4 TBC</b>	Sun. 15 April	<b>FISHGUARD SEA CADETS 10K</b>	Parrog, Goodwick	11:00 AM	<b>ROAD</b>
	Sun 15 April	Great Welsh Marathon	Millennium Coast Park, Llanelli		
	Sun 22 April	London Marathon			
		Run 4 the Bus	Nation Botanic Gardens		
<b>C5</b>		<b>NEWPORT BAY 10K</b>	Parrog Newport, Pembs	3.30pm	<b>ROAD</b>
	<b>MAY</b>				
	Sat 5 May	Red Kite/Sialens Barcud Coch11m	Nant yr Arian,10m from Aberystw,A44	13h	Walk 11h
	Sun 6 May	Devil's Race/Ras y Daifol 18m/30K	Caravan Park, Devil's Bridge	11h	
<b>C6/IC2</b>	Mon. 7 May	<b>CWRTNEWYDD 4m Fun Day</b>	Cwrtnewydd School, Llanbydder	1.30 pm	
	Mon 7 May	Carmarthen Mayors 5K	Guildhall Square	12.15pm	
<b>C7/IC3</b>	Sun 13 May	<b>JAN YOUNGER 10K, NEYLAND</b>	Brunel Quay,Neyland	11 a.m.	<b>ROAD</b>
	Tues 8 May	Swansea Bay 5K series 1	Blackpill, Swansea		
		Elan Valley 5K (1)			
<b>C8/IC4</b>	Sun. 20 May	<b>SARN HELEN 16.5m hill race</b>	Lampeter Rugby Club	11 a.m.	<b>Junior 10.30</b>

<b>C9/IC5</b>	Fri. 25 May	<b>TALLEY 5K RAS Y LLYCHAU</b>	Edwinsford Arms Hotel, Talley, Llandeilo	7:00 PM		
	Sat 26 May	Cader Idris Mountain Race				
<b>TBC</b>	Sun. 27 May	Emlyn Runners 10K	Newcastle Emlyn Leis.Centre	11:00 AM		
		Elan Valley 5K (2)				
	Sun 27 May	Pembs Go Tri 1	Haverfordwest Leisure Centre	8:00 AM		
	<b>JUNE</b>					
<b>C11/IC6</b>	Sun 3 June	<b>T.R.O.T.S DAMBUSTER 10K</b>	Llys y Fran	11:00 AM	<b>OFF-ROAD</b>	
<b>C10</b>	Mon. 4 June	<b>DINAS HEAD 4.5 miles</b>	Pwllgwaelod	11:00 AM	<b>MULTITERRAIN</b>	
	Sat 9 June	Man v Horse 22m	Llanwrtyd Wells	11:00 AM	<b>OFF-ROAD</b>	
	Sun 10 June	Wales Marathon	Tudor Square, Tenby			
		Elan Valley 5K (3)				
	Sat 9 + Sun 10 June	Welsh Castles Road Relay	210 miles Caernarfon - Cardiff		<b>ROAD</b>	
	Tues 12 June	Swansea Bay 5K series 2	Blackpill, Swansea			
	Sun 17 June	Llanelli 10K	Llanelli Festival Fields	11am	<b>ROAD</b>	
	Fri 22 June	Ras yr Hafod 10K trail race	nr Aberystwyth	6.30 pm		
<b>C12/IC7</b>	Fri. 29 June	<b>FELINFACH 6m</b>	Felinfach School, Lampeter	7.30 pm	<b>ROAD</b>	<b>Junior 6.30</b>
		Run for Bus Tenovus 5K	Bandstand, Marine Parade, Aberystw.	12h		
		Bwlch y Groes 10K Multiterrain	Bwlch Y Groes Old School, nr Crymych	7.30 pm	<b>MULTITERRAIN</b>	
	<b>JULY</b>					
		Pembs Coast Tri, Broad Haven	1500m swim + 43K bike + 10.2K run	9.30 am?		
<b>C13</b>	Sun 1 July	<b>SILVER VALLEY 10K</b>	Hermon old school, Glogue, nr Crymych	11:00 AM	<b>MULTITERRAIN</b>	
		<b>Llanelli 5K</b>	Leisure Centre	6.30 pm		
<b>C14 TBC</b>	Fri 6 July	<b>RAS FRENNI 8m</b>	Canolfan Hamdden Preseli, nr Crymych	7:00 PM		
<b>C15/IC8</b>	Tues. 10 July	<b>1st CARDIGAN POPPIT SANDS 5K</b>		7.30 pm	<b>ROAD+BEACH</b>	
	Tues 10 July	Swansea Bay 5K series 3	Blackpill, Swansea			
	Sun 22 July	Pembs Go Tri 2	Crymych Leisure Centre	8:00 AM		
<b>C17/IC9</b>	Tues. 24 July	<b>2nd CARDIGAN POPPIT SANDS 5K</b>		7.30 pm	<b>ROAD+BEACH</b>	
	Sat 28 July	Snowdon Mountain Race 10m	Llanberis. Online entry from 1 May!!!!		<b>OFF-ROAD</b>	
	Sat 28 July	Really Wild Race 5m	St Davids	11:00 AM	<b>ROAD</b>	
<b>C16</b>	Sun 29 July	<b>TENBY 10K</b>	Tudor Square	11:00 AM	<b>ROAD</b>	
	<b>AUGUST</b>					
	Fri 3 Aug	Ras y Mydfai 4m + 8m	Mydfai Village Hall, turn R at Llangadog	6PM	<b>between Llandeilo + Lland</b>	
<b>IC12</b>	Sun 5 Aug	<b>INGLI RUNNERS R.N.L.I. 10K</b>	Goodwick Parrog	11:00 AM	<b>ROAD</b>	
<b>C18/IC11</b>	Tues. 7 Aug.	<b>3rd CARDIGAN POPPIT SANDS 5K</b>		7.30 pm	<b>ROAD+BEACH</b>	
		Llansteffan 5				

<b>C19/IC10</b>	Sun 12 Aug.	<b>CARDIGAN RC MAYORS 10K</b>	Cardigan Rugby Club	11:00 AM	<b>ROAD</b>	
<b>TBC</b>		Swansea 5K and 10K				
	Sun 19 August	Pembs Go Tri 3	Tenby Leisure Centre	8:00 AM		
<b>C20</b>	Sat 25 Aug	<b>RAS BECA 5m MOUNTAIN RACE</b>	Crosswell, nr. Crymych	2.30 pm	<b>OFF-ROAD</b>	
<b>C21/IC13</b>	Sun 26 Aug	<b>TROTS 10K Club Race</b>	St Clears	11:00 AM	<b>ROAD</b>	
		<b>SEPTEMBER</b>				
		Chevron Team Challenge	Neyland			
	Sat 1 Sep	Preseli Bluestone Fell Race	Crymych Leisure Centre	12 noon		
<b>TBC</b>		Pembs Challenge, Neyland	Team of 4:bike+row+run			
	Sun 9 Sep	Cardiff 10K				
		Poppit Sands Aquathlon	time TBC	9 am ???		
<b>TBC</b>		DYFI 8m (forest roads)	Tan y Coed picnic site, Panperthog	11:00 AM	<b>A487 north of Machynlleth</b>	
	Sun 9 Sep	Ras Dai fryn, Tegryn	Butcher's Arms, Tegryn	11:00 AM	<b>MULTITERRAIN</b>	
	Sun 16 Sep	Iron Man Wales	Tenby	7:00 AM		
		Abercych 4m - Cardigan RC	Penrhiw Inn			
	Sun 23 Sep	Pembs Go Try 4	Fishguard Leisure Centre	8:00 AM		
	Sun 23 Sep	Swansea Bay 10K				
<b>C22/IC14</b>	Sun 30 Sep	<b>PEMBS 1/2 MARATHON + 10K</b>	Dale (only half-marathon = IC points)	11/11.15 am	<b>ROAD</b>	
		<b>OCTOBER</b>				
	Sun 14 Oct	Aberystwyth Twin Peaks			<b>OFF-ROAD</b>	
	Sun 14 Oct	Cardiff 1/2 marathon		9:00 AM		
	Sun 14 Oct	Ron Skilton 1/2 marathon	Llantwrtyd Wells	11AM		
	Sat 27 Oct	Snowdon Marathon	Llanberis			
		<b>NOVEMBER</b>				
<b>C24/IC15</b>	Sun 11 Nov	<b>CARDIGAN RC DAMN GOOD RACE</b>	Llys-y-Fran Main Car Park	11:00 AM	<b>OFF-ROAD</b>	
<b>TBC</b>	Sat 18 Nov	Elan Valley 10m	E.Valley Visitor Centre, Elan Village	1pm	<b>ROAD</b>	
<b>C25 TBC</b>		<b>Sospan 10m</b>	Pembrey Park		<b>MULTITERRAIN</b>	
<b>C26/IC16</b>	Sun. 25 Nov.	<b>RAS Y MAST 6.5 m</b>	Blaenwern Holiday Centre, Llanbyddr	1:00 PM	<b>MULTITERRAIN</b>	
		<b>DECEMBER</b>				
		Aberystwyth 10K	Plascrug Leisure Centre	1.30 pm		
<b>TBC</b>		Llandysilio Santa Claus 5K		2:00 PM		
	Sun 16 Dec	Merthyr Mawr Xmas Pudding	Merthyr Mawr	10:00 AM		
	Wed 26 Dec.	<b>BOXING DAY 7 m</b>	Crymych Rugby Club	12 noon	<b>ROAD</b>	