

the 44th /Yn 44eg

Tour de Llyn Llydaw

THE ULTIMATE RUN

Tuesday/Dydd Mawrth 1st January 2019



AROUND LLYN LLYDAW,
From Pen-y-Pass Youth Hostel
Starts from 10am onwards
Run, Jog, Walk



Maybe Soup & roll
Back at the Hostel



WFRARegistered , their Rules apply
See [Race Information Sheet](#) for
further route and safety information

Max 100 competitors

Organiser, H. Lloyd, 37 Stockleys Rd., Headington, Oxford OX3 9RH harveyrichlloyd@gmail.com
01865 750067 or just before 01286 870428

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