

CHRISTMAS HOME DELIVERIES

WEEK 51

Monday 16th December

Bristol

Tuesday 17th December

Great Northern Run (GNR)

Sunny Pembrokeshire Run (SPR)

Wednesday 18th December

Cardiff

Ammanford

Thursday 19th December

Swansea

Carmarthen

Friday 20th December



Aberystwyth

Saturday 21st December



Cardiff, Ammanford and Bristol

Sunday 22nd December



Swansea and Carmarthen

WEEK 52

Monday 23rd December



Sunny Pembroke Run and Great North Run

WEEK 1

Monday 30th December

Bristol

Tuesday 31st December

Sunny Pembroke Run and Great North Run

Wednesday 1st January

Ammanford

Thursday 2nd January

Swansea, Carmarthen and Cardiff

Friday 3rd January

Aberystwyth