



2015

Welsh Castles Relay Reference Book



6 & 7 June 2015

Les Croupiers Running Club

Welsh Athletics Race Licence:
South R.A.C.-RR-0021

REFERENCE BOOK

Introduction

Welcome to the Welsh Castles Relay 2015. This is the 33rd running of the race, again a remarkable achievement for an event of such complexity. Your cooperation is vital to help run the event smoothly and safely.

Please read through this document carefully as there are NEW changes this year.

ESSENTIAL INFORMATION: All information required by team captains is contained in this reference book. Please copy all relevant information to runners, marshals and drivers.

SAFETY: Please stress to your runners and supporters that they must comply with the instructions of marshals and officials at all times. Instructions are mandatory, not optional.

We will not hesitate to apply a penalty or disqualification if any runner endangers their own life, or indeed the lives of others, by ignoring the race rules or instructions from marshals.

MARSHALS:

- The role of marshals is paramount in ensuring the safety of all who take part. It is the responsibility of the team captain to ensure their team fully understand IN ADVANCE what they have to do, where they need to be and when they need to be there.
- Penalties will apply this year if marshals do not turn up for duty or do not stay in place until officially released by the sweep vehicle.

TRANSPORT: Please use shared transport only to help keep race traffic to a minimum.

OTHER IMPORTANT CHANGES THIS YEAR INCLUDE:

Team vest/shirt - runners must wear identical team vest with team number visible. This is now an official ruling.

Day 1 Pre Race Briefing – at Arfon Leisure Centre at 08:30 followed by the race start at Caernarfon Castle at 10:00

Stage 19 at Quakers Yard – slightly amended (see B.15)

We look forward to seeing you in June, and hope that you enjoy the challenge of this race.

Good luck on behalf of us all.

Welsh Castles Relay is organised by John Griffin and Phil Cook (Race Directors), Amanda Thompson (Race Administrator), Mike Davies (Marshals & Officials Coordinator) and Jeff Aston (Referee/results). John Upstone provides the online registration and results service. Tim O'Sullivan assists us with the website. They are assisted by a **large number** of officials and marshals, whom we thank for their continued enthusiasm and dedication to the race.

We extend our thanks to Brecon Carreg, Mizuno and Run & Become who continue to give us invaluable support.

CONTACT NUMBERS

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wcr.squarespace.com

OPEN CATEGORY

Team No.	CLUB
1	Aberdare VAAC
2	Abergele Harriers
3	Aberystwyth AC
4	Altrincham & District AC
5	Bitton RR
6	Brackla Harriers
7	Brecon AC
8	Bridgend AC
9	Bromsgrove & Redditch
10	Chorlton Runners
11	Clevedon AC
12	Denbigh Runners
13	Ealing Eagles
14	Ellesmere Port RC
15	Great Western Runners
16	Haarlem Globetrotters
17	Islwyn RC
18	Les Croupiers RC
19	Lliswerry Runners
20	Lytham St Annes
21	Manchester YMCA Harriers
22	Neath Harriers
23	Penarth & Dinas Runners
24	Pontypridd Roadents
25	Port Talbot Harriers
26	Prestatyn RC
27	Run4All Neath
28	Sale Harriers
29	Salford Harriers
30	San Domenico RC
31	Sarn Helen Club
32	Serpentine
33	Southville RC
34	South West RR
35	Stragglers
36	Stroud & District
37	Thames Hare & Hounds
38	TROT
39	Vale Royal AC
40	Westbury Harriers
41	Winchester & District AC
42	Wigan Phoenix
43	Wirral AC
51	Team Bath

LADIES CATEGORY

Team No.	CLUB
44	Bitton RR Ladies
45	Ealing Eagles Ladies
46	Les Croupiers RC Ladies
47	Lliswerry Runners Ladies
48	Sale Harriers Ladies
49	Serpentine Ladies
50	Southville RC Ladies

MASTERS/VETERANS CATEGORY

52	Chorlton Runners Vets
53	3M Gorseinon Vets
54	Les Croupiers RC Vets
55	Middleton Harriers Vets
56	Serpentine Vets
57	South West RR Vets
58	Swansea Harriers Vets
59	Team Bath Vets
60	Telford Harriers Vets

BUSINESS HOUSE CATEGORY

61	Burges Salmon LLP
62	Environment Agency
63	Natural Resources Wales
64	South Wales Police
65	Turner Broadcasting

A. Information for team captains

A.1 Entry rules

1. Each team must have 20 runners. Additional runners as reserves are recommended.
2. Each runner may run over one stage only, for one team only. He or she may run for a Business House, if eligible, as well as his or her affiliated team, but **not** on the same leg.
3. Mixed teams of male and female athletes are permitted for the Open, Veteran and Business House teams.
4. Only **first claim** runners may run for affiliated teams, with **no exceptions**.
5. Runners must wear identical club or team vest/shirt with the appropriate team number clearly identifiable.
6. Runners for Business House teams must be a **current employee** of the business concerned, or a spouse, son, or daughter of such an employee.
7. Veterans are **males aged 40+ and females 35+** on the day of the race.
8. Teams are accepted on the understanding that they will supply marshals as requested. The Team Captain must ensure marshals are fully briefed in advance and provide marshalling duties until formally released by the sweep vehicle.
9. Runners aged 17 years upwards may run any stage. Runners aged 16 to 17 years may only run stages that are less than 9.94 miles (16K). Age on race day.
10. Teams are accepted into the race on the understanding that all rules within the reference book will be adhered to, understanding that penalties will apply.

A.2 Risk management: Code of Practice

The organisers follow the requirements specified in the Run Britain 'Road Race Handbook' and Home Office 'Good Practice Safety Guide'. A thorough assessment of the risks along the route was undertaken during March 2015. A survey of the route will be undertaken again a couple of weeks in advance of the event. The measures taken include:

	Measure	Notes
1	Advanced signing on approach to course	Warning signs will be posted to warn traffic at all changeovers.
2	Safety signs every mile	Safety signs will be placed at all locations indicated in the route description. It is not thought necessary to provide notices at other locations, since there is no risk that traffic will not be aware of the presence of runners.
3	Safety briefing to all competitors	All competitors will be asked to sign their agreement to the safety provisions put in place for the race. At the start of each stage the competitors will be reminded that they have made this agreement and afforded the opportunity to raise any questions.

4	Safety briefing to all marshals	<p>There are three categories of marshals:</p> <p>Full-time</p> <p>These marshals will be on duty at every changeover. They are fully briefed as to their duties and responsibilities prior to race day. One of these duties is to coordinate the one-time marshals assigned to the changeover to ensure they understand their duties and are in the correct locations.</p> <p>Flying Marshals</p> <p>These are experienced marshals who will be on duty at specific crossing points to support the one-time team marshals in order to reduce the risk to runners. They are fully briefed as to their duties and responsibilities prior to race day.</p> <p>One-time</p> <p>These marshals will be on duty at each of the stated marshalling points along the route. They are drawn from the competing teams.</p> <p>Their Team Manager/Captain will fully brief them on their responsibilities and duties prior to race day and also provide them with copies of the relevant documentation.</p>
5	Compliance with traffic law by competitors / officials / marshals	<p>All participants are advised that they must at all times not only comply with traffic law, but also be considerate when parking so as not to disturb the general public. For safety reasons the marshals at each of the starts will ask the traffic to wait for a few moments so that the runners can get away.</p>
6	All marshals to wear hi-vis clothing	<p>All marshals will be supplied with a high visibility tabard.</p>
7	Advanced liaison with interested parties	<p>All Police Forces and Councils through which the race passes are notified of the event. When route amendments are suggested by an authority these are discussed and can be incorporated.</p>
8	Event vehicles to be identifiable	<p>All official vehicles will be clearly marked. All teams will be provided with additional numbers to affix to the support vehicles.</p>

A.3 Race licence and insurance

This Registration, in conjunction with Membership of Welsh Athletics, includes Third Party Liability Insurance cover (Limit of Liability: £20,000,000 any one accident or occurrence). For details contact UK Athletics, Backstraight Stand, Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR.

Although we carry public liability insurance please remind all runners, spectators and officials that they take part in this event entirely at their own risk and neither Les Croupiers Running Club nor the organisers bear any liability for any loss, damage or injury to anyone taking part or supporting.

A.4 Ensuring the safety of runners, supporters and the general public

Our paramount concern must always be for the safety of runners, supporters, officials and the public.

Please stress the point among your team members that they must comply with the instructions of marshals and other officials. **Instructions are mandatory**, not optional.

If you perceive that some action by person associated with the race may compromise safety, please act, do not look the other way. You must inform a race official.

A.5 Communication during the race

Unfortunately there are many dead spots along the route where there is poor/no mobile phone reception. There is nothing we can do about this. Nevertheless, we record the mobile phone numbers of all team captains and deputies.

If something serious happens we will try to alert all by phone calls, texts and word of mouth. Please keep an eye on your phone during the race.

In the event of needing to request medical assistance from the British Red Cross, please see section B.7.

A.6 Responsibilities of the team captain

Please find below a description of the main responsibilities. It is advised that the Team Captain recruits a deputy or team manager to share these responsibilities.

Responsible for communication with the Race Administrator pre-race.
Establishing a team and reserves, then informing all the team and deputy who they are.
Registration of the squad of runners using the online registration website of the Results Service.
Ensuring the squad disclaimer form is signed by every runner who might participate and submit by deadline.
Distribution of the relevant section of this reference book to runners (including reserves) plus the route description for the stage to be run. Ensuring that runners: <ul style="list-style-type: none"> • know what to do, where to be and when. • know the race rules. • know their team and squad numbers. • know the route of their stage.
Distribution of the relevant section of this reference book to the marshals plus details of the stages for which the team is responsible. Ensuring that marshals are: <ul style="list-style-type: none"> • fully briefed in advance on their duties and responsibilities. • competent to perform marshalling duties (and adults only) • Stay in place for full duration of the stage until officially released.
Use shared transport for the team. Distribution of relevant section of this reference book to the drivers. Ensuring that the drivers are:

- Display the team number in the windows of vehicles
- Fully briefed on their duties and responsibilities
- Aware of the routes, stage start times and likely finish times
- Using maps as well as sat-nav (which is often not accurate in rural areas)
- Allowing sufficient time to get runners to and from their stages on time, bearing in mind traffic congestion is inevitable
- Parking in a responsible and considerate manner.

Ensure that team officials meet for the race briefing at Arfon Leisure Centre, 08:30 Saturday

To take responsibility for the behaviour of their runners and team supporters during the event. This includes the behaviour of those using the overnight facilities at Leisure Centres and campsite.

Ensuring all supporters comply with race rules, including the strict non feeding of runners on stage 8.

Responsible for communication with race officials during the event.

Responsible for checking stage results and notifying officials of any corrections or queries ASAP.

A.7 Pre-race briefing and Race Start

All team captains (deputy or manager) must attend the race briefing at Arfon Leisure Centre, Caernarfon at 08:30 on Saturday morning.

At the briefing we issue your team's marshalling bibs and inform you of any last minute race changes. Please be there, the briefing is important.

Race start time (Stage 1) at the gates of Caernarfon Castle is 10:00 on Saturday.

A.8 Presentation ceremony

The finish and awards presentation will be within Bute Park, close to Cardiff Castle. Unfortunately due to the rise in hire fee and other restrictions placed on us this year by Cardiff Council, we are unable to use the inner Castle grounds. **Please put a strong runner on stage 20 so they do not miss the presentations.**

A.9 Prizes and Awards

The Castles is primarily a team event, but individual achievement is also recognised.

Team awards

Whole race: the shortest cumulative time over all 20 stages.

- 🏆 1st open team – trophy and 20 individual awards
- 🏆 2nd open team – 20 individual awards
- 🏆 3rd open team – 20 individual awards
- 🏆 1st ladies team – trophy and 20 individual awards
- 🏆 1st veterans team – trophy and 20 individual awards
- 🏆 1st Business House team – trophy and 20 individual awards

Mountains stages: the shortest cumulative time over the six designated mountain stages.

- 🏆 First team: Kings of the Mountains (open to all categories)
- 🏆 First ladies team: Queens of the Mountains (open to Ladies category only)
- 🏆 First veterans team: Monarchs of the Mountains (open to Veterans category only)

Note. No team may win more than one prize.

Individual awards

All stages

†	Stage winner:	A commemorative shirt
†	First lady:	A commemorative shirt
†	First veteran:	A commemorative shirt

Mountain stages

†	Stage winner:	Trophy
†	First lady:	Trophy
†	First veteran:	Trophy

The rule about multiple prizes again applies. The first veteran may of course be male or female.

Each individual completing a stage will receive a commemorative T-shirt.

Jeff Wood Award

This year's the Jeff Wood Award will be presented for Stage 4. The Award is presented to the first veteran (male or female from any team category) over the age 50, so you may wish to consider this when choosing your runner for this stage.

In the 1998 Welsh Castles Relay, Jeff Wood, a founder member of the club and a much loved character, collapsed within yards at the finish of Stage 1 and died while running for the Les Croupiers veterans team (a finishing time of 01:29:22 was recorded). The 'Jeff Wood' Memorial Award is given every year to the first over 50 veteran to finish the nominated 'Jeff Wood stage' –a non-mountain stage as Jeff didn't like hills!

A.10 Penalties

The following penalties will apply. The organisers do not want to be draconian about this, but the penalties reflect the need to ensure safety, race etiquette and fair play at all times. **Team captains should ensure all members of their team (and supporters) are aware of these:**

<p>Runner failing to show on time at start of stage</p> <p><i>To avoid this please allow plenty of time to travel as traffic congestion is likely!</i></p>	Cut off time (see table B.15) plus 15 minutes
Failure to submit a runner to run the stage	Cut off time (see table B.15) plus 15 minutes
Cutting corners or crossing road (unless instructed to do so by police or marshal)	5 minutes on each occasion, cumulative, and disqualification on 3 rd occasion
Wearing audio devices whilst running	15 minutes per runner, per stage
Training or cycling on the course	5 minutes for each occasion
Feeding a runner from a moving vehicle	15 minutes
<p>Feeding a runner on stage 8</p> <p><i>Take from authorised water stations only.</i></p>	15 minutes
Pacing	5 minutes
Penalty or disqualification for other reason (breaking of any other rule or regulation as stated in the reference book)	Cut off time (see table B.15) and 15 minutes

A.11 Results

The display of results on the boards will depend on local circumstances, however Jeff Aston plans to put them up at end of stages 3, 6, 10, 11, 14, 16 and 20. Team captains should notify officials with any corrections or queries with regards to the results as soon as possible.

TEAM CAPTAINS MUST ENSURE THEIR RUNNERS ARE FULLY BRIEFED IN ADVANCE AND COPY THIS INFORMATION TO THEM.

B. Information for runners

We hope this is a safe and enjoyable weekend for all concerned. Please cooperate with the marshals and officials. Also please show consideration for the public and other road users as to continue this race in future years we need their support.

We will not hesitate to apply a penalty if any runner endangers their own life, or indeed the lives of others, by ignoring the race rules or instructions from marshals.

B.1 Race rules

1. Each stage has a cut off time - the maximum time that will be applied to any runner who has been recorded by the 'Starter' and who participates with the intention of completing the stage. If a team fails to get a runner to run the stage the cut-off time plus 15 minutes will apply. Officials will ask any runner not expected to complete the stage within the cut off time to leave the course and you must comply with this instruction.
2. Runners are timed over their stage, and the times for all stages are summed to give the total team time.
3. Runners must wear the identifying club vest with team number on both the front and back.
4. Pacing or protecting a runner from wind is not allowed.
5. It is the runner's responsibility to follow the correct route. Maps and instructions will be supplied to each team. There is no lead vehicle on any stage of the race.
6. Runners must keep to the left hand side of the road at all times, except when instructed otherwise. If a runner is observed breaking this rule they will receive an automatic **five** minute time penalty. **Note:** This will be a cumulative penalty: the second incident will incur a ten minute penalty and a third report will result in disqualification.
7. The wearing of IPODs/MP3 players or other similar devices while competing is forbidden on the grounds of health and safety. A penalty of the stage cut-off time plus 15 minutes will be imposed on any runner/team seen to be using such equipment.
8. The use of water cannons and water pistols are not permitted.
9. The prize for the first veteran (male or female) on a leg is given to the first veteran after the first runner on the leg. If the stage winner is a veteran, the prize will therefore go to the next veteran to cross the finish line.
10. No training or cycling is allowed on the route of a stage during the running of that stage. Such activities may result in a penalty given.

B.2 Race numbers

- Each runner must have two numbers, one fixed on the front and one on the back.

Veteran runners must ensure that the identifying 'V' on their front is visible. Veterans are male 40+ years and female 35+ years.

Female runners must ensure that the identifying 'F' on their front is visible.

Senior men (under 40+) should remove the 'V' and 'F' from the race number.

NB: Failure to comply with the above is likely to result in failure to score or be handed prizes.

Know your squad number

Each runner needs to know their individual squad number – this is the number allocated when they were registered online. This number needs to be given by each runner at roll call for the start of their race.

For same-club teams: if a runner has to step in for a different (but same club) team, then they need to wear the revised team number BUT still give their original squad number. Explain the circumstances to the Starter.

NB: Failure to comply with the above is likely to result in failure to score or be handed prizes.

B.3 The start of each stage

When the Starter is ready, please make yourself known and give **your team number and individual squad number** within the team. **Knowing your squad number is essential.** Without the squad number you will appear in the results as an unknown runner.

If you are late we will not delay the start and your team will have to miss the stage and incur a time penalty (Race Rule 1). Be on time and stay close to the start!

When the Starter has registered all runners, and within a few minutes before the start of the stage, he will call out the name of each team. Please make yourself heard when your team name is called.

Immediately after this roll call, all runners will be shepherded to the start line. There may be several instructions on safety matters (please listen carefully), but the stage will be started within a couple of minutes.

If you must answer a call of nature before the start of the race, please be discreet! Use proper facilities where available.

B.4 Etiquette and safety on each stage

There will be a safety vehicle following each leg advising other road users that a race is in progress. There are also two fully equipped British Red Cross vehicles with medically skilled staff.

The roads will not be closed. Runners must run in accordance with the directions described in the route description and as instructed by the race marshals. Runners should only cross the road at the designated crossing points and when directed by the race marshals. Normally run on the left hand side of the road but follow the directions given by marshals.

Any runner who is observed breaking this rule will receive an automatic five minute time penalty. Two separate reports mean ten minutes; three reports mean runner will be disqualified.

B.5 Hydration

Teams are encouraged to hand out water to all runners but on some stages access can be difficult so if in doubt, please run on a self sufficient basis. Runners are given water at the finish of each stage.

Stage 6: Two water stations will be provided on Stage 6, the first at 3 miles will supply a bottle and the second at 8.5 miles will be in a cup.

Stage 8: Three water stations will be available on Stage 8 at 1.75, 4.8 and 7.9 miles, using cups.

For safety reasons there must be no unofficial drinks stations on Stage 8.

A penalty of 15 minutes will be applied to the team responsible for feeding or providing any runner with fluids, whether their own or from another team, on stage 8.

B.6 The route

There are no lead vehicles. Cyclists will lead on off road sections to warn pedestrians that a race is coming their way. It is each runner's responsibility to know the route, but there should be marshals at all points where there is a need to cross a road as indicated in the route description. Each runner must make themselves familiar with their stage.

Every attempt will be made to put prominent route markers at significant locations (yellow painted arrows). There are no mile markers. A '1 Mile' to go sign will be placed where possible.

When you reach the finish line, the Timekeepers will record your time and number. Do not distract the Timekeepers by asking for your time or place.

After finishing runners must not re-cross the finish line nor run back along the stage. Failure to comply will compromise your time and team's position.

B.7 Medical support

Medical support is provided by two teams of the British Red Cross, who will follow each stage of the race.

In the event of a runner or a supporter requiring medical attention contact the RED CROSS on giving the incident detail and location. Contact numbers will be circulated as soon as confirmed. Please remain at the scene and do not transport the casualty to any other point. Make sure that the Red Cross will be able to find you quickly by being visible; do not place the casualty in a vehicle.

Should you be unable to contact the Red Cross, please phone the Event First Aid based at Headquarters **(07720 038610)** using a land line and they should be able to contact the teams using their radio communication system or telephone the Race Directors (John Griffin 07891 453972 Phil Cook 07968 374467).

If the incident is of a more serious nature firstly dial 999 and then inform the RED CROSS medical crew of your actions.

B.8 Serious incidents

If you witness an incident – a complaint from a member of the public, a mishap involving a runner, a vehicle or supporter – that should be recorded, please inform a fulltime official and they will contact either the Race Directors in order to complete an 'Incident Form'.

B.9 Late finishers

Every stage has a cut-off time. Timekeepers cannot remain at the finish after the cut off time. If you appear to be in difficulty the safety vehicle official may request that you withdraw from the race. Any runner who insists on continuing against this advice will be reported to the Race Referee and will be treated as if they had not started the stage.

If you fail to finish, the cut-off time will be applied. It is the responsibility of your team to collect you and inform a Timekeeper (at the finish of the stage) that you have withdrawn.

B.10 Spot Prizes

Mizuno has, once again, given us a number of spot prizes. These will be handed out on each stage (1 per stage) to the lucky finishers. The Mizuno spot prize is a £25.00 voucher for Mizuno products available from *Run and Become*, for use in their shops or mail order.

<http://www.runandbecome.com/Home>

B.11 The end of the race in Bute Park, near Cardiff Castle

The finish and presentations area is sited within Coopers Field, to the rear of Cardiff Castle. Results will be processed as quickly as possible to enable a swift announcement of winners.

B.12 Accommodation

Basic accommodation is provided at Arfon Leisure Centre, Caernarfon, on the night of Friday 7 June and similar accommodation on the night of Saturday 8 June at Newtown.

Arfon Leisure Centre, Caernarfon

There will be no access to the Leisure Centre before 9.00 pm and after midnight on Friday 7 June. There is a tea/coffee and other vending machines on site for the evening and the café is usually open for breakfast on Saturday morning from 7 am.

Please note there is no camping available here. We do not have permission to use the adjacent school pitches, so please make use of the indoor facilities.

Maldwyn Leisure Centre, Newtown

There will be no access to the Leisure Centre before 6.00 pm on Saturday 8 June. If you wish to camp please report to the reception in the Leisure Centre first. Tea, coffee and toast will be available on the Sunday morning from the reception area.

The community-run shop/café near the finish area will again be offering breakfast refreshments.

B.13 A link to stage details and maps

Details of all twenty stages of the Welsh Castles Relay race can be downloaded from the following site:

<http://wcr.squarespace.com/updated-2014-stage-maps-map-my/>

B.14. Changeover timetable, cut-off times, records and estimated timetable

Stage	From	To	Stage Mileage	Stage Record Men	Stage Record Ladies	Cut Off Time (minutes)	Estimated Start
1	Caernarfon Castle	Penygroes	9.1	52:26 (2010)	59:46 (2010)	91	10:00
2	Penygroes	Criccieth Castle	10.7	55:34 (2005)	65:52 (2011)	107	11:00
3	Criccieth Castle	Maentwrog	12.3	62:23 (1996)	73:02 (2005)	123	11:55
4	Maentwrog	Harlech Castle	9.5	50:07 (2003)	54:37 (2011)	95	13:00
5	Harlech Castle	Barmouth	9.6	50:08 (2013)	61:33 (2010)	96	13:50
6	Barmouth	Dolgellau	10.7	57:02 (2011)	63:23 (2005)	107	14:40
7	Dolgellau	Dinas Mawddwy	9.5	51:51 (2012)	63:12 (2012)	95	15:35
8	Dinas Mawddwy	Foel	10.8	58:29 (2014)	68:40 (2012)	108	16:25
9	Foel	Llanfair Caereinion	8.5	43:32 (2004)	48:34 (2011)	85	17:10
10	Llanfair Caereinion	Newtown	13.1	71:04 (2012)	88:03 (2013)	131	17:50

Overnight stop at Newtown Leisure Centre Approx. 9.00 pm - 6.30 am

11	Newtown	Llanbadarn Fynydd	12.3	63:40 (1998)	73:57 (2000)	123	07:00
12	Llanbadarn Fynydd	Crossgates	11.2	53:33 (1993)	64:25 (2010)	112	08:05
13	Crossgates	Builth Wells	10.6	52:19 (1998)	62:51 (2009)	106	09:00
14	Builth Wells	Drovers Arms	10.8	60:41 (2012)	77:14 (2012)	108	09:55
15	Epynt Visitor Centre	Brecon	12.8	66:36 (2009)	77:22 (2013)	128	10:55
16	Brecon	Beacons Reservoir	8.8	49:12 (2012)	54:19 (2005)	88	11:55
17	Beacons Reservoir	Cyfarthfa Castle	9.2	46:38 (2008)	53:55 (2005)	92	12:40
18	Merthyr Tydfil (Rhyd-y-Car Centre)	Abercynon (Navigation Park)	9.1	50:07 (2005)	49:52 (2012)	91	13:40
19	Abercynon (Navigation Park)	Nantgarw	7.7	39:57 (2013)	47:43 (2013)	77	14:25
20	Caerphilly Castle	Cardiff Castle	10.7	55:34 (2013)	61:13 (2010)	107	15:00

Finish in the park just behind Cardiff Castle at approx. 4.00 pm

B.15. Stage by Stage description of the route.

Saturday June 6th 2015

1 Caernarfon to Penygroes				9.1 miles	Note:- For marshalling locations on this stage up to Dinas Station you need to get to the other side of the estuary before the start of the race.						Caution Signs		
Start 10:00				Marshalling									
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs		
0.00	Start: Caernarfon Castle main gate LL55 2AU. Toilets available	Follow road clockwise around Castle	Traffic	9:45	10:05	29	Abergele Harriers	5	Assist Changeover marshals at the roundabout 50 metres from start, stop traffic, warn pedestrians and direct runners(with support of Flying Marshals Team) particularly at junctions with Castle/Market Square.	2			
0.10	Swingbridge entrance	<u>Turn left</u> across swing bridge	Turning	9:45	10:10	66	Telford Harriers Vets	1	Ensure that footbridge over harbour is clear. Warn public				
0.11	Swingbridge exit	<u>Turn right</u> along coastal road. Run on right hand side	Junction/ pedestrians	09:50	10:10	66	Telford Harriers Vets	1	Ensure that footbridge over harbour is clear. Warn public				
0.15	Coast Road	Cross to left hand side when directed Follow coast road beside estuary. Run on left hand side	Crossing	09:50	10:10	66	Telford Harriers Vets	2	Marshal runners across to left hand side	2			
2.80	Road turns inland	Continue on left hand side	Turning	10:00	10:35	22	Salford Harriers AC	1	Marshal runners to stay on left hand side		2		
3.60	The road (before T junction)	Cross to right hand side when directed	Crossing	10:05	10:40	22	Salford Harriers AC	2	Marshal runners across to right hand side		2		
3.70	T Junction	Turn Right at T-junction Continue on right hand side.	Turning	10:05	10:40	22	Salford Harriers AC	1	Marshal runners to stay on right hand side		2		
3.80	The road	Cross to left hand side when directed	Crossing	10:05	10:40	22	Salford Harriers AC	2	Marshal runners across to left hand side		2		
4.30	Cross roads	There is a signpost with a picture of a duck. <u>Turn left</u> to Dinas, runners go over 'weak bridge.'	Junction	10:10	10:45	22	Salford Harriers AC	1	Marshal runners to stay on left hand side		2		
4.70	Lane on right	<u>Keep left</u> past school.	None	10:10	10:50				No action needed				
5.40	Lane on left	Keep on road.	None	10:15	10:55				No action needed				

5.50	Roads forks	<u>Bear left</u> and join cycle track (Lôn Eifion) adjacent to railway line. N.B. Thus avoiding running over railway bridge.	Junction	10:15	10:55	28	TROT's	1	Marshal runners to bear left to join cycle track		2	
5.55	Gate by Dinas Station	<u>Turn right</u> and run along cycle track.	Cyclists	10:15	10:55	28	TROT's	1	Direct runners through gate and turn right down cycle track.		2	
5.60	Glan-Rhyd, former level crossing	Continue on cycle track over minor road.	Road	10:15	11:00	28	TROT's	1	Marshal runners across road Access via Glan Rhyd church. (See map)		2	
6.00	Gate onto A499/A487 roundabout	Continue right on cycle track.	Turning	10:20	11:00	28	TROT's	1	Marshal runners to continue as specified			
6.02	A499 exit	<u>Cross A499</u> on cycle track when directed	Crossing	10:20	11:00	4	Denbigh Harriers	4	Marshal runners across road		3	
7.30	Groeslon, former level crossing	Continue, past Tafarn Pennionyn, on cycle track over minor road	Road	10:25	11:15	4	Denbigh Harriers	2	Marshal runners across road Access for marshals; turn left off roundabout to Groeslon		2	
7.80	Inigo Jones slate works	<u>Straight on</u>	None	10:25	11:20				No action needed			
9.00	Footbridge leading to former Penygroes Railway station	<u>Turn left</u> over footbridge	Turning/ cyclists/ pedestrians	10:35	11:30	28	TROT's	2	Marshal runners to turn left Control cyclists/pedestrians			
9.10	Finish at Penygroes side of footbridge, near Wynnstay Stores LL54 6NR, Limited parking at Public Car Park LL54 6LY											
										28	4	21

2		Penygroes to Criccieth			10.7 miles				Caution Signs			
Start 11:00												
Stage mileage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	Start: Cycle track (Lôn Eifion) on Criccieth side of roundabout on A487. Toilets available at car park in Penygroes	Run on cycle track towards Criccieth.		Cyclists/ Pedestrians	10:45	12:15		<i>Changeover Marshals Cyclists</i>		Stop parking on main road, direct them to carparks. Lead cycles to Bryncir opening gates on way. Trail cyclist follows last runner and locks gates.	2	
							43	Bitton Road Runners Men	2	Liase & assist changeover marshals to stop parking on main road		
2.70	Former level crossing at Group Cefn Graianog quarry	TG	Continue on cycle track.	Lorries	11:00	11:30	43	Bitton Road Runners Men	1	Marshal runners across road Access for marshals off A487, signed TG Quarry. (2.9 miles by road from start)		2

4.15	Pant Glas crossing		Continue on cycle track.	Cattle/vehicles	11:10	11:45	43	Bitton Road Runners Men	2	Marshal runners to continue as specified		
5.10	Derwyn Fawr Crossing		Continue on cycle track.	Cattle/vehicles	11:15	11:55	55	Lytham St Annes	1	Marshal runners to continue as specified		
5.80	Derwin Bach Crossing		Continue on cycle track.	Cattle/vehicles	11:15	12:00	55	Lytham St Annes	1	Marshal runners to continue as specified		
6.00	Bryncir, at end of track		<u>Turn left</u> towards A487	People	11:20	12:00	55	Lytham St Annes	1	Marshal runners to turn left and run on right hand side Access for marshal on cattle market lane, signed Lôn Eifion		
6.05	End of cattle market, A487		<u>Turn right</u> on to A487. Run on right hand side.	Traffic	11:20	12:00	55	Lytham St Annes	2	Marshal runners to turn right and run on right hand side		2
6.30	Goat Inn (A487/B4411)		Continue on right hand side							No action needed		
6.35	B4411 junction		<u>Turn right</u> onto B4411 signposted CRICCIETH.	Turn	11:20	12:05	25	Vale Royal AC	2	Marshal runners to stay on right hand side		2
6.36	B4411		Cross to left hand side when directed	Traffic	11:20	12:05	25	Vale Royal AC	2	Marshal runners across to left hand side		2
10.40	B4411 Start of pavement		Leave road to Run on Pavement	Parked vehicles	11:40	12:40	25	Vale Royal AC	1	Marshal runners onto pavement (opposite Y Maes road)		
10.60	Top of the green opposite junction	Y Maes	<u>Bear left</u> and run down the green	Bumps	11:40	12:45	25	Vale Royal AC	2	Direct runners onto green between the flower tubs. Warn them of uneven ground.		
10.70	Finish on green on left hand side of B4411 (just before junction with A497). LL52 0HB							Changeover marshals		Get there early before traffic arrives. Place cones on road where runners cross onto the green. Also make sure vehicles go to the carpark. Allocate duties to Ad hoc marshals.		

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3 Criccieth to Maentwrog				12.3 miles						Caution Signs			
Start 11:55													
Stage mileage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	At start				11:40	12:25		Changeover marshals		Direct race traffic into designated car park.			
0.00	Start: on A497, at end of green LL52 0HB. Toilets available		Run on left hand side of A497 towards Portmadoc	Traffic	11:40	12:00	32	Winchester & District AC	3	Assist Start Umpire and Changeover marshals to control traffic.	2		
1.80	Pentrefelin		<u>Continue</u> on left hand side of A497.	Minor road on left, just after 30mph sign	11:50	12:20	32	Winchester & District AC	1	Marshal runners to continue on the left hand side			
3.80	A497/A498		<u>Turn left</u> on to A498. Continue on left hand side to roundabout. Do not cross over	Junction, signposted BEDDGELERT A498	12:00	12:35	21	Altrincham & District AC	2	Marshal runners to turn left and stay on left hand side		2	

4.20	A487/A498 Roundabout	Cross first exit at roundabout (2 carriageways). Run on grass verge to next exit. Join A498. Stay on left hand side.	Roundabout	12:05	12:40	21	Altrincham & District AC	3	Marshal runners across A487 and continue on left hand side of A498 (with support of a Flying Marshal Team)		2
4.60	Tremadog	Continue on left hand side of A498 (Signed BEDDGELERT)	Traffic	12:05	12:45	21	Altrincham & District AC	1	Marshal runners to continue on the left hand side		2
5.90	Portreuddyn Castle	Keep on left hand side and take care around S-bends.	S bends	12:10	12:55	37	Clevedon AC	2	Marshal runners to continue on the left hand side		2
6.60	Prenteg: After 30 mph sign between two sets of cottages	Cross to right hand side when directed	Crossing	12:15	13:00	37	Clevedon AC	2	Marshal runners across to right hand side		2
6.80	Prenteg: B4410 junction	Turn right on to B4410, signposted GARREG, LLANFROTHEN 2. Cross to left hand side when directed.	Junction/ Crossing	12:15	13:05	37	Clevedon AC	3	Marshal runners across to left hand side		2
8.60	A4085 Junction at Garreg	Cross A4085 when directed. Follow B4410 signposted LLANFROTHEN, RHYD. Continue on left hand side	Cross roads	12:25	13:20	8	South West RR	4	Marshal runners across road and stay on left hand side Marshals must also ensure that race traffic does not go on towards Rhyd (with support of a Flying Marshal Team)		3
9.30	Road on right from Llanfrothen	Stay on B4410.	Traffic joining	12:30	13:25				Position signs on B4410		2
10.60	Rhyd	Continue on left hand side through Rhyd	Village	12:35	13:40				Position signs at each end of village		2
12.30	At end			12:45	13:55	36	Haarlem Globetrotters	4	Assist changeover marshals. Direct race traffic into field beyond cottages at the rear of Oakeley Arms car park. Ensure no obstruction of public or bus access.		
12.30	Finish at foot of hill before entrance to Oakeley Arms Hotel.						Changeover Marshals		Get there early. Direct race traffic into field beyond cottages at the rear of Oakeley Arms car park. Ensure no obstruction of public or bus access.		

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4				Maentwrog to Harlech						9.5 miles		Caution Signs	
Start 13:00													
Stage mileage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: Runners assemble at Oakeley Arms and wait to be escorted to the start on the old bridge on right hand side of A487. Toilets available in Oakley Arms.	Run on left hand side along A496 towards Harlech		Traffic	12:45	13:05	36	Haarlem Globetrotters	3	Assist Start Umpire to guide runners down to start and control traffic at start.	2		

2.50	Start of traffic control lights.	Run on left hand side along A496 towards Harlech	Traffic	12:45	13:30	14	M'chester YMCA Harriers	2	Marshal runners to continue on the left hand side		2
3.50	End of Traffic control lights.	Run on left hand side along A496 towards Harlech	Traffic	12:45	13:40	14	M'chester YMCA Harriers	2	Marshal runners to continue on the left hand side		2
4.10	Llandecwyn: Crossroads (Toll road to Penrhyndeudraeth).	<u>Continue</u> on A496.	Junction	13:10	13:45	14	M'chester YMCA Harriers	2	Marshal runners to continue on the left hand side		2
5.20	Talsarnau	<u>Continue</u> on A496	Village	13:15	13:55	33	Wirral AC	2	Marshals at bend in middle of village. Signs at each end of village.		2
6.00	B4573/A496 Junction	<u>Turn right</u> along A496 (signposted HARLECH) as directed. [Ignore B4573 to Harlech] Continue on left hand side.	Junction	13:20	14:00	33	Wirral AC	2	Marshal runners to turn right and run on left hand side. Ensure no corner cutting. Ensure all runners stay on left hand side (with support of a Flying Marshal Team)		2
6.30	Level Crossing	<u>Continue</u> over level crossing.	Trains	13:20	14:05	33	Wirral AC	2	Marshal runners to continue on the left hand side Wait at level crossing and note arrival and departure times for any runners held up by a train. A train is due North at 14.35. A train is due South at 14.17		
6.70	Left hand bend	<u>Continue</u> along A496.	Nasty bend	13:20	14:10	33	Wirral AC	1	Marshal runners to continue on the left hand side		2
9.30	Texaco Garage	<u>Cross</u> to right hand side when directed.	Junction	13:35	14:30	65	Southville RC (Ladies)	2	Marshal runners across to right hand side	2	
9.50	At end	<u>Turn right</u> into school	Pedestrians	13:35	14:35	65	Southville RC (Ladies)	3	† Prevent traffic using finish area. † † Direct race traffic to car park at rear of school, signed 'beach'	□	
9.50	Finish in Ysgol Ardudwy (Ardudwy School) car park							21		2	12

5		Harlech to Barmouth		9.6 miles		Marshalling					Caution Signs	
Stage mileage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	Start: On A496, Barmouth side of level crossing. Toilets available at car park.	Run on A496 to Barmouth		Traffic/Trains	13:35	13:55	31	Ealing Eagles RC (Ladies)	4	Assist Start Umpire to control traffic at start. Note. A train is due about the start time.	2	
0.50	B4573 junction	<u>Continue</u> on A496 Run on left hand side to Barmouth		Junction	13:40	14:00	31	Ealing Eagles RC (Ladies)	2	Marshal runners to continue on the left hand side		2
1.40	Sign Llanfair	<u>Continue</u> on A496		None						No action needed		
1.60	Junction signed for Llanfair	<u>Continue</u> on A496		Junction	13:45	14:10	58	Sale Harriers Men	1	Marshal runners to continue on the left hand side		
2.70	Start of Llanbedr	<u>Continue</u> on A496		Village traffic	13:50	14:20				Position sign at start of village		1
3.20	Bridge in Llanbedr	<u>Continue</u> on A496		Traffic	13:55	14:25	58	Sale Harriers Men	2	Marshal runners at narrow bridge		
3.50	End of Llanbedr	<u>Continue</u> on A496		Village traffic	13:55	14:30				Position sign at end of village		1
4.70	Start of Dyffryn Ardudwy	<u>Continue</u> on A496		Village traffic	14:00	14:40				Position sign at start of village		1
5.50	In Dyffryn Ardudwy, FOX's Village store.	<u>Continue</u> on A496		Village traffic	14:05	14:45	58	Sale Harriers Men	1	Marshal in village, 50yds before FOX's Store		
5.70	Just beyond the SPAR shop	<u>Continue</u> on A496		Village traffic	14:05	14:50	58	Sale Harriers Men	1	Marshal in village, 50yds beyond SPAR Store		
5.90	End of Dyffryn Ardudwy	<u>Continue</u> on A496		Village traffic	14:05	14:50				Position sign at end of village		1
6.00	Start of Talybont	<u>Continue</u> on A496		Village traffic	14:10	14:50				Position sign at start of village on 30mph sign		1
6.50	Bridge in Talybont	<u>Continue</u> on A496		Narrow bridge	14:10	14:55	47	Serpentine RC (Ladies)	2	Marshals at bridge, to route runners along path next to bridge		
6.70	End of Talybont	<u>Continue</u> on A496		Village traffic	14:10	15:00				Position sign at end of village on 30mph sign		1
8.60	Welcome to Barmouth' sign.	Continue on A496		None	14:20	15:15				No action needed		
9.30	Outskirts of Barmouth, 300 yards after church on right hand side (just after Hendre Coed Isaf Holiday Park sign).	<u>Cross to right hand</u> side when directed.		Crossing	14:25	15:20	47	Serpentine RC (Ladies)	2	Marshal runners across to right hand side by the Bus Stops (with support of a Flying Marshal Team)		2
9.50	Lane entrance	<u>Turn right</u> down narrow lane (cycle track [8]) Steep downhill and sharp bend.		Turning	14:25	15:25	47	Serpentine RC (Ladies)	1	Marshal runners to turn right		
9.55	Corner in lane	Take care down lane		Pedestrians	14:25	15:25	47	Serpentine RC (Ladies)	1	Marshal runners to bear left		

9.60	At end	Bottom of the lane.	None	14:25	15:25	Changeover marshals	One marshal each side of level crossing to ensure safe rail crossing.	2	
9.60	Finish at entrance to private parking area. LL42 1BX								

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6 Barmouth to Dolgellau				10.7 miles						Note: *For locations on the opposite side of the estuary (miles 3.00 to 8.40) you need to allow 30 minutes extra to get there. Go via toll bridge that goes to Penmaenpool.		Caution Signs	
Start 14:40				Marshalling								c/o Mshls	Route Mkrs
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required				
0.00	Start: Northern end of sea wall (promenade) LL42 1BX. Toilets at car park.	Follow sea wall south to harbour.	Pedestrians	14:25	15:30		<i>Cyclists</i>		Lead and trail cycles to guide runners down promenade, across toll bridge and lead/follow all the way to the finish.	1			
1.40	Left bend at end of promenade	<u>Turn left</u> but remain on right hand side of road.	Corner	14:35	15:00	13	Middleton Vets	2	Marshal runners to turn left and stay on right hand side		2		
1.50	Parking area	<u>Keep right</u> on pavement	Traffic	14:35	15:00	13	Middleton Vets	1	Marshal runners to keep right on to pavement				
1.60	Junction with A496	<u>Turn right</u> and run on right hand side up hill against the flow of traffic	Junction	14:35	15:00	13	Middleton Vets	2	Marshal runners to turn runners to turn right and stay on right hand side with the help of Flying Marshals		2		
1.70	Metal railings, footpath across estuary	<u>Turn right</u> onto footpath over Barmouth railway bridge (cycle route 8).	Turning	14:35	15:05	13	Middleton Vets	2	Marshal runners to turn right with the help of Flying Marshals		2		
1.75	Toll booth	No need to stop to pay the toll	None	14:35	15:05				No need to pay bridge toll				
2.80	Morfa Mawddach railway station	<u>Continue</u> on cycle track	None	14:40	15:15				No action needed There are no access points for support vehicles until George III (8.4m)				
3.00	Gate where track meets road.	Continue straight ahead on cycle route 8. (Mawddach Trail) Water Station	None	14:45	15:15	5	Athletau Aberystwyth AC	1	Marshal runners across road For marshal access see note above*				
3.80	Gates	Negotiate two gates then cross bridge.	Junction	14:45	15:20	5	Athletau Aberystwyth AC	1	Marshal runners to continue along cycle track				
8.20	Gate	<u>Continue</u> straight ahead.	None	15:10	16:00				No action needed				
8.40	George III hotel in Penmaenpool	<u>Continue</u> straight ahead watchful of vehicles parking.	Hotel	15:10	16:05	5	Athletau Aberystwyth AC	2	Marshal runners across road		2		
8.50	Gate	<u>Continue</u> straight ahead still on cycle route 8. Water Station	Junction	15:10	16:05	5	Athletau Aberystwyth AC	2	Marshal runners to continue along cycle track also Set up a Water Station		1		
8.90	Gate	<u>Continue</u> straight ahead on cycle path.	None	15:10	16:10				No action needed				
9.70	Cattle grid/gate	<u>Continue</u> straight ahead to main road. Take care when crossing grid.	Cattle grid	15:15	16:15	24	Serpentine RC Men	1	Marshal runners to continue along cycle track				

9.80	Junction with A493	<u>Cross</u> to opposite side when directed. Continue on cycle route 8.	Junction	15:15	16:15	24	Serpentine RC Men	2	Marshal runners across road		2
9.90	Gate	<u>Continue</u> straight ahead on cycle path	None	15:15	16:15				No action needed		
10.30	Bridge	<u>Turn right</u> over river.	None	15:20	16:20				Mark with arrow		
10.40	Bridge	<u>Turn left</u> to follow cycle route to finish.	None	15:20	16:20				Mark with arrow		
10.70	Finish in field before car park										

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7		Dolgellau to Dinas Mawddwy		9.5 miles						Caution Signs	
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	At start		Car park traffic	15:20	16:10		Changeover marshals		Direct all race vehicles to far rugby car park. Do not block public car park near road.		
0.00	Start: Entrance to Marian Mawr Car Park. Toilets available	Run up Smithfield St. Run on left hand side of road		15:20	15:40	24	Serpentine RC Men	4	At start of race, warn traffic at start and also by Y Meirionnydd hotel. Guide runners on left hand side of road. CAUTION signs to be posted on road as traffic drive over bridge towards town, and for traffic joining one-way system.	2	
0.10	Y Meirionnydd Hotel / Restaurant	<u>Turn left</u> over bridge (towards A470). Keep on left hand side of road.	Turning	15:25	15:45	30	Great Western Runners	2	Marshal runners to turn left and stay on left hand side	2	
0.81	Slip road to A470	Keep on left hand side	Traffic	15:25	15:50	30	Great Western Runners	3	Marshal runners on left of slip road towards A470 Marshal Race Traffic on to A470		2
0.84	Junction with A470	<u>Turn right</u> (up hill) run on left hand side of road	Turning	15:25	15:50	2	Prestatyn RC	4	Marshal runners across to left hand side(with support of a Flying Marshal Team+Stop Go signs)		2
1.24	Junction with entrance to Dolgun Uchaf	<u>Keep on left hand side of A470</u>	Junction	15:30	15:55	2	Prestatyn RC	1	Marshal runners to stay on left hand side		2
2.32	Junction with B4416	<u>Keep on left hand side of A470</u>	Junction	15:35	16:05	2	Prestatyn RC	2	Marshal runners to stay on left hand side		2
5.50	Summit	Take great care down steep slope with sharp bends. Remember to run on left hand side.	Brow of hill	15:50	16:30	35	Swansea Harriers(Vets)	1	Marshal runners to stay on left hand side		2
5.60	Difficult bends on hill	<u>Continue on left hand</u> side of road	Bends	15:50	16:35	35	Swansea Harriers(Vets)	2	Marshal runners to stay on left hand side		2
5.70	End of steep slope	<u>Continue on left hand</u> side of road	Traffic	15:50	16:35	35	Swansea Harriers(Vets)	1	Marshal runners to stay on left hand side		2
9.45	Junction signposted DINAS MAWDDWY	<u>Turn left</u> to DINAS MAWDDWY Run on left hand side down hill	Junction	16:10	17:10	35	Swansea Harriers(Vets)	1	Marshal runners to turn left	2	

9.50	Bend on hill	<u>Cross to right hand</u> side of road to finish down slate driveway.	Crossing	16:10	17:10	35	Swansea Harriers(Vets)	2	Marshal runners across to right hand side	2		
9.50	Finish 20yds after entrance to slate driveway.									23	4	14

8 Dinas Mawddwy to Foel				Note : Teams must not provide runners with water on this Stage. Water stations will be located at 1.75 miles, 4.8 miles and 7.9 miles.						Caution Signs		
Start 16:25				Marshalling								
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: Opposite GWESTY'R LLEW COCH (Red Lion) SY20 9JA. Toilets available	Run through village towards Brigands Inn.	Village traffic	16:10	16:30	42	Bromsgrove & Redditch AC	2	Direct race traffic into designated car park. Ensure that runners and traffic do not clash.			
0.25	In village	Keep left	Village traffic	16:10	16:35		Changeover marshal	1	Marshal to signal start to marshals at junction with A470			
0.50	A470 Junction	<u>Keep left</u> and follow A470 to Brigands Inn Run on left hand side of road.	Junction	16:10	16:35	42	Bromsgrove & Redditch AC Changeover marshal	1 1	Stop traffic entering village and marshal runners to turn left on A470 and stay on left hand side		2	
1.70	Brigands Inn Roundabout	<u>Turn left</u> on A458 signposted WELSHPOOL <u>Continue</u> on left hand side of road	Roundabout	16:20	16:50	42	Bromsgrove & Redditch AC	2	Marshal runners to turn left and stay on left hand side		2	
1.75	Lay-by on LHS just beyond garage	<u>Water Station</u>	None	16:20	16:50	52	Environment Agency Harriers	3	<u>Set up a Water Station</u>		1	
2.30	S bends	<u>Continue</u> on left hand side of road	S bends	16:25	16:55				Signs at either end of S bends		2	
4.80	Lay-by	<u>Water Station</u>	None	16:35	17:15	26	Burges Salmon LLP	3	<u>Set up a Water Station</u>		1	
7.90	Lay-by	<u>Water Station</u>	None	16:50	17:45	26	Burges Salmon LLP	3	<u>Set up a Water Station</u>		1	
10.80	At end	<u>Stay</u> on left hand side.	None	17:05	18:10	10	Port Talbot Harriers AC	2	Stop traffic parking in vicinity of finish		2	
10.80	Finish in Lay-by on left hand side just before 40 mph sign SY21 ONS									16	4	11

9 Foel to Llanfair Ceireinion				Note: New start at layby at the far end of the village.						Caution Signs	
Start 17:10				Marshalling							

Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	At start			16:40	17:15		Changeover Marshals		Supervise control of traffic and ensure all race traffic parks safely and sensibly including area approaching Twin Rivers Holiday Park		
0.00	Start: Lay-by at far end of village	Run on left hand side of A458 towards Welshpool	Traffic	16:40	17:15	1	Ellesmere Port AC	4	Assist, as above. Stop race personnel from entering Holiday Park. Also assist Start Umpire to control traffic at start.	2	
1.20	B4395 Junction, signed to Llanfyllin	<u>Continue</u> on left hand side of A458.	Junction	17:05	17:30	1	Ellesmere Port AC	1	Marshal runners to stay on left hand side		2
2.90	Start of Llanerfyl	<u>Continue</u> on left hand side of A458.	None	17:10	17:45				Position sign at start of village		1
3.40	End of Llanerfyl	<u>Continue</u> on left hand side of A458.	None	17:15	17:50				Position sign at end of village		1
6.80	A495 junction	<u>Continue</u> on left hand side of A458 to Llanfair Caereinion.	Junction	17:30	18:20	54	Chorlton Runners (Vets)	2	Marshal runners to stay on left hand side		2
8.40	Llanfair Caereinion, turn to Leisure Centre	<u>Bear left</u> up steep hill <u>Continue</u> on left hand side	Junction	17:40	18:35	54	Chorlton Runners (Vets) Changeover marshals	1	Marshal runners to turn left and stay on left hand side Changeover marshals to direct traffic to 'old station' car park	2	
8.50	At end	<u>Stay</u> on left hand side.	None	17:40	18:35	54	Chorlton Runners (Vets)	1	Assist changeover marshals		
8.50	Finish at entrance to School / Leisure Centre	SY21 0SE							Race traffic to use 'old station' car park		
									9	2	6

10 Llanfair Ceireinion to Newtown				13.1 miles						Caution Signs	
Start 17:50				Marshalling							
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	At Start		Traffic	17:35	17:55	48	Team Bath AC Vets	3	Assist Start Umpire to control traffic at start.		3
0.00	Start: Junction of Watgate Street/High Street (opposite Church) on B4389, signposted NEW MILLS, SY21 0RQ. Toilets available	Run up the hill and move to left hand side when directed.	Traffic	17:40	17:55	48	Team Bath AC Vets	2	Marshal runners across to left hand side		
0.30	Boundary of Llanfair Caereinion	<u>Continue</u> on left hand side of B4389	Traffic	17:40	18:00				Position sign on 30mph sign		1
1.10	Bryn-penarth: Crossroads	<u>Continue</u> on left hand side of B4389	Junction	17:45	18:05	48	Team Bath AC Vets	1	Marshal runners to stay on left hand side		
3.85	50 metres before T junction with B4390	<u>Cross</u> to right hand side when directed	Crossing	17:55	18:30	7	Stragglers	2	Marshal runners across to left hand side		2

3.90	T junction with B4390, signposted NEWTOWN B4389	<u>Turn right</u> at junction Stay on right hand side.	Junction	17:55	18:35	7	Stragglers	2	Marshal runners to turn right and run on right hand side (with support of a Flying Marshal Team)		
3.95	Shortly after T junction with B4390	<u>Cross</u> to left hand side when directed Go through Tregynon.	Crossing	17:55	18:35	7	Stragglers	2	Marshal runners across to left hand side		2
5.90	Left turn, signposted NEWTOWN	<u>Turn left</u> and continue on left hand side of B4389	Junction	18:05	18:50	7	Stragglers	1	Marshal runners to turn left and run on left hand side		2
8.00	The bridge at Bettws Cedewain (New Inn)	<u>Continue</u> on left hand side of road	Traffic on Bridge	18:20	19:10	53	Chorlton Runners	2	Marshal runners to stay on left hand side. One marshal each side of bridge (with support of a Flying Marshal Team)		2
10.40	B4568 junction for Newtown	<u>Turn right</u> at junction and continue on left hand side	Crossing	18:30	19:30	53	Chorlton Runners	3	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.		2
11.70	Llanllwchaiani church	<u>Continue</u> on left hand side of road	None	18:35	19:45	6	Neath Harriers	1	Marshal runners straight ahead		
11.80	Gateway onto cycle track.	<u>Turn left</u> and then <u>turn right</u> on to cycle track, formerly a canal.	Cyclists/ pedestrians	18:35	19:45	6	Neath Harriers	1	Marshal runners to turn left and then turn right on cycle track		
12.10	Gate	Use small gate on right	People	18:40	19:45	6	Neath Harriers	1	Marshal at gate warning of low bridge ahead		
12.11	Low bridge	Tall runners beware low bridge	Low bridge	18:40	19:45				No action needed		
12.17	Gate	Run on pedestrian section next to gate	People	18:40	19:45				No action needed		
12.40	Track off to the right	<u>Stay on</u> cycle track next to river.	None	18:40	19:50				No action needed		
12.55	Track off to the right	<u>Stay on</u> cycle track next to river.	None	18:40	19:50				No action needed		
12.63	Track off to the right	<u>Stay on</u> cycle track next to river.	None	18:40	19:50				No action needed		
12.82	Track meets road	<u>Turn right</u> and then go over footbridge.	Cyclists	18:40	19:55	62	Natural resources Wales	1	Marshal runners to turn right and then cross footbridge		
12.83	End of footbridge	<u>Turn left</u> and then <u>loop right</u> on to footpath.	Cyclists	18:40	19:55	62	Natural resources Wales	2	Marshal runners to turn left down ramp and then loop right on to footpath		
13.05	Ruined church	<u>Turn left</u> before church	People	18:45	19:55	62	Natural resources Wales	1	Marshal runners to turn left		
13.10	Finish at end of churchyard, before meeting Crown St / rear exit from Elephant and Castle Hotel SY16 2BQ			19:55					Support of Flying Marshal Team		

25

0

14

22:00

103.8

Day 1 total

Sunday June 7th

11 Newtown to Llanbadarn Ffynydd										Caution Signs		
Start 07:00				12.3 miles								
Stage mileage	Location	Runners Instructions	Hazard	Marshalling							c/o Mshls	Route Mkrs
				Start	End	Duty No	Team	No.	Duty Required			
0.00	Start: Newtown (Maldwyn) Sports Centre SY16 1LH, toilets in LC	Head towards A483	Parked cars	06:45	07:05				None required. (Starter to erect 2 Caution signs on main road)			
0.20	A483 Junction	<u>Turn right</u> and cross to left hand side when directed <u>Continue</u> to run on left hand side of A483	Junction	06:50	07:10	41	3M Gorseinon RR(Vets)	2	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.	2		
4.00	Lane (Middle Dolfor Road)	Continue to run on left hand side of A483	Junction	07:10	07:45	41	3M Gorseinon RR(Vets)	1	Marshal runners to stay on left hand side		2	
4.50	Dolfor (20mph sign)	<u>Continue</u> to run on left hand side of A483.	Two roads joining on left	07:10	07:50	41	3M Gorseinon RR(Vets)	2	Marshal runners to stay on left hand side		2	
12.30	Finish just before New Inn in Llanbadarn Fynydd											
										5	2	4

12 Llanbadarn Ffynydd to Crossgates										Caution Signs		
Start 08:05				11.2 miles								
Stage mileage	Location	Runners Instructions	Hazard	Marshalling							c/o Mshls	Route Mkrs
				Start	End	Duty No	Team	No.	Duty Required			
0.00	Start: Outside New Inn, Toilets in Community Centre	Run on left hand side of A483 to Crossgates	Traffic	07:30	08:10	34	Wilmslow RC	4	Assist Start Umpire to control traffic at start and keep the road clear at all times.	2		
4.30	Llanbister: B4356 Junction	<u>Continue</u> on left hand side of A483	Junction	08:15	08:50	34	Wilmslow RC	2	Marshal runners to stay on left hand side		1	
7.70	Llanddewi Ystradenni: First road on left for Llandewy Hall.	<u>Continue</u> on left hand side of A483	Junction	08:30	09:20	16	Westbury Harriers	1	Marshal runners to stay on left hand side		1	
8.10	Llanddewi Ystradenni: Second road on left for Llandewy Hall	<u>Continue</u> on left hand side of A483	Junction	08:35	09:25	16	Westbury Harriers	1	Marshal runners to stay on left hand side		1	
11.00	Roundabout, signposted A44 LEOMINSTER	<u>Turn left</u> at roundabout	Roundabout	08:50	09:50	16	Westbury Harriers	1	Marshal runners to turn left and run on left hand side		1	
11.20	At end	<u>Turn left</u> into service station	Traffic	08:50	09:55	16	Westbury Harriers	2	Direct traffic to park neatly.	2		

14 Builth Wells to Drovers Arms 10.8 miles										Caution Signs	
Start 09:55				Marshalling							
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	Start: In front of gate beside Jewsons yard next to A470 LD2 3NJ, Toilets in Little Chef	Run on left hand side down	Traffic	09:40	10:00	59	Turner Broadcasting	3	Assist Start Umpire to control traffic at start with support of Flying Marshal Team.	2	
0.10	A470	<u>Run on left hand side of road</u> into Builth.	Traffic	09:45	10:05	59	Turner Broadcasting	2	Marshal runners to stay on left hand side	2	
0.30	After bridge over River Wye	<u>Continue</u> through Builth on A483	Junction	09:45	10:05	15	Wigan Phoenix	2	Marshal runners to stay on left hand side		2
0.40	Junction with B4520 (Upper Chapel)	<u>Continue</u> through Builth on A483	Junction	09:45	10:05	15	Wigan Phoenix	1	Marshal runners to stay on left hand side		2
0.50	Greyhound Pub	Follow A483 past the Greyhound Pub <u>Continue</u> on left hand side of A483	Junction	09:45	10:05	15	Wigan Phoenix	1	Marshal runners to stay on left hand side		2
0.70	Roundabout	<u>Continue</u> on left hand side of A483	Roundabout	09:45	10:10	15	Wigan Phoenix	1	Marshal runners to stay on left hand side		2
2.80	Cilmery: Prince Llywelyn	<u>Continue</u> on left hand side of A483 (signposted LLANDOVERY) to Garth	None	09:55	10:30				No action needed		
6.30	Garth: B4519 junction signposted UPPER CHAPEL	<u>Turn left</u> onto B4519 Run on left hand side of road up and over military range. Take care over cattle grids.	Junction	10:15	11:00	27	Stroud & District AC	1	Marshal runners to turn left and run on left hand side		2
7.20	Cross roads, signed Lake Country House Hotel	<u>Continue</u> on left hand side of B4519	Crossroads	10:20	11:05	27	Stroud & District AC	1	Marshal runners to stay on left hand side		
10.80	The end	<u>Bear left</u> into car park	Vehicles	10:35	11:40	27	Stroud & District AC	4	Liase with Changeover marshals to ensure orderly parking .		
10.80	Finish at isolated building on cross road (Drovers Arms [Sorry, not a real pub]).			Direct traffic to park, firstly before Drovers, then at the Drovers & beyond. No personnel or vehicle to encroach on to M.o.D land. Two way access to be allowed at all times. Note. The finish of this stage is 1 mile from the start of stage 15.							

16

4

10

15 Epynt Visitor Centre to Brecon 12.8 miles				Note: The start of this stage is 1.0 mile from the finish of stage 14.						Caution Signs	
Start 10:55				Marshalling							
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	Start: Epynt Visitor Centre on B4519 Toilets may be open	Run on left hand side of road to Upper Chapel.	Traffic	10:40	11:00	17	Ealing Eagles	4	control traffic at start. No parking before or in the Epynt Visitor Centre. Direct vehicles to lay-by beyond start.		2

0.60	Cattle grid	Take care over cattle grid	Cattle grid	10:45	11:10					No action needed		
1.80	B4520 Junction	<u>Turn right</u> <u>Cross to left hand side when directed.</u>	Junction	10:50	11:20	17	Ealing Eagles	2		Marshal runners to turn right and then cross to left hand side.		2
6.40	Lower Chapel: Bridge over river Honddu, near toll gate house	<u>Continue</u> on left hand side	Bridge	11:15	12:00	64	Thames Hare & Hounds	2		Marshal runners to stay on left hand side		2
8.60	Llandefaelog: Minor road by church, signed Garthbreny.	<u>Continue</u> on left hand side	Junction	11:25	12:20	64	Thames Hare & Hounds	1		Marshal runners to stay on left hand side		2
9.60	Just before junction for 'Cradoc'.	Cross to right hand side when directed	Crossing	11:30	12:30	46	Southville RC	2		Marshal runners across to right hand side No race traffic to use Cradoc road. Liaise with Flying Marshal Team		2
9.65	Junction for 'Cradoc'	<u>Turn right</u> Cross to left hand side when directed.	Junction	11:30	12:30	46	Southville RC	3		Liaise with Flying Marshal Team at this tricky point. Turn runners right and then cross to left hand side. Marshal race traffic straight ahead to Brecon		2
10.75	T-junction at Cradoc	<u>Turn left</u> signposted Brecon (Phone box) Stay on left hand side of road	Junction	11:35	12:40	46	Southville RC	2		Marshal runners to turn left and run on left hand side		2
12.40	Junction with Cradoc Close	<u>Continue</u> on left hand side	Junction	11:45	12:55	40	Brecon AC	1		Marshal runners to stay on left hand side		
12.65	T-junction by 'The Inn'	<u>Continue</u> on left hand side	Junction	11:45	12:55	40	Brecon AC	2		Marshal runners to stay on left hand side		3
12.70	Junction with Castle Square	<u>Turn left, Continue on left hand side</u>	Traffic	11:45	12:55	40	Brecon AC	2		Marshal runners across to right hand side. Position sign up Castle street just beyond the finish.		
12.75	Beyond the Castle Hotel	Cross road when directed to finish before pedestrian bridge	Traffic	11:45	12:55	40	Brecon AC	2		Marshal runners across to right hand side. Position signs by Castle Hotel and just beyond the finish.		2
12.80	Finish at the entrance to the river bridge.	Note:The finish of this stage is about ½ mile from the start of stage 15. No access for vehicles at the finish.										

23

0

14

16 Brecon to Beacons Reservoir				Note: The start of this stage is 0.5 mile from the finish of stage 15. No access for vehicles at the start.							Caution Signs	
Start 11:55		8.8 miles		Marshalling								
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: Wellington hotel. Toilets available	Run down St. Mary Street	Traffic	11:40	12:00		Paul Stillman grab bodies to :-		Clear traffic in St Mary Street.			
0.10	T Junction	<u>Turn right</u> and cross road when directed Run on left hand side of road	Junction	11:45	12:05	18	Bitton Road Runners (Ladies)	2	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.		2	
0.20	Watergate & Market St.	<u>Continue</u> on left hand side of road.	Busy Junction	11:45	12:05	18	Bitton Road Runners (Ladies)	3	Marshal runners to stay on left hand side		2	
0.25	River Bridge	Continue on left hand side of A470 (CARDIFF) over bridge.	Junction	11:45	12:05	18	Bitton Road Runners (Ladies)	1	Marshal runners to stay on left hand side			

0.40	Traffic lights by the Ice Cream Parlour	<u>Continue</u> on left hand side of road.	Junction	11:45	12:05	57	Sarn Helen Club	2	Marshal runners to stay on left hand side		2
0.70	Junction with Ffrwyrech Rd. Opposite Drovers Arms.	<u>Turn left</u> and run on left hand side of road	Junction	11:45	12:10	57	Sarn Helen Club	1	Marshal runners to turn left and stay on left hand side		1
1.00	Industrial Estate	<u>Turn right</u> through gate and stay on left hand side	Gate	11:50	12:10	57	Sarn Helen Club	2	Marshal runners across road and turn right through gate		
1.10	Industrial Estate	<u>Bear left</u> on road	Junction	11:50	12:10	20	Islwyn RC	1	Marshal runners to turn left		
1.20	Industrial Estate	<u>Turn right</u> and run on left hand side of road	Junction	11:50	12:15	20	Islwyn RC	2	Marshal runners to turn right and run on left hand side.		
1.25	Junction with A470	<u>Turn left</u> onto A470 and run on left hand side of road	Busy Junction	11:50	12:15	20	Islwyn RC	2	Marshal runners to turn left and stay on left hand side		1
2.60	Crossroads	<u>Continue</u> on left hand side of road.	Junction	11:55	12:25				No action needed		
8.50	Storey Arms (not a pub) at top of hill	<u>Continue</u> on left hand side of A470	Traffic	12:25	13:20	19	Lliswerry Runners (Ladies)	1			
8.80	At end	<u>Leave road</u> at footpath sign. Finish before car park.	Traffic	12:25	13:20	19	Lliswerry Runners (Ladies)	2	Marshal direct runners off road to finish. Stop vehicles parking on verge.	2	
8.80	Finish on grass verge just before car park (parking charges to be possibly introduced: alternative finish?) LD3 8NL										

19

5

8

17		Beacons Reservoir to Cyfartha Castle			9.2 miles		Marshalling				Caution Signs	
Stage mileage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	Start: On A470 at entrance to side road, (Toilets) 400 yards past Storey Arms. LD3 8NL	Run on left hand side of A470 towards Merthyr		Traffic	12:25	12:45	19	Lliswerry Runners (Ladies)	2	Assist Start Umpire to control traffic at start.	2	
1.10	A4059 junction to Neath	<u>Continue</u> on left hand side of A470		Junction	12:35	12:55	19	Lliswerry Runners (Ladies)	1	Marshal runners to stay on left hand side		
7.40	A4054 junction to CEFN COED Y CYMMER	<u>Turn left</u> , to CEFN COED Y CYMMER		Junction	13:05	13:55	39	Serpentine Vets	1	Marshal runners to turn left and stay on left hand side		
8.10	Junction with Cilsanws Lane	<u>Continue</u> on left hand side of road		No pavement	13:10	14:00				No action required		2
8.30	Junction signed Ponsticill/ Talybont (Opp. A465 Abergavenny)	<u>Continue</u> on left hand side of road		Junction	13:10	14:00	39	Serpentine Vets	2	Marshal runners across junction (with support of a Flying Marshal Team)		2
8.50	Turning for A465, signed Neath	<u>Continue</u> on left hand side of road.		Corner	13:10	14:05	39	Serpentine Vets	2	Marshal runners to continue on the left hand side		1

8.80	Mini roundabout	<u>Continue</u> on left hand side of road.	Roundabout	13:10	14:05	56	South West RR (Vets)	1	Marshal runners to continue on the left hand side		1
8.90	Junction signed Prince Charles Hospital	<u>Turn left</u> and cross to park side of road.	Junction	13:10	14:10	56	South West RR (Vets)	3	Marshal runners to turn left cross to right hand side (with support of a Flying Marshal Team)		2
8.91	Park entrance	<u>Enter</u> park and <u>turn sharp right</u> along right hand side of lake.	Traffic	13:10	14:10	56	South West RR (Vets)	2	Marshal runners to turn right and follow right hand side of lake Erect warning sign to face traffic leaving the park	3	1
9.20	At end	Stop before going down steps.	None	13:15	14:10		Changeover marshals		Marshals at Main Gate to direct traffic to lower car park.		
9.20	Finish at end of lake, adjacent to wooden steps leading to car park CF47 8RE			Note: The finish of this stage is about 1½ miles from the start of stage 18.							

14

4

9

18		Rhyd -y-car to Navigation Park		9.1 miles		Note: The start of this stage is about 1½ miles from the finish of stage 17.					Caution Signs	
		Start	13:40			Marshalling						
Stage mileage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	Start: Rear of Rhyd-y-Car leisure centre CF48 1UT, Toilets in LC	Run on cycle track following Taff Trail signs		Cyclists/Walkers	13:25	13:45		<i>Cyclists</i>		Lead cyclist to go ahead of runners to warn other cyclists and pedestrians. Trail cyclist for back up		
2.40	Dynevor Arms, near Troedyrhiw	<u>Bear left</u> down lane to B4285 Run on right hand side of lane		Corner	13:40	14:10	9	Brackla Harriers	1	Marshal runners to turn left and run on right hand side Directions for marshal at Dynevor Arms, see map.		2
2.45	B4285 Junction	Go straight on B4285 (Glantaff Road).		Junction	13:40	14:10	9	Brackla Harriers	1	Marshal runners to stay on right hand side		
2.47	After B4285 Junction	<u>Cross</u> to left hand side when directed Continue on left hand side of B4285 towards Aberfan.		Crossing	13:40	14:10	9	Brackla Harriers	2	Marshal runners across to left hand side		2
3.80	Footbridge over road	<u>Under footbridge</u> , <u>bear left</u> on pavement (opp. Day's Civils and Lintels) continue on footpath passing Ynysowen school entrance on LHS.		Turning	13:45	14:20	9	Brackla Harriers	1	Marshal runners to turn left and on to footpath signed Riverside Walk		
3.90	Junction with Riverside Walk	<u>Turn right</u> on to Riverside walk.		Junction	13:45	14:25	9	Brackla Harriers	1	Marshal runners to turn right		
4.10	Gate at road, near Aberfan clinic	<u>Turn left</u> on to B4285, near Aberfan clinic. Stay on left hand side.		Junction	13:50	14:25	3	Bridgend AC	1	Marshal runners to turn left and run on left hand side		
4.21	Footpath entrance, 20yds along road	<u>Turn left</u> across field Continue across field and take footbridge over railway line		Turning	13:50	14:25	3	Bridgend AC	1	Marshal runners to turn left		
4.40	Far side of footbridge	<u>Turn right</u> along track		Corner	13:50	14:25				No action needed		
4.45	Junction with Bellvue Terrace	<u>Turn left</u> up Bellvue Terrace Run up right hand side of road		Corner	13:50	14:30	3	Bridgend AC	1	Marshal runners to turn left and run on right hand side		2

4.50	A4054 Junction (now Alberta St)	Turn right along A4054 (Windsor Hotel) Continue on right hand side of road	Corner	13:50	14:30	3	Bridgend AC	1	Marshal runners to turn right and run on right hand side		2
4.70	Right turn down to Merthyr Vale	Continue on pavement on right hand side of A4054	Junction	13:50	14:30	3	Bridgend AC	1	Marshal runners to stay on right hand side		2
4.75	Second right turn down to Merthyr Vale	Continue on pavement on right hand side	Junction	13:50	14:30	3	Bridgend AC	1	Marshal runners to stay on right hand side		2
7.40	Quakers yard	Entrance to narrow bridge Take the first track over the bridge	Junction	14:05	14:55	60	Aberdare	1	Marshal runners to turn right		2
7.42	After narrow bridge	Cross to left hand side when directed	Turning	14:05	14:55	60	Aberdare	1	Marshal runners across to left hand side		2
7.46	Junction with Taff Trail	Turn left just before sign for Goitre Coed Road along Taff Trail (marked 8,47). Continue on left hand side of Taff Trail which becomes a road in 0.3 mile	Corner	14:05	14:55	60	Aberdare	1	Marshal runners to turn left		2
8.80	B4275 junction	Turn left on to B4275. Cross to right hand side when directed	Junction	14:10	15:05	60	Aberdare	2	Marshal runners across to right hand side		2
8.90	Junction with St Martins Terrace	Bear right and run behind houses	Turning	14:10	15:10	60	Aberdare	1	Marshal runners to turn right		2
9.00	End of terrace	Continue right and then turn left towards the park	Corner	14:15	15:10	60	Aberdare	1	Marshal runners to turn left		
9.10	At end	Stop when advised	Traffic	14:15	15:10		Changeover marshals		Keep runners and traffic apart		
9.10	Finish Inside Navigation Park industrial park. CF45 4SN										

19

3

22

19 Navigation Park to Nantgarw 7.7 miles				Note: Runners are on cycle track from miles 3.80 to 7.60, so allow extra time to find location. Stage ends at Nantgarw						Caution Signs			
Start 14:25				Marshalling									
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs		
0.00	Start: Entrance inside Navigation Park CF45 4SN, No toilets	Run on right hand side of road up to traffic lights.	Vehicles	14:10	14:30		Changeover marshals		Assist Start Umpire to control traffic at start.				
						44	Pontypridd Roadents	2					
0.20	Traffic lights	Turn right on to B4275 Continue on right hand side	Junction	14:15	14:35	44	Pontypridd Roadents	1	Marshal runners to turn right and run on right hand side	2			
0.22	Traffic lights	Turn right on to A4054 Continue on right hand side	Junction	14:15	14:35	44	Pontypridd Roadents	1	Marshal runners to turn right and run on right hand side	2			
0.25	A4054	Cross to left hand side when directed	Crossing	14:15	14:35	44	Pontypridd Roadents	2	Marshal runners across to left hand side	2			
1.40	Cilfynydd, signpost for Welfare Ground	Cross to right hand side when directed	Parked vehicles	14:20	14:45	12	Lliswerry Runners	2	Marshal runners across to right hand side		2		

2.70	Junction (Doddington Pl.)	<u>Continue straight on</u>	Junction	14:25	14:55					No Action needed		1
3.10	Junction (Common Road)	<u>Continue straight on</u>	Junction	14:30	15:00	12	Liswerry Runners	1		Marshal runners to stay on right hand side		2
3.80	Approaching Glyntaff	<u>Cross to left hand side</u> when directed	Crossing	14:30	15:05	12	Liswerry Runners	2		Marshal runners across to left hand side		2
3.90	Glyntaff	Follow signs to Glyntaff Crematorium and Taff Trail sign	Junction	14:30	15:10	12	Liswerry Runners	1		Marshal runners to bear left		
4.10	Mini roundabout	<u>Cross</u> mini roundabout to bear right onto the Trail next to College	Roundabout	14:35	15:10	23	San Domenico RC	2		Marshal runners to continue along cycle track		2
4.80	Dyffryn Road	<u>Continue</u> along the Trail	Junction	14:35	15:15	23	San Domenico RC	1		Marshal runners to continue along cycle track		
5.00	Lane off Oak Street	<u>Continue</u> along the Trail	Housing	14:35	15:15	23	San Domenico RC	1		Marshal on trail		
5.20	DYNEA Road	<u>Continue</u> along the Trail	Junction	14:40	15:20	23	San Domenico RC	1		Marshal runners to continue along cycle track		
7.60	<u>Under Second</u> bridge to finish.	<u>Continue along trail to the finish</u>	Pedestrians	14:50	15:40	6	Neath Harriers	2		Marshal runners to turn right and run on left hand side. Ensure no corner cutting.		1
7.70	At end	<u>Stop when advised</u>	Pedestrians	14:50	15:40	6	Neath Harriers	2		Guide runners through finish		
7.70	Finish at end of footpath. No toilets						Changeover marshals			Ensure no parking at finish, direct race traffic to park in Old Nantgarw Rd (Turn left at lights and immediate left)		

21

6

10

20		Caerphilly to Cardiff		10.7 miles							Caution Signs	
		Start	15:00			Marshalling						
Stage mileage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	Start: Pay machine towards far end Crescent Rd. car park	Run to far end of car park.		Traffic	14:45	15:05		Changeover marshals		Assist Start Umpire to control traffic at start.	1	
0.08	Barrier at start of ramp	<u>Turn left</u> up ramp		Barrier	14:50	15:10	49	Penarth & Dinas Runners	1	Marshal runners to turn left		
0.15	Barrier	<u>Turn right, run</u> under bridge into Nant Ddu		Barrier	14:50	15:10	49	Penarth & Dinas Runners	1	Marshal runners to turn right	2	
0.19	End of path, start of housing	<u>Bear right, run on left hand side</u>		Traffic	14:50	15:10	49	Penarth & Dinas Runners	1	Marshal runners across road and stay on left hand side		
0.24	T Junction	<u>Turn left</u> into St. Christopher's Drive (Cycle Route 4) Stay on left hand side		Traffic	14:50	15:10	49	Penarth & Dinas Runners	1	Marshal runners to turn right and stay on right hand side		
0.30	Junction with St. Clears Close	<u>Continue straight on</u>		Junction	14:50	15:10				No action needed		

0.49	Junction on left	<u>Turn left. Run on left hand side</u>	Traffic	14:50	15:10	49	Penarth & Dinas Runners	1	Marshal runners to turn left		2
0.50	T junction with Lon-y-Llyn	<u>Turn left, up hill towards St. Martins Road</u>	Public	14:50	15:10	49	Penarth & Dinas Runners	1	Marshal runners to turn left		
0.53	Road crossing point before St Martin's Road	<u>Cross to opposite side of Lon-y-Llyn. Continue on footpath adjacent to Hospital</u>	Traffic	14:50	15:10	49	Penarth & Dinas Runners	2	Marshal runners across road		2
0.96	T junction with Ffordd Traws Cwm	<u>Turn right, stay on right hand side</u>	Public	14:50	15:15	45	Les Croupiers Senior Men	1	Marshal runners to turn right and stay on right hand side		2
1.06	Roundabout Cae Groes Heol	<u>Straight ahead. Stay on right hand side</u>	Traffic	14:55	15:15	45	Les Croupiers Senior Men	3	Marshal runners to stay on right hand side		2
1.26	T junction with A469	<u>Cross to opposite side, when directed, to join cycle path.</u>	Junction	14:55	15:20	45	Les Croupiers Senior Men	5	Marshal runners across road(with support of Flying Marshal Team and Stop /Go signs)		2
1.33	Start of cycle track	<u>Turn left through gateway, straight on</u>	Junction	14:55	15:20	45	Les Croupiers Senior Men	3	Marshal runners to turn left		
1.43	Remains of railway arches	<u>Turn right through gateway, then immediately turn left.</u>	Junction	14:55	15:20				Directional Arrows		
2.20	Cycle track	<u>Continue straight on</u>	Gateway	15:00	15:25				No action needed		
3.74	Taff's Well Railway station	Run on left hand side towards traffic lights.	Junction	15:05	15:40	63	Run4All	2	Marshal runners to stay on left hand side		2
3.84	Traffic lights at junction A4054	<u>Cross road when directed; continue on pavement on left hand side</u>	Crossing	15:05	15:40	63	Run4All	2	Marshal runners across road and stay on left hand side(with support of Flying Marshal Team)		2
4.09	A470 exit slip road	<u>Cross road when directed Run on left hand side into Tongwynlais</u>	Junction	15:10	15:45	51	South Wales Police	2	Marshal runners across road and stay on left hand side(with support of Flying Marshals Team)		2
4.44	A4054	<u>Cross to right hand side when directed</u>	Crossing	15:10	15:45	51	South Wales Police	2	Marshal runners across to right hand side (near pinch-point)		2
4.72	Iron Bridge Road	<u>Turn right down Iron Bridge road.</u>	Junction	15:10	15:50	38	Les Croupiers (Vets)	1	Marshal runners to turn right		
4.88	A470 Bridge	<u>Turn right after bridge then bear left, follow cycle path, signed CARDIFF CASTLE</u>	Turning	15:10	15:50	38	Les Croupiers (Vets)	1	Marshal runners to turn right Lead and trail cycles to Cardiff Castle.		
5.10	Iron Bridge	<u>Turn left, stay on cycle path</u>	Cyclists/Public	15:15	15:55	38	Les Croupiers (Vets)	1	Marshal runners to continue on Taff Trail		
5.17	M4 Motorway	<u>Turn right after bridge, still on cycle path.</u>	Turning	15:15	15:55	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn right		
6.00	Radyr Bridge	<u>Straight ahead</u>							No action needed		
6.15	Forest farm	<u>Straight ahead on right hand side of road</u>	Junction	15:20	16:05	11	Les Croupiers RC (Ladies)	1	Marshal runners to stay on right hand side		

6.60	Local road	<u>Take footpath on right at start of hill</u>	Junction	15:20	16:05	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn right and stay on right hand side		
7.13	Park entrance	<u>Bear right staying on cycle path</u>	Barrier	15:25	16:10	11	Les Croupiers RC (Ladies)	1	Marshal runners to bear right		
9.34	Blackweir Suspension bridge	<u>Keep right beside river</u> <u>Keep to metalled path adjacent to river</u>	Junction	15:35	16:30	11	Les Croupiers RC (Ladies)	1	Marshal runners to keep right beside river.		
9.96	Cross roads in park	<u>Turn right past Nursery, back towards river</u>	Pedestrians	15:35	16:35				No action needed		
10.43	Turn for castle	<u>Turn left towards north castle gate</u>	Turning	15:40	16:40	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn left		
10.62	Castle gate	<u>Turn left away from castle gate</u>	Turning	15:40	16:45	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn right		
10.70	At end of path			15:40	16:45		Changeover marshals		Guide runners to finish.		
10.70	Run to finish		Pedestrians	15:40	16:45		Changeover marshals		Guide runners to finish.		
10.70	Finish outside Castle grounds CF10 3RB Toilets in City Centre, Welsh Institute of Sport or Welsh College of Music and Drama)			15:40	16:45		Changeover marshals		Guide runners to finish.		

38

3

18

18:00

Day 2 total

103.2

Grand total

207.0

C. Information for drivers

Please distribute this section to the drivers of your team's shared vehicles

C.1. Safety

Please ensure everyone, no matter what their role, acts in a responsible way with concern equally for the safety of the general public and other road users. **Everyone is responsible for safety**, not just the race organisers.

Race officials will disqualify or penalise runners or teams for breach of safety or ignoring instructions from officials or marshals.

Here are rules for drivers to reinforce safety:

- **Do not hand drinks to a runner from a moving vehicle.**
- **NO feeding runners on part of stage 3 and NONE of stage 8.**
- **Drive very carefully and slowly when among runners, giving them a wide berth.**
- **Park sensibly and legally at all times, with consideration to all road users and local residents. DO NOT block access to private driveways.**
- **Use designated car parks at start and finish areas.**
- **All vehicles must display a visible race team number**

C.2. Instructions to race traffic

As traffic congestion problems are guaranteed, we ask for your cooperation in resolving them. At those locations where parking is limited please ensure that no more than one vehicle parks close to the start or finish areas. Please drop-off runners and park away from the immediate start or finish area. In most cases there is parking within 400 metres, so please use these facilities.

Look carefully at your road map, don't rely on sat-nav, and use alternative routes.

C.3. Team support vehicles

All vehicles must display a visible race team number to identify which vehicles are with the race.

When stopping to support runners, please park sensibly so that your vehicle is not causing a hazard.

If you are required to deliver your marshals to their duty locations please do so promptly for a late arrival at your marshalling points could endanger the lives of the runners on that stage. Do not stop to support until you have delivered your marshals.

C.4. A summary of the route

Note: postcodes cannot be relied upon so please use maps and do not rely solely on sat-nav.

Day 1

Leg	Start	Landranger map reference at start + approximate postcode	Landranger map reference at finish + approximate postcode	Route	Distance (miles)
1	Caernarfon	SH 477 627 LL55 2AU	SH 467 530 LL54 6NR	Coastal road	2.8
				Minor roads	2.7
				Cycle track	3.6
2	Penygroes	SH 467 527 LL54 6NE	SH 499 382 LL52 0HB	Cycle track	6.0
				A487	0.3
				B4411/Green	4.4
3	Criccieth	SH 500 381 LL52 0HB	SH 660 409 LL41 3YU	A497	3.8
				A498	3.0
				B4410	5.3
4	Maentwrog	SH 665 407 LL41 4HL	SH 580 314 LL46 2UL	A496	9.4
5	Harlech	SH 579 312 LL46 2UB	SH 603 173 LL42 1BX	A496 Lane	9.5 0.1
6	Barmouth	SH 602 171 LL42 1BX	SH 728 179 LL40 1DH	Sea wall/harbour road	1.6
				A496	0.1
				Footbridge/lane Mawddach Trail	1.3 7.7
7	Dolgellau	SH 728 179 LL40 1DF	SH 858 148 SY20 9JD	Local road	0.9
				A470	8.8
				Local road	0.1
8	Dinas Mawddwy	SH 858 148 SY20 9JA	SH 989 115 SY21 0NS	Local road	0.5
				A470	1.2
				A458	9.1
9	Foel	SH 990 115 SY21 0NS	SJ 103 066 SY21 0SE	A458	8.5
				Local road	0.1
10	Llanfair Caereinion	SJ 103 063 SY21 0RQ	SO 108 918 SY16 2BQ	B4389	10.4
				B4568	1.4
				Cycle track & footpath	1.3

Day 2

Leg	Start	Landranger map reference at start + approximate postcode	Landranger map reference at finish + approximate postcode	Route	Distance (miles)
11	Newtown	SO 100 904 SY16 1LH	SO 099 777 LD1 6YH	Local road A483	0.2 12.1
12	Llanbadarn Fynydd	SO 099 777 LD1 6YH	SO 089 649 LD1 6HN	A483 A44	11.0 0.2
13	Crossgates	SO 089 649 LD1 6HN	SO 045 516 LD2 3NJ	A44 A483	0.2 10.4
14	Builth Wells	SO 043 514 LD2 3SS	SN 986 451 LD2 3HT	A470 A483 B4519	0.1 6.2 4.5
15	Epynt Visitor Centre	SN 992 437 LD2 3HY	SO 044 289 LD3 9DH	B4519 B4520 Local roads	1.8 7.8 3.2
16	Brecon	SO 045 285 LD3 7AF	SN 982 203 LD3 8NL	Local road A470	1.2 7.6
17	Beacons Reservoir	SN 985 201 LD3 8NL	SO 039 072 CF47 8RE	A470 A4054 Path in park	7.4 1.5 0.3
18	Rhyd-y-Car Leisure Centre, Merthyr Tydfil	SO 050 055 CF48 1UT	ST 082 945 CF45 4SN	Cycle track B4285 Footpath & local road A4054 Cycle path B4275 Local road & park	2.5 1.4 0.6 3.2 1.1 0.1 0.2
19	Abercynon (Navigation Park)	ST 081 944 CF45 4SN	ST 126 856 CF15 7TE	B4275 A4054 Cycle track	0.1 3.8 3.8
20	Caerphilly	ST 152 869 CF83 1AB	ST 180 766 CF10 3RB	Local roads A469 Cycle track A4054 Cycle track & Bute Park	1.2 0.1 2.4 0.6 6.4

C.5. Directions for drivers of team support vehicles

Stage 1: Caernarfon to Penygroes		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Caernarfon Castle	Park in the Harbour Car Park adjacent to the Castle. Vehicles not permitted to follow runners on this section. Take A487 towards Penygroes. You can watch the runners joining the cycle track at Dinas railway station (just off A499).
6.0	A487/A499 roundabout	Some parking outside the Goat Inn.
7.8	Inigo Jones Slate works	Park sensibly on main road (A499) or in slate works car park.
9.1	Finish: Near former Penygroes Railway station.	No parking at finish. Park in Industrial Park or other car parks in Penygroes. These are quite near the finish and the start of the next stage. Toilets and shops for refreshments are available in Penygroes.

Stage 2: Penygroes to Criccieth		
Miles	Location	Support vehicle driver's instructions
0.0	Start: On cycle track (Lôn Eifion) on Criccieth side of roundabout on A487.	No parking allowed Park in Industrial Park or other car parks in Penygroes. It is just a short walk along the footpath to start/finish.
6.05		Go down A487 to meet runners at BRYNCIR.
6.3	Goat Inn	Vehicles taking runners to Maentwrog, or to support stage 3, should not turn right towards Criccieth but continue straight ahead.
10.7	Finish: The green in Criccieth.	You must park in the large public car park which is adjacent to the finish. You must park at the <u>far end</u> where it will be free of charge. Otherwise you pay and display or get a fine. <u>There is an attendant on duty.</u> There are some nice coffee shops (and pubs) in Criccieth.

Stage 3: Criccieth to Maentwrog		
Miles	Location	Support vehicle driver's instructions
0.0	Start: On A497, at end of green	Park in large public car park. See comments above – Finish stage 2.
		Support vehicles for stage 4 may proceed to Maentwrog from Criccieth via the A497 and A487 direct. Note: Toll road just after Portmeirion – may not be available as short cut to Harlech (for stage 5 vehicles) due to rebuilding work.
8.6	A4085 junction at Garreg	Vehicles not permitted on the next section. Take A4085 and A487 to finish, via Penrhyndeudraeth.
12.3	Finish: Oakeley Arms Hotel.	Parking is limited <u>Do not park</u> at bus stop. Buses always appear during the race, and the drivers can get very cross.

Stage 4: Maentwrog to Harlech		
Miles	Location	Support vehicle driver's instructions
0.0	Runners assemble at Oakeley Arms and wait to be escorted to start. Start at old bridge on right hand side of A487.	Parking is limited <u>Do not park</u> at bus stop. Buses do use this location, and they always appear during the race, and the drivers can get very cross.
5.2	Talsarnau	Drive carefully through narrow village.
9.5	Finish: Ysgol Ardudwy	Park behind Ysgol Ardudwy as directed. Parking also available in Beach car Park, about ¼ mile down side road. Refreshments available at Fish & Chip shop and the Queen's Head pub or in Harlech, if you can manage the walk up the hill.

Stage 5: Harlech to Barmouth		
Miles	Location	Support vehicle driver's instructions
0.0	Start: On A496, Barmouth side of level crossing	
		Park behind Ysgol Ardudwy as directed. Parking also available in Beach car Park, about ¼ mile down side road.
4.7	Dyffryn Ardudwy	Drive carefully through narrow village.
6.0	Talybont	Drive carefully through narrow village and over narrow bridge.
9.5	Lane entrance	Continue along main road and return along promenade to the car park at the very end.
9.6	Finish: Bottom of lane.	Park at the far end of extremely large promenade car park. Walk over level crossing to see finish. Take great care, this railway line is in use. Refreshments available in the town.

Stage 6: Barmouth to Dolgellau		
Miles	Location	Support vehicle driver's instructions
0.0	Start at northern end of sea wall (promenade)	
		Park in large promenade car park adjacent to start.
1.7	Entrance to footpath over railway bridge	Stay on A496 to join A493 later. There is a small road that turns off to the right, for which a small fee is payable, which gets you to the George III Hotel, Penmaenpool.
8.4	George III hotel in Penmaenpool	The runners should pass the pub here, (make sure they do). You <u>can</u> drive back as far as Arthog railway station but you'll only get a glimpse of the runners for they use the Mawddach trail, but you may like to give your runner a smile or an encouraging word.
9.8	Junction A493 and A470	You can either take the back road into town then take the one-way system and park in car park (last left before river) alternatively take A470 to Dolgellau.
10.7	Finish: In field adjacent to car park.	Drive through first car park (pay & display), park in large car park near rugby ground. This one is free of charge. Refreshments in the town.

Stage 7: Dolgellau to Dinas Mawddwy		
Miles	Location	Support vehicle driver's instructions
0.0	Start: At entrance to Marian Mawr Car Park.	
		Park in Marian Mawr Car Park as instructions above.
5.5	Summit of steep down hill	Drive very carefully down the hill, the runners can get wobbly.
9.45	Road down to Dinas Mawddwy	Go very carefully down steep hill into Dinas Mawddwy.
9.5	Finish: At drive entrance, and a bit further down the hill is the Red Lion Pub.	Park in car park at the bottom of the hill or the pub car park if picking up spent runners. There is another car park at the end of the village which has its advantages if dropping off your runner.

Stage 8: Dinas Mawddwy to Foel		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Opposite Gwesty'r Lliw Coch (Red Lion Pub).	
		Park in Car Park at end of village, not far from the pub.
		Servicing runners on this stage is strictly forbidden.
10.8	Foel	Parking is limited. Some parking available in the small car park on right. Do not enter or block access to the Twin Rivers Holiday Park.

Stage 9: Foel to Llanfair Caereinion		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Opposite the chapel in Foel.	
		Parking is limited Some parking available in the small car park on right. Do not enter or block access to the Twin Rivers Holiday Park.
8.4	Llanfair Caereinion	Vehicles must not follow runners up hill.
8.5	Finish: Opposite entrance to School/Leisure Centre	Vehicles must not park on main road – use large car park at ‘old station’. Walk back short distance to see finish near school.

Stage 10: Llanfair Caereinion to Newtown		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Junction of Watergate Street/High Street (opposite Church) on B4389, signposted NEW MILLS	
		Vehicles must not park on main road – use large car park at ‘old station’. Just a short walk back to the start.
		This stage is on narrow and winding roads. Please go carefully and when stopping park sensibly so that runners are safe and so that marshals are not obscured. This is particularly true in Bettws Cedewain. For a more straightforward route to the finish use the A458 to Welshpool, then A483 to Newtown.
13.1	Finish: At the monument at the rear of Elephant and Castle Hotel	Park in the large car park in BACK LANE, which is opposite the E & C and just around the corner. Have a nice evening.

Stage 11: Newtown to Llanbadarn Fynydd		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Newtown (Maldwyn) Sports Centre	
12.3	Finish: Just before New Inn in Llanbadarn Fynydd.	Park tidily past New Inn. Make sure you do not block the road for the runners on the next stage. Toilets and breakfast refreshments will be available in the New Inn.

Stage 12: Llanbadarn Fynydd to Crossgates		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Outside New Inn	
		Park tidily past New Inn. Make sure you do not block the road for the runners of this stage. Toilets and breakfast refreshments will be available in the New Inn.
11.2	Finish: Knills Service Station in Crossgates	Park with consideration at Knills Service Station. Keep forecourt and road in front of garage clear of race vehicles. Refreshments available.

Stage 13: Crossgates to Builth Wells		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Knills Service Station	
		Park with consideration at Knills Service Station. Keep forecourt and road in front of garage clear of race vehicles.
3.6	TOM NORTON LIMITED, Llandrindod Wells	If you need one, here is a showroom that professes to sell Aircraft.
10.6	Finish: In Royal Showground coach park on left	Park in coach park on left. Be very careful of finishing runners. <u>Vehicle Exit is at the far end of the field.</u> (Next to Jewsons). Refreshments available in Little Chef down by the roundabout.

Stage 14: Builth Wells to Drovers Arms		
Miles	Location	Support vehicle driver's instructions
0.0	Start: In front of gate beside Jewsons yard next to A470	
		Park in coach park on left. Be very careful of finishing runners. <u>Do not</u> go out the way you came in. Exit via far end (next to Jewsons).
0.4	Junction with B4520 (Upper Chapel)	The route is narrow. Non-essential vehicles use B4520 or A470 from Builth to Brecon. Vehicles taking runners to Brecon are advised to use this alternative route.
2.8	Cilmery	Note the monument to Prince Llywelyn, Wales' last native prince.
6.3	Garth	This road is narrow and hilly. Please respect the runners and pull off the road when stopping.
10.8	Finish: At isolated building on cross road (Drovers Arms [Not a real pub]).	Parking is limited Park in car parks near Drovers Arms Under no circumstances go off road (Military range). If you are picking up your runner on this stage then best not to leave via B4519, instead leave via the road that runs east to meet the B4520 before Lower Chapel. (It's quicker!)

Stage 15: Epynt Visitor Centre to Brecon		
Miles	Location	Support vehicle driver's instructions
0.0	Start: 'Epynt Visitor Centre' on military range on B4519.	
		Parking is limited. No parking before or in the 'Epynt Visitor Centre'. Park as directed by the marshals. Under no circumstances go off road.(Military range).
1.8	Junction with B4520	Be prepared for delays owing to slow moving race traffic on narrow roads.
6.4	Lower Chapel	Drive carefully over narrow bridge.
9.6	Junction for Cradoc	No turning right for you. Go straight to Brecon and park up.
12.8	Finish: On pedestrian river bridge	Park in new car park beyond Safeway, or in Safeway car park (fee required). Walk to the finish at the bridge. Refreshments available, e.g. Fish and Chips.

Stage 16: Brecon to Beacons Reservoir		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Wellington Hotel, in centre.	
		<u>No</u> parking at start. Park in new car park beyond Safeway, or in Safeway car park (fee required here) and walk to start.
		Several lay-bys on A470 for convenient cheering and possibly a cup of tea.
8.8	Finish: In side road on left, signposted TOILETS. 400 m past Storey Arms.	Park in car park behind side road on left. No refreshments, except for maybe an ice cream van at Storey Arms.

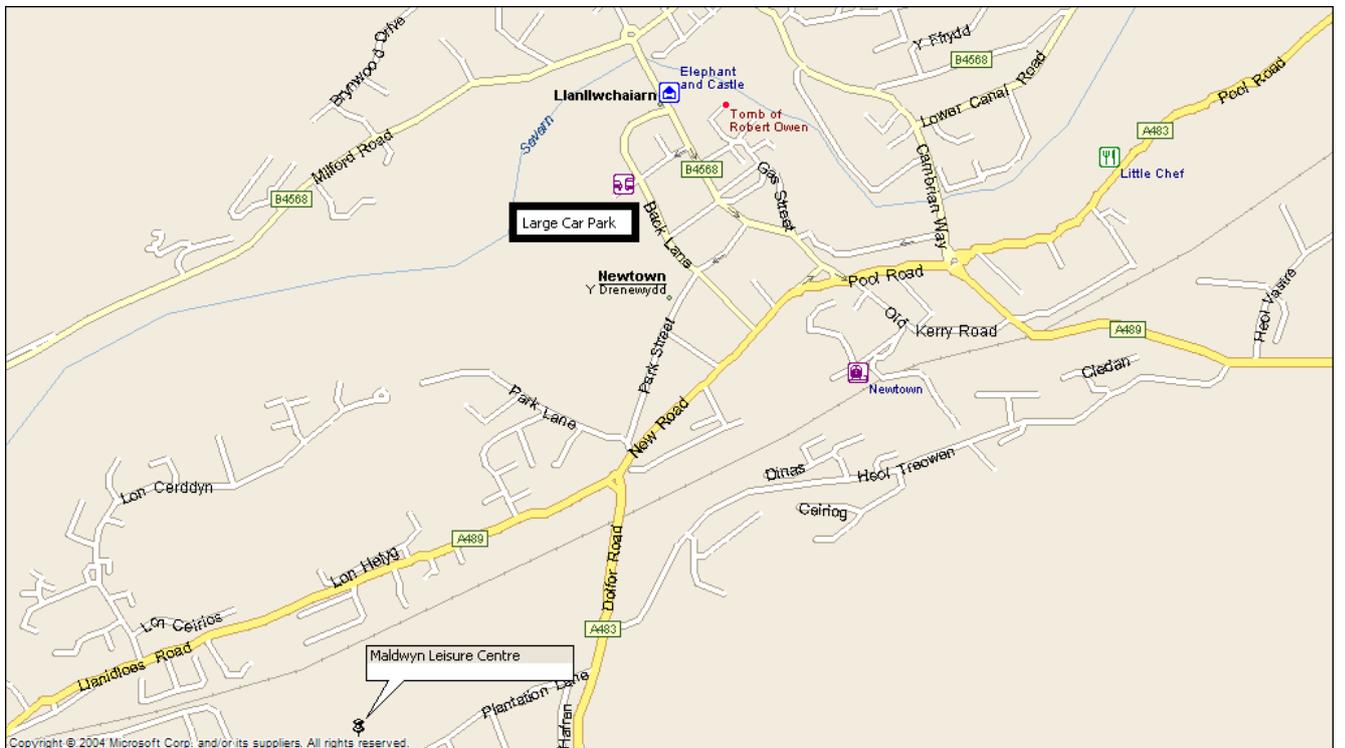
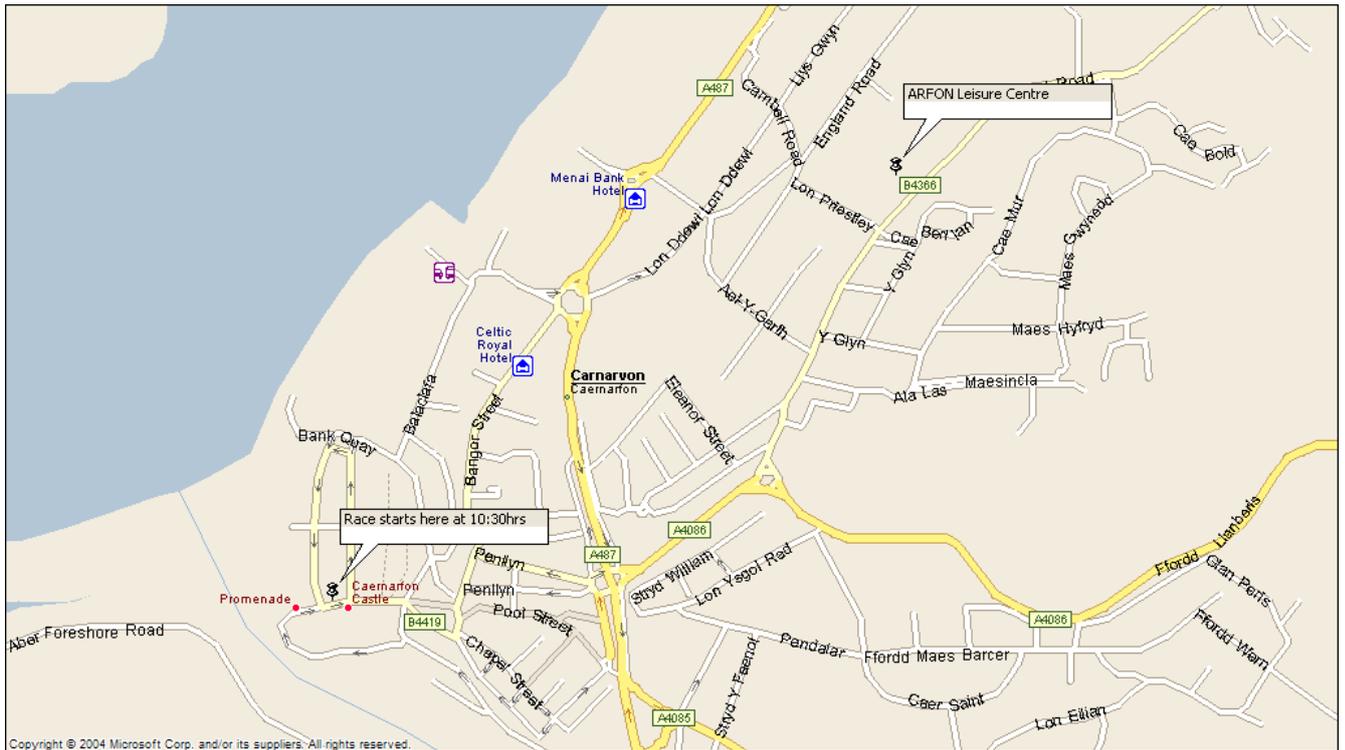
Stage 17: Beacons Reservoir to Cyfartha Castle.		
Miles	Location	Support vehicle driver's instructions
0.0	Start: On A470 at entrance to side road (Toilets). 400 m past Storey Arms.	
		Park in car park behind side road on left.
7.4	Junction to CEFN COED Y CYMMER	Support vehicles collecting runners at the end of stage 17 should continue on A470 and drop down to Cyfarthfa Castle after 2 roundabouts on A4102. Those dropping off runners for the start of Stage 18 should take the third roundabout (A4102) for Rhyd-y-Car Lesiure Centre.
9.2	Finish: End of the lower path adjacent to the lake.	Limited car parking facilities within the grounds of the park.

Stage 18: Rhyd-y-Car to Navigation Park		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Behind Rhyd-y-Car Leisure Centre	Use car park at Leisure Centre.
		Vehicles unable to follow runners. Support vehicles should follow A4054.
2.47		The runners are on the road from Troedyrhiw to Merthyr Vale, via Aberfan. Examine the runner's route directions and you will find places to support.
7.9	Miller's Row	Stay on A4054 through roundabout to turn right at first set of traffic lights then left at the next set, to the finish.
9.1	Finish: Inside Navigation Park Business Network	Park in very large car park inside Navigation Park Business Network. No refreshments.

Stage 19: Navigation Park to Nantgarw		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: At entrance to Navigation Park industrial area	Park inside Navigation Park Business Network.
3.9	Glyntaff	Traffic stay on A4054.
		Once more it is tricky following the runners from here. Examine the route directions carefully and you will find places to support. The adventurous can turn left off the A4054 and find one of the places where the cycle track crosses a road.
7.6	Bridge over lane at Nantgarw	You can support at Nantgarw, if you look carefully. Caerphilly Road – A468.
7.7	Finish: just after bridge	Support vehicles cannot access the finish but can park in Old Nantgarw Rd near the traffic lights on the way up Nantgarw Hill(A468). (Come off the A470 for the A468 and proceed up the hill, turn left at the lights and immediate left – Old Natgarw Rd.)

Stage 20: Caerphilly to Cardiff Castle		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: In the Crescent road public car park.	Park in car park at end of Crescent Road. No parking in Crescent Road itself.
0.5	Caerphilly District Miner's Hospital, Lon-y-Llyn Rd	Runners exit via far end of car park to cross St Martin's road to join footpath.
0.96	Ffordd Traws Cwm	Runners can be supported here as they emerge off the footpath.
1.26	T junction A469	Virtually the whole route is now off road after this point. Race traffic to use A470.
3.8	Taffs Well	Some parking near the Taff's Well railway station.
4.5	Tongwynlais	Not much parking, but you can watch the runners go through.
		And that's it as far as supports goes, unless you are very ambitious and find one of the places where the Taff Trail meets a road. Good luck
10.7	Finish: Bute Park, near Cardiff Castle	Plenty of parking in Cardiff, near City Centre, but please Pay & Display

C.6. Caernarfon/Newtown maps



TEAM CAPTAINS MUST ENSURE THEIR MARSHALS ARE FULLY BRIEFED IN ADVANCE AND COPY THIS INFORMATION TO THEM.

D. Information for marshals

For the safety of runners it is essential that team marshals are in their allocated places by the time indicated in the route description. It is the responsibility of Team Captains to fully brief the marshals on their duties well in advance (see below), and provide the details of the stage(s) for which they are responsible. Penalties will apply if marshals leave their stations before being formally released.

D.1. The duties of marshals

The role of marshals is to ensure the safe running of the race at their allocated location. To this end marshals must be aware of the movement of traffic and the route of the runners.

Marshalling duties

- At a crossing point:

At least two marshals at each crossing point, one for each direction of the traffic. The marshals must ensure that the runners cross the road safely. When there is traffic on the road the marshals must ensure that the runners do not attempt to cross until the road is clear.

- At other locations:

The marshals must ensure that the runners follow the designated route, remaining on the side of the road as directed in the route description. A marshal must be assertive when necessary but direct runners with consideration.

- Flying Marshals:

Three teams of experienced marshals with a good knowledge of the route and hazards will travel the route. They will support and organise the team marshals at a number of locations so as to reduce the risk to runners. If you are marshalling at one of these points please cooperate fully.

- Start and Finish areas:

Marshals will also be allocated to the changeover points to assist the Start and Finish Teams. Their role is to ensure race traffic parks correctly (and not blocking private driveways), to ensure the safety of runners and to alert pedestrians of the approach of runners.

The general principles used for deciding which points require marshals are as follows:

- Roads joining from the side of the road the runners are using (normally the left).
- Any point where the runners have to cross a road.
- A bend in a road where runners may be inclined to cut the corner or cross the road.
- Any location where runners need directing onto the correct route
- Minor roads, lanes and house/business entrances joining from the route rarely pose a major hazard.

However, according to circumstances on the day, marshals must be prepared to use their initiative and marshal any location that may unexpectedly present a major hazard during the race.

D.2. Signs

CAUTION signs will be placed at each start location, finish location, each crossing point and at other locations described in the route description. The purpose of the signs is to warn traffic to take heed of runners.

D.3. A list of the responsibilities of marshals and how it all works

In sections D.4, B.16 and D.5 respectively, you will find:

- a list of all the teams indicating which stage each team marshals and how many marshals are required
- for each stage, precise route details and marshalling points
- maps to help you find trickier marshalling locations.

All marshals must comply with the following important instructions:

- For each marshalling point the time you must be at your duty point is listed in the route description. It is timed so that you **arrive 10 minutes before the lead runner**, to allow you to familiarise yourself with the location.
- The end time is an estimate of the time of the last runner. **You must not leave before the last runner**. You will know when the last runner goes by, for you will see the backup vehicle. The backup team have been asked to request any runner going at a pace less than the cut-off time to pull out.
- Marshalling bibs are issued to each club's representative at the pre-race briefing which is held in Arfon Leisure Centre, Caernarfon. **Wear your bibs at all times whilst marshalling**. At the end of your duty give the bibs to the driver of the backup vehicle, or hand them to one of the officials at the next changeover.
- Leave the signs where they are (unless otherwise requested) because the route marking team will collect them.
- Your Team Captain must provide you with a copy of the description in advance for the stage to which you have been allocated so that you will know your marshalling responsibilities.
- Above all else, safety is your first responsibility. This may require a runner to stop on your instruction, so as to avoid a potential accident. Runners must never cross the road or a junction without your guidance. Act in a way that is clear to both runners and motorists alike.
- **Take the number of any runner who ignores your instructions and inform the Race Directors** (John Griffin 07891 453972 Phil Cook 07968 374467).
- Remember it is very hard to hear what people are saying when you are running, so make yourself understood with clear arm gestures.
- Don't get angry with road traffic (they may be having a bad day) and it only takes one complaint for the race to be put in jeopardy.
- If you have to ask a member of the public to stop or move, please do so politely and thank them afterwards. It is **vital that we do not upset any member of the public** as we need their support.
- Remember that this race is an event that is organised primarily for fun and friendship, so please be courteous at all times.
- If the police turn up then tell them what is going on and tell them that all police forces and local authorities have been informed and that we have a Race Licence issued by Welsh Athletics. If they have come to help then that's excellent, so just tell them where the runners will be coming from and where they will be going. Help out by indicating when a runner is approaching by shouting or waving.

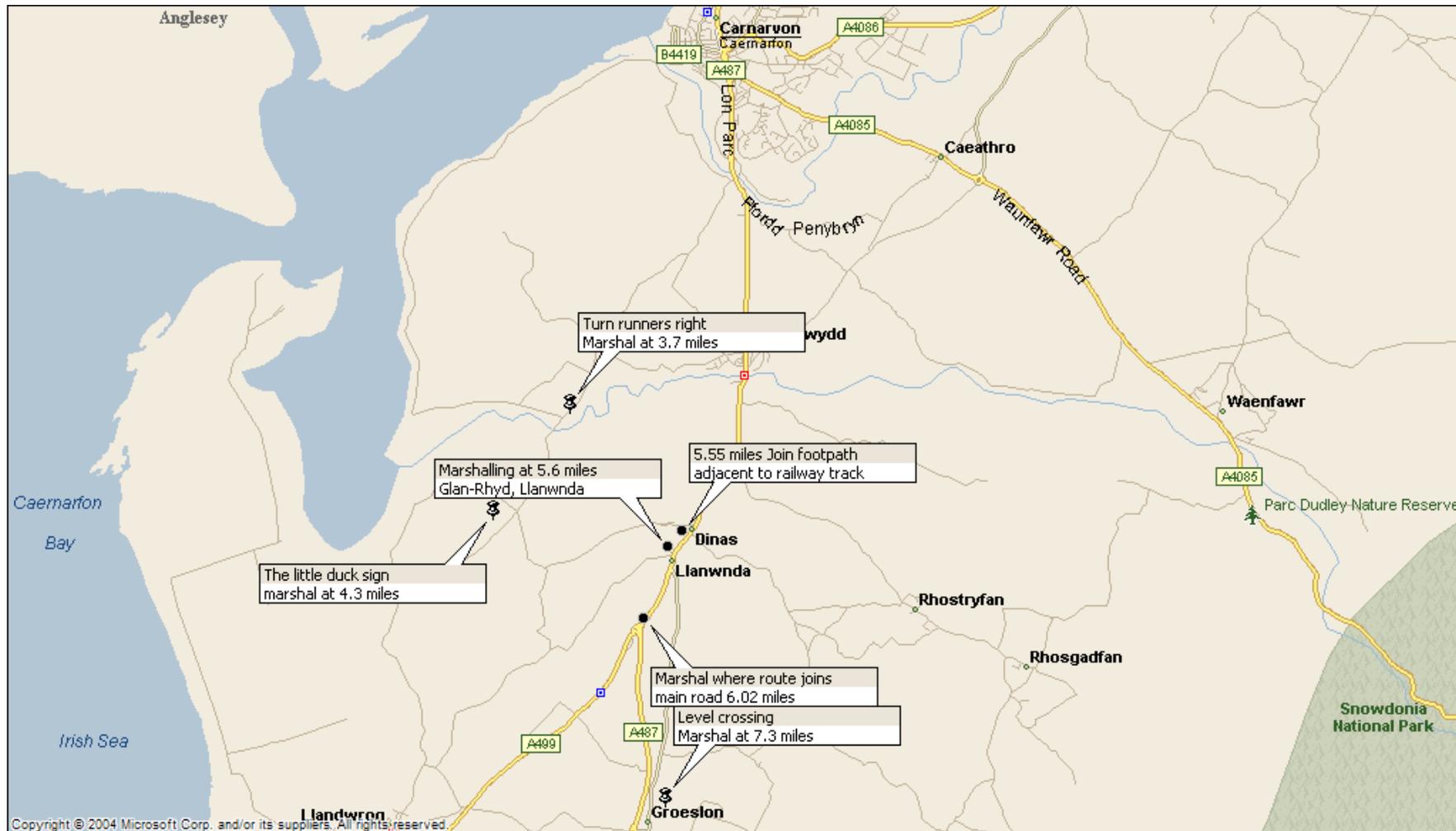
Marshalling

Team No	Duty No	Competing club	stage	No of marshals	stage	No of marshals
1	60	Aberdare	18	7		
2	29	Abergele Harriers	1	5		
3	5	Athletau Aberystwyth AC	6	6	Includes Water Station duties at 8.6m	
4	21	Altrincham & District AC	3	6		
5	43	Bitton Road Runners	2	5		
6	9	Brackla Harriers	18	6		
7	40	Brecon AC	15	7		
8	3	Bridgend AC	18	6		
9	42	Bromsgrove & Redditch AC	8	5		
10	53	Chorlton Runners	10	5		
11	37	Clevedon AC	3	7		
12	4	Denbigh Harriers	1	6		
13	17	Ealing Eagles	15	6		
14	1	Ellesmere Port AC	9	5		
15	30	Great Western Runners	7	5		
16	36	Haarlem Globetrotters	3	4	4	3
17	20	Islwyn RC	16	5		
18	45	Les Croupiers	20	12		
19	12	Liswerry Runners	19	6		
20	55	Lytham St Annes	2	5		
21	14	M'chester YMCA Harriers	4	6		
22	6	Neath Harriers	19	4	10	3
23	49	Penarth & Dinas Runners	20	8		
24	44	Pontypridd Roadents	19	6		
25	10	Port Talbot Harriers AC	8	2	13	4
26	2	Prestatyn RC	7	7		
27	63	Run4All	20	4		
28	58	Sale Harriers	5	5		
29	22	Salford Harriers AC	1	7		
30	23	San Domenico RC	19	5		
31	57	Sarn Helen Club	16	5		
32	24	Serpentine RC	6	3	7	4
33	46	Southville RC	15	7		
34	8	South West RR	3	4		
35	7	Stragglers	10	7		
36	27	Stroud & District AC	14	6		
37	64	Thames Hare & Hounds	15	3		
38	28	TROT's	1	6		
39	25	Vale Royal AC	2	7		
40	16	Westbury Harriers	12	5		
41	32	Winchester & District AC	3	4		
42	15	Wigan Phoenix	14	5		
43	33	Wirral AC	4	7		
44	18	Bitton Road Runners (Ladies)	16	6		
45	31	Ealing Eagles RC (Ladies)	5	6		
46	11	Les Croupiers RC (Ladies)	20	7		
47	19	Liswerry Runners (Ladies)	16	3	17	3
48	50	Sale Harriers (Ladies)	13	6		
49	47	Serpentine RC (Ladies)	5	6		
50	65	Southville RC (Ladies)	4	5		
51	61	Team Bath AC (Open)	13	7		
52	54	Chorlton Runners Vets	9	4		
53	41	3M Gorseinon RR Vets	11	5		
54	38	Les Croupiers Vets	20	3		

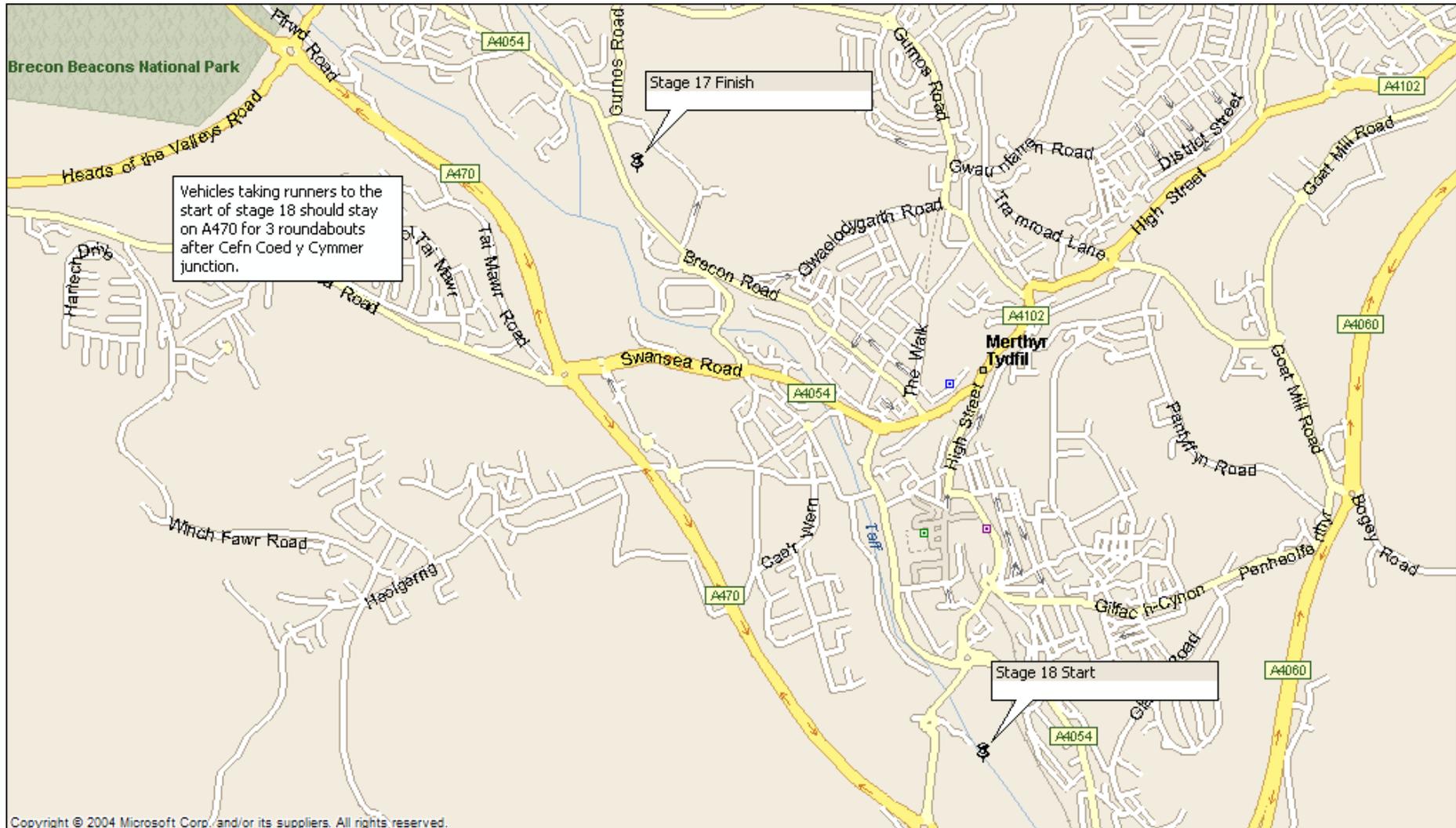
55	13	Middleton Vets	6	7		
56	39	Serpentine Vets	17	5		
57	56	South West RR (Vets)	17	6		
58	35	Swansea Harriers(Vets)	7	7		
59	48	Team Bath AC Vets	10	6		
60	66	Telford Harriers Vets	1	4		
61	26	Burges Salmon LLP	8	6	Water station duties at 4.8m and 7.9m	
62	52	Environment Agency Harriers	8	3	Water station duties at 1.75m	
63	62	Natural resources Wales	10	4		
64	51	South Wales Police	20	4		
65	59	Turner Broadcasting	14	5		

D.5. Maps to help find some of the trickier marshalling points

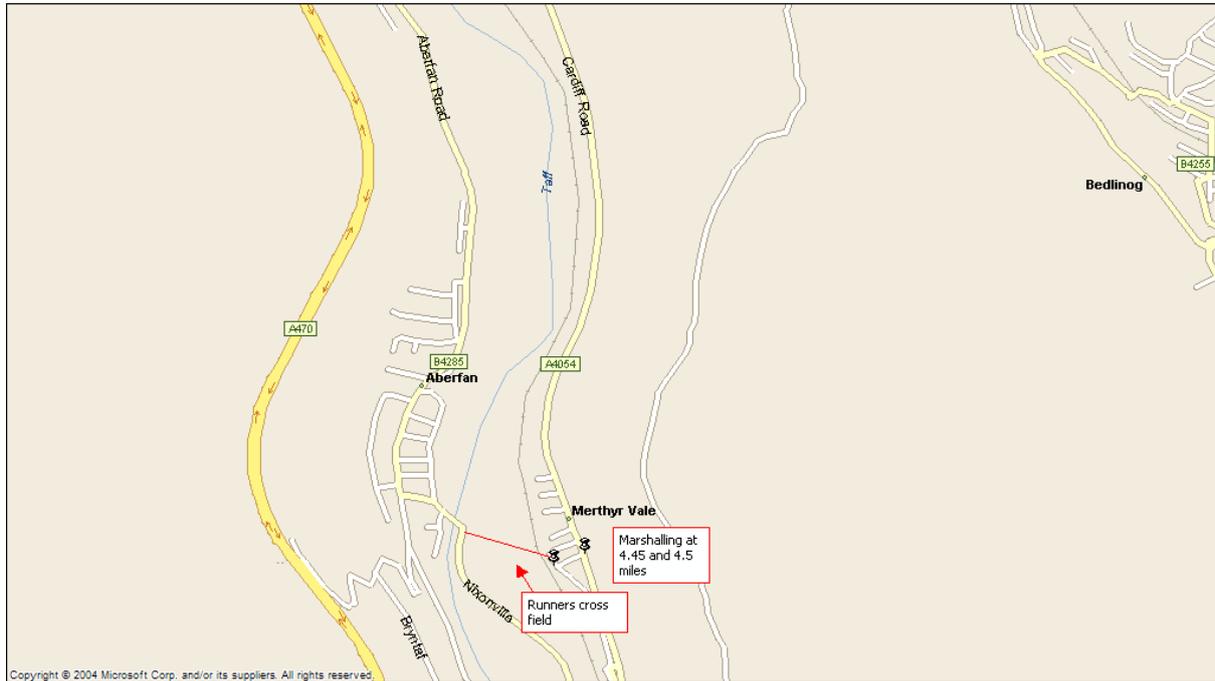
Stage 1: Middle Section



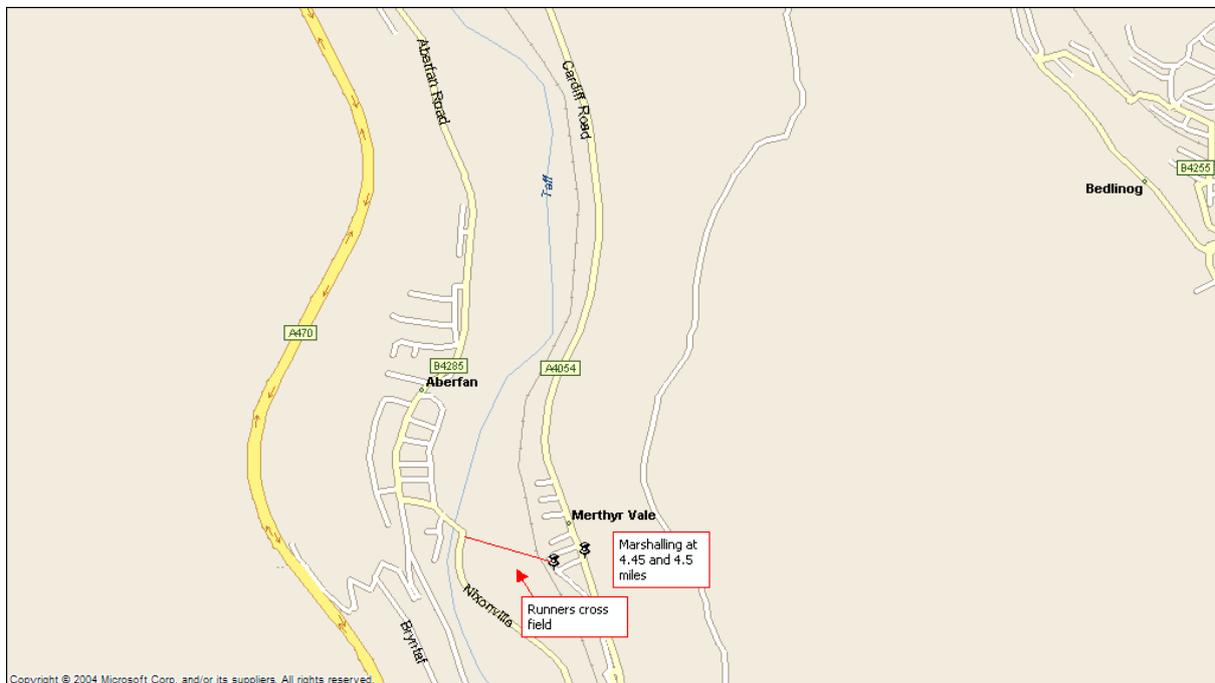
Stage 17: Finish & Stage 18 Start



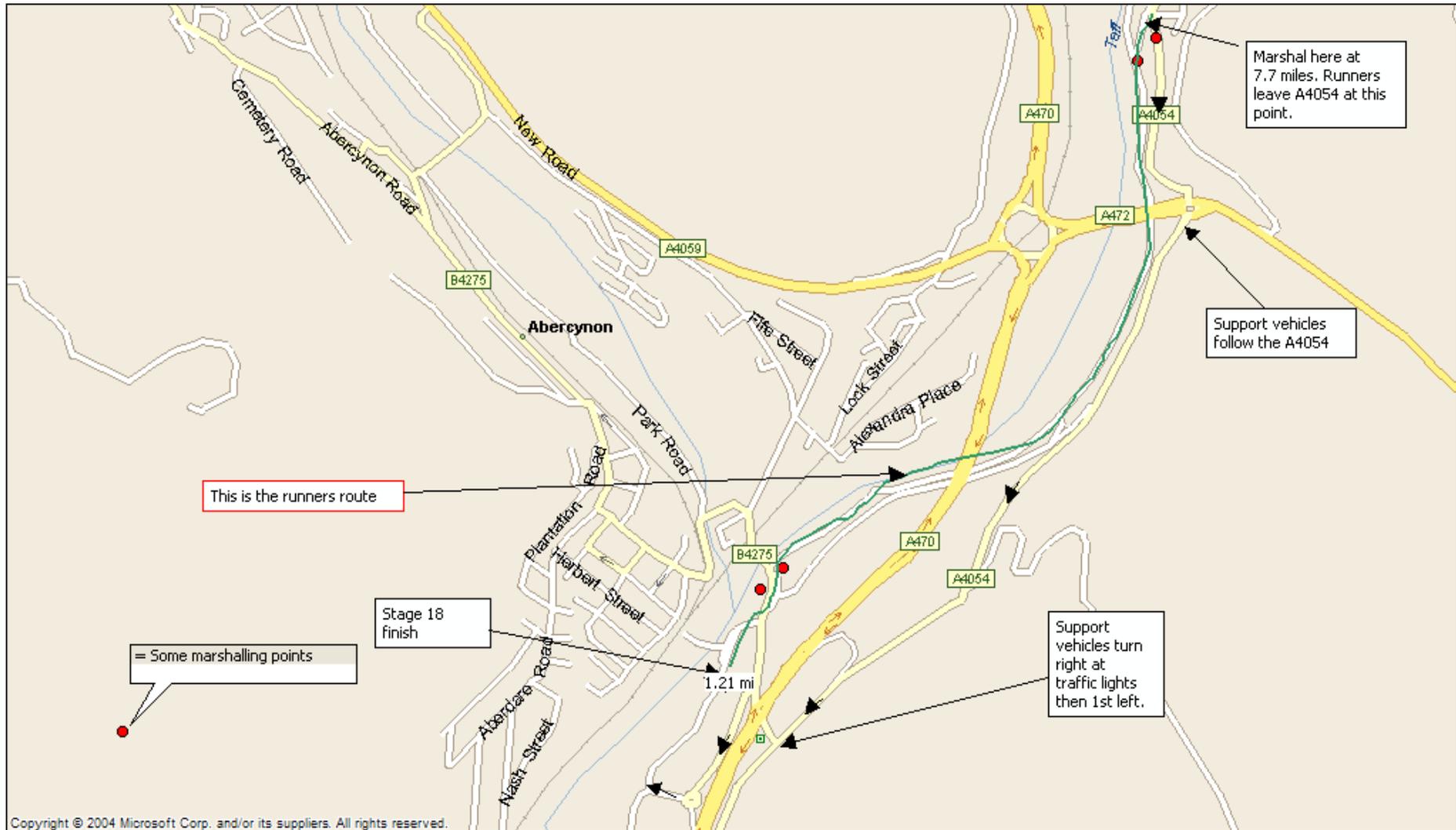
Stage 18: Troedyrhiw



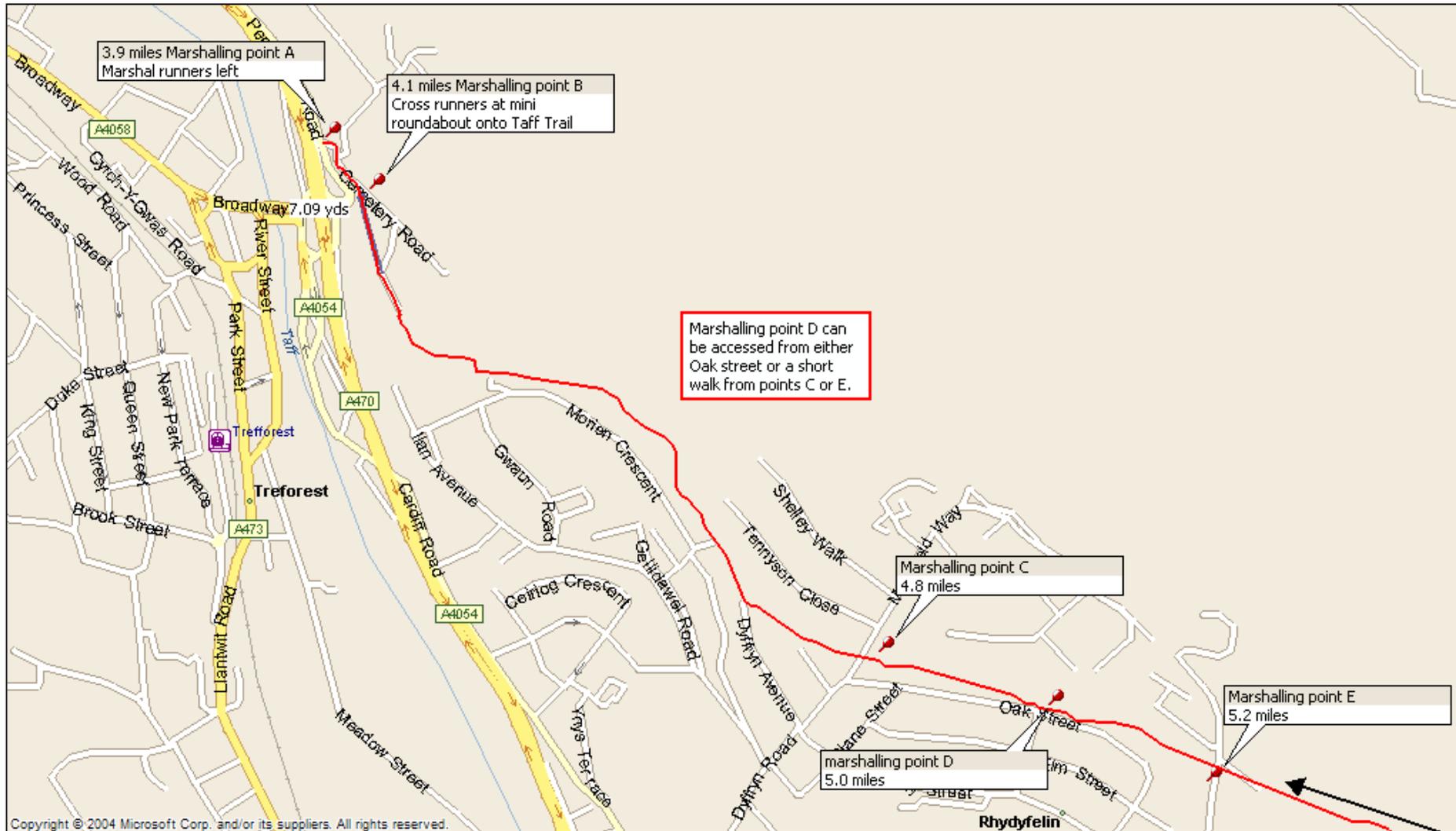
Stage 18: Merthyr Vale



Stage 18: Approach to finish



Stage 19: Glyntaff & Rhydyfelin





Start Official, Paul Stillman



Officials & Marshalls Coordinator, Mike Davies



Race Director, John Griffin



Race Administrator, Amanda Thompson



Race Director, Phil Cook

Referee and Results, Jeff Aston

