



Welsh Castles Relay Reference Book



4 & 5 June 2016

Les Croupiers Running Club

Welsh Athletics Race License:
South R.A.C.-RR-24

Introduction

Welcome to the Welsh Castles Relay 2016. This is the 34th 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 to be aware of any 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.

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.

Good luck to you all, we hope you enjoy the race

CONTACT NUMBERS

John Griffin	Phil Cook	Amanda Thompson	Mike Davies	Jeff Aston
07891 453972	07968 374467	07960 210472	07876 381037	07814 879927

WEBSITE <http://www.lescroupiersrunningclub.org.uk/welsh-castles-relay-2016>

TWITTER @wcrelay

FACEBOOK https://www.facebook.com/welshcastlesrelay/?ref=aymt_homepage_panel

SPONSORS

We thank our new sponsors for 2016 – Burges Salmon LLP, Llanmoor Homes and Rycon Power Tools – and for the finishers' bags Burton's Biscuits, Wild Trail, Soreen, Tesco and Sainsbury's. We also thank those who continue to give us invaluable support, Mizuno, Run & Become and Brecon Carreg.

CONTENTS

WCR 2016 race line-up

Part A: Information for team captains

- A.1. Entry rules
- A.2. Risk management: Code of Practice
- A.3. Race licence and insurance
- A.4. Ensuring the safety of runners, supporters and the general public
- A.5. Communication during the race
- A.6. Responsibilities of the team captain
- A.7. Pre-race briefing and race start
- A.8. Presentation ceremony
- A.9. Prizes and awards
- A.10. Penalties
- A.11. Results

Part B: Information for Runners

- B.1. Race rules
- B.2. Race numbers
- B.3. The start of each stage
- B.4. Etiquette and safety on each stage
- B.5. Hydration
- B.6. The route
- B.7. Medical support

- B.8. Serious incidents
- B.9. Late finishers
- B.10. Spot Prizes
- B.11. The end of the race at Cardiff Castle
- B.12. Accommodation
- B.13. A link to stage details and maps
- B.14. Changeover timetable, cut-off times, records and estimated timetable
- B.15. A stage by stage description of the route, the hazards, the marshalling and signing points, and the duties of the marshals and route markers

Part C: Information for drivers

- C.1. Safety
- C.2. Instructions to race traffic
- C.3. Team support vehicles
- C.4. A summary of the route
- C.5. Directions for drivers of team support vehicles
- C.6. Caernarfon/Newtown maps

Part D: Information for marshals

- D.1. The duties of marshals
- D.2. Signs
- D.3. A list of the responsibilities of marshals and how it all works
- D.4. List of team marshalling duties
- D.5. Maps to help find some of the trickier marshalling points

OPEN CATEGORY

Team No.	CLUB
1	Aberdare Valley AAC
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	Chepstow Harriers
11	Chorlton Runners
12	Clevedon AC
13	Ealing Eagles
14	Eryri Harriers
15	3M Gorseinon RR
16	Great Western Runners
17	Haarlem Globetrotters
18	Islwyn Running Club
19	Les Croupiers RC
20	Lliswerry Runners
21	Lytham St Annes RR
22	Middleton Harriers
23	Neath Harriers
24	Penarth & Dinas Runners
25	Pontypridd Roadents
26	Pont-y-Pŵl & District Runners
27	Port Talbot Harriers
28	Prestatyn RC
29	Run4All Neath
30	Sale Harriers
31	Salford Harriers
32	San Domenico RC
33	Sarn Helen
34	Serpentine
35	South West RR
36	Stourbridge RC
37	Stragglers
38	Stroud & District AC
39	Team Bath AC
40	Telford Harriers
41	TROT's
42	Westbury Harriers

Team No.	CLUB
43	White Rock Runners
44	Wigan Phoenix
45	Winchester & District AC
46	Wirral AC

LADIES CATEGORY

47	Bitton RR Ladies
48	Chorlton Runners Ladies
49	Ealing Eagles Ladies
50	Les Croupiers RC Ladies
51	Lliswerry Runners Ladies
52	Sale Harriers Ladies
53	Serpentine Ladies
54	Stragglers Ladies
55	Team Bath AC Ladies

MASTERS/VETERANS CATEGORY

56	Chorlton Runners Vets
57	Ellesmere Port Vets
58	Les Croupiers RC Vets
59	Swansea Harriers

BUSINESS HOUSE CATEGORY

60	Burges Salmon LLP
61	Environment Agency
62	Natural Resources Wales
63	South Wales Police
64	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. Please familiarise yourselves with the penalties A.10

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 2016. 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	There are three categories of marshals:

		<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. 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	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.
6	All marshals to wear hi-vis clothing	All marshals will be supplied with a high visibility tabard.
7	Advanced liaison with interested parties	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.
8	Event vehicles to be identifiable	All official vehicles will be clearly marked. All teams will be provided with additional numbers to affix to the support vehicles.

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

In the event of a serious incident we will try to alert all (as applicable) by phone/text, as well as by word of mouth, however please bear in mind that there are spots along the route where there is no signal.

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.
Being aware of the race rules and penalties that apply (see A.10)
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 and penalties that apply (A.10) • 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 • Aware of the penalties that apply if they don't turn up or leave early (see A.10)
Use shared transport for the team. Distribution of relevant section of this reference book to the drivers. Ensuring that the drivers are: <ul style="list-style-type: none"> • 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 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. Thereafter we move on to the start of Stage 1 at Caernarfon Castle for race start at 10:00.

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.

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 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 (ladies category only)
- 🏆 First veterans team: Monarchs of the Mountains (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 5. 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:**

Runner failing to show on time at start of stage.	Cut off time (see table B.15)
Runner failing to finish within stage cut off time	Cut off time (see table B.15)
Failure to submit an eligible runner to run the stage.	Cut off time (see table B.15) plus 15 minutes

Marshals failing to turn up for allocated duties or leaving their duties early. The number of marshals required and locations of duty are as indicated within this handbook.	5 minutes per marshal
Not complying with marshals or officials instructions.	5 minutes on each occasion, cumulative, and disqualification on 3 rd occasion
Runner 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 any stage of the race that is 'live' i.e has started and not finished.	5 minutes for each occasion
Feeding a runner from a moving vehicle	15 minutes
Feeding a runner on stage 8	15 minutes
Pacing	5 minutes
Penalty or disqualification for other reason (breaking of any other rule or regulation as stated in the reference book) given at discretion of Referee / Race Director	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.

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 for runners

1. Each stage has a cut off time - the maximum time that will be applied to any eligible runner who has been recorded by the 'Starter' and who participates with the intention of completing the stage. Please familiarise yourselves with the penalties that apply to runners (section A.10).
2. If a team fails to get an eligible runner to run the stage the cut-off time plus 15 minutes will apply.
3. 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. Time keepers and other officials cannot wait on the stage past the cut off time. Teams must ensure they are on hand to assist any such runners.
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. There is no lead vehicle on any stage of the race. Maps of routes are shown online <http://www.lescroupiersrunningclub.org.uk/wcr-stage-maps/>
6. Runners must keep to the left hand side of the road at all times, except when instructed otherwise.
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 finisher. If the stage winner is a veteran, the prize will 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 and will incur a penalty.

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. 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.

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 and the second at 8.5 miles.

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

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 or are not running at a pace likely to make the cut off time then the safety vehicle official will withdraw you from the race. A penalty of cut off time will apply. It is the responsibility of your team to collect you.

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

Arfon Leisure Centre, Caernarfon

Free overnight accommodation on floor mats will be provided. There will be no access to the Leisure Centre before 21:00 and after midnight on Friday. 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 07:00. 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.

Newtown High School

Free camping space is given at Newtown High School playing fields on the Saturday night (and adjacent Maldwyn Leisure Centre will give access to showers, toilets and changing until 22:00 on Saturday and opens at 05:30 Sunday). There is no overnight accommodation available within Maldwyn Leisure Centre this year. **If using the fields please clear away all rubbish and camping equipment before you leave.**

Please ensure you behave responsibly and courteously to all fellow runners and leisure centre staff at all times. Failure to do so will result in your team being withdrawn from the race in future years.

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://www.lescroupiersrunningclub.org.uk/wcr-stage-maps/>

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)	59:27 (2012)	91	10:00
2	Penygroes	Criccieth Castle	10.7	54:12 (2014)	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)	47:02 (2015)	85	17:10
10	Llanfair Caereinion	Newtown	13.1	71:04 (2012)	86:05 (2014)	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	59:17 (2014)	68:31 (2015)	108	09:55
15	Epynt Visitor Centre	Brecon	12.8	66:36 (2009)	75:44 (2015)	128	10:55
16	Brecon	Beacons Reservoir	8.8	49:12 (2012)	54:19 (2010)	88	11:55
17	Beacons Reservoir	Cyfarthfa Castle	9.2	46:38 (2008)	53:31 (2014)	92	12:40
18	Merthyr Tydfil (Rhyd-y-Car Centre)	Abercynon (Navigation Park)	9.1	48:27 (2015)	49:52 (2011)	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

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 Minor roads Cycle track	2.8 2.7 3.6
2	Penygroes	SH 467 527 LL54 6NE	SH 499 382 LL52 0HB	Cycle track A487 B4411/Green	6.0 0.3 4.4
3	Criccieth	SH 500 381 LL52 0HB	SH 660 409 LL41 3YU	A497 A498 B4410	3.8 3.0 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 A496 Footbridge/lane Mawddach Trail	1.6 0.1 1.3 7.7
7	Dolgellau	SH 728 179 LL40 1DF	SH 858 148 SY20 9JD	Local road A470 Local road	0.9 8.8 0.1
8	Dinas Mawddwy	SH 858 148 SY20 9JA	SH 989 115 SY21 0NS	Local road A470 A458	0.5 1.2 9.1
9	Foel	SH 990 115 SY21 0NS	SJ 103 066 SY21 0SE	A458 Local road	8.5 0.1
10	Llanfair Caereinion	SJ 103 063 SY21 0RQ	SO 108 918 SY16 2BQ	B4389 B4568 Cycle track & footpath	10.4 1.4 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 A4054 Cycle path B4275 Local road & park	2.5 2.0 3.2 1.1 0.1 0.2
19	Abercynon (Navigation Park)	ST 081 944 CF45 4SN	ST 126 856 CF15 7TE	Cycle Track A4054 Cycle track	1.4 2.5 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 Watrgate 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. Take great care on this stretch of road - relay coincides with cycle ride.
8.8	Finish: On footpath behind 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.	
		Very popular parking area, hence very little parking available at this point. Please use this area only as a dropping/pick up point.
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.

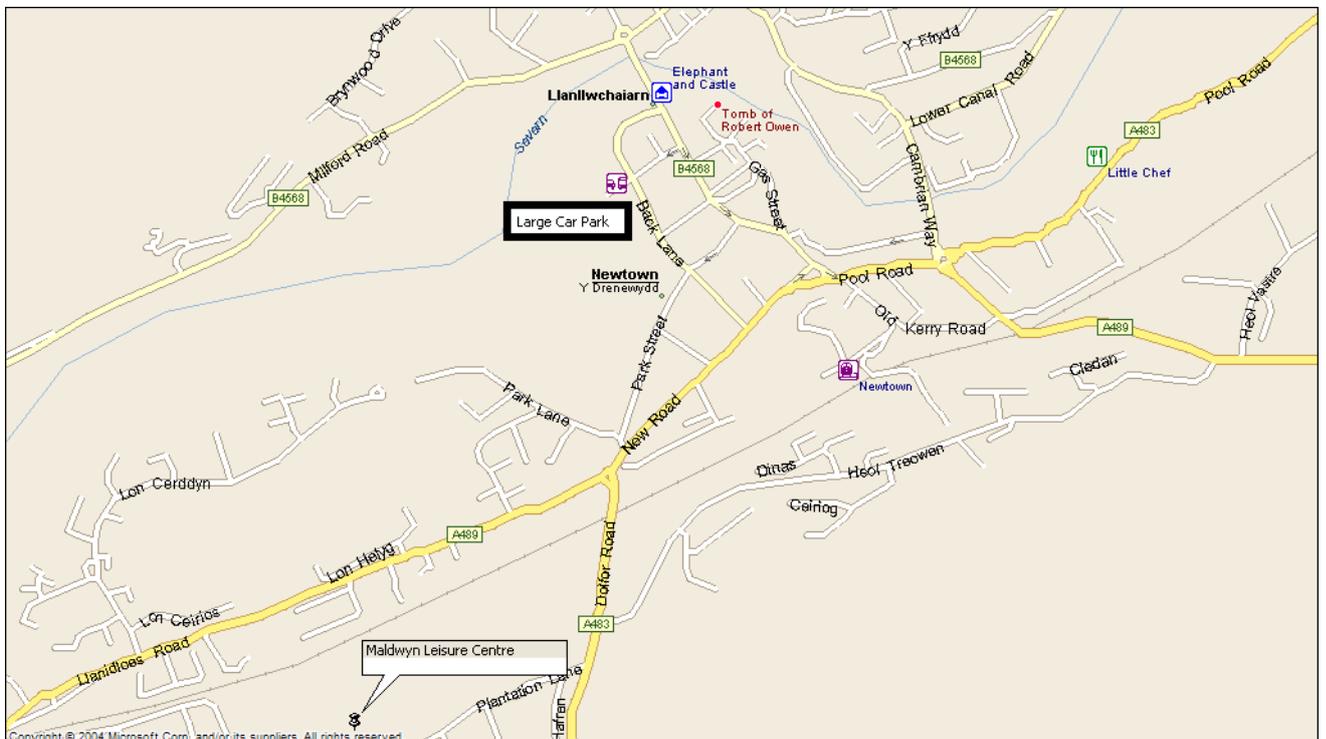
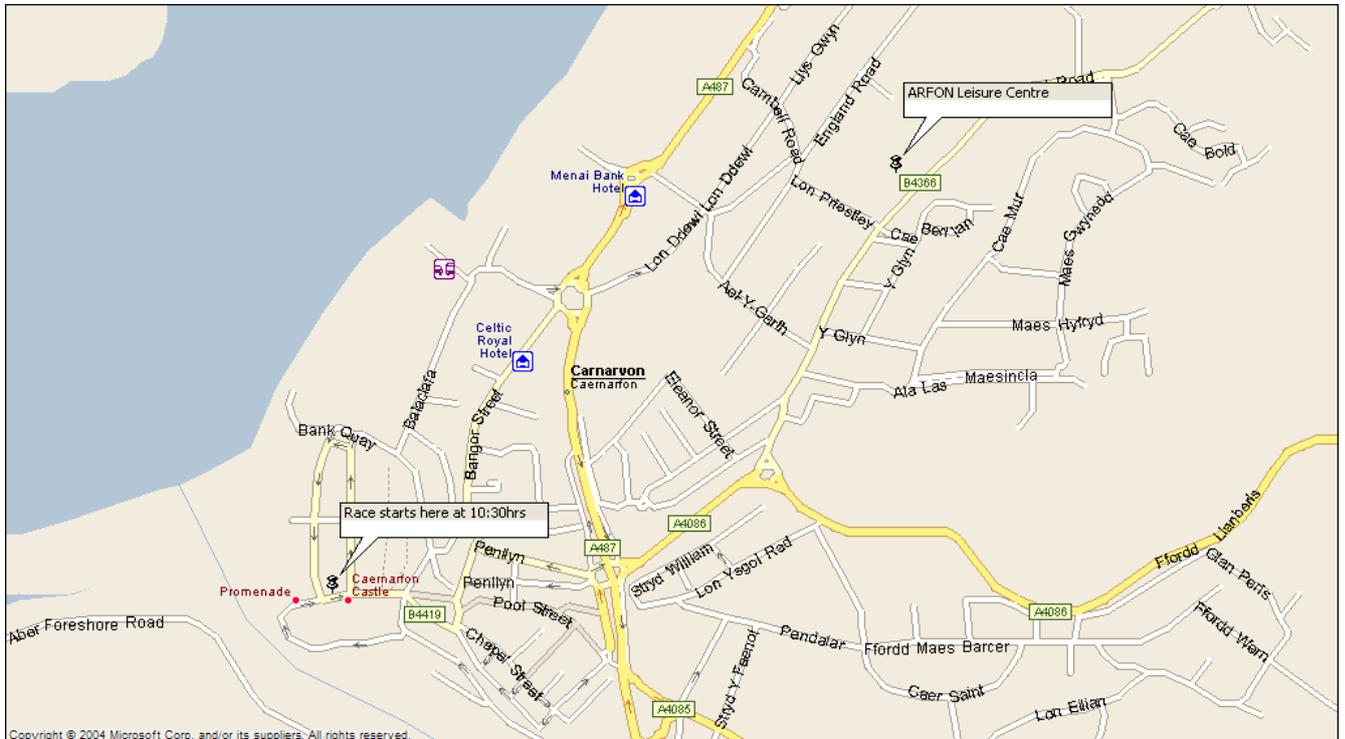
Stage 18: Rhyd-y-Car to Navigation Park		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Behind Rhyd-y-Car Leisure Centre	
		Use car park at Leisure Centre.
		Vehicles unable to follow runners. Support vehicles should follow A4054.
2.47		The runners are on the road 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 children's play area on Taff Trail.	
		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 support 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

PLEASE NOTE STAGE 1 RACE STARTS AT 10:00 (not 10:30 as shown on map)



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
- precise route details and marshalling points for each stage
- 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 teams have been asked to ensure that any runner going at a pace less than the cut-off time is to pull out.
- If you fail to show or leave early your team will incur a penalty of 5 minutes (given to each offending marshal per stage). Information on the number of marshals required and description of duty is given in this handbook.
- 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 and be pleasant and courteous at all times.
- 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.
- 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.

Team Marshalling Duties 2016

Duty	Team No	Competing club	No of 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 RR	2	5		
	6	9 Brackla Harriers	18	6		
	7	40 Brecon AC	15	7		
	8	3 Bridgend AC	18	5		
	9	42 Bromsgrove & Redditch AC	8	5		
	10	4 Chepstow Harriers	1	6		
	11	53 Chorlton Runners	10	5		
	12	37 Clevedon AC	3	7		
	13	17 Ealing Eagles	15	6		
	14	1 Eryri Harriers	9	5		
	15	41 3M Gorseinon RR	11	5		
	16	30 Great Western Runners	7	5		
	17	36 Haarlem Globetrotters	3	4		
	18	20 Islwyn RC	16	5		
	19	45 Les Croupiers RC	20	12		
	20	12 Lliswerry Runners	19	5		
	21	55 Lytham St Annes	2	5		
	22	13 Middleton Harriers	6	6		
	23	6 Neath Harriers	19	4	10	3
	24	49 Penarth & Dinas Runners	20	8		
	25	44 Pontypridd Roadents	19	6		
	26	46 Pont-y-Pwl & District Runners	15	7		
	27	10 Port Talbot Harriers AC	8	2	13	4
	28	2 Prestatyn RC	7	7		
	29	63 Run4All	20	4	15	3
	30	58 Sale Harriers	5	6		
	31	22 Salford Harriers AC	1	7		
	32	23 San Domenico RC	19	5		
	33	57 Sarn Helen Club	16	5		
	34	24 Serpentine RC	6	3	7	4
	35	56 South West RR	17	6		
	36	61 Stoubridge RC	13	7		
	37	7 Stragglers	10	7		
	38	27 Stroud & District AC	14	6		
	39	48 Team Bath AC	10	6		
	40	66 Telford Harriers	1	4	6	2
	41	28 TROT's	1	6		
	42	16 Westbury Harriers	12	5		
	43	39 White Rock Runners	17	5		
	44	15 Wigan Phoenix	14	5		
	45	32 Winchester & District AC	3	5		
	46	33 Wirral AC	4	7		
	47	18 Bitton RR (Ladies)	16	6		
	48	8 Chorlton Runners Ladies	3	4		
	49	31 Ealing Eagles RC (Ladies)	5	6		
	50	11 Les Croupiers RC (Ladies)	20	11		
	51	19 Lliswerry Runners (Ladies)	16	4	17	3
	52	50 Sale Harriers (Ladies)	13	6		
	53	47 Serpentine RC (Ladies)	5	6		
	54	14 Stragglers Ladies	4	5		
	55	65 Team Bath AC (Ladies)	4	5		
	56	54 Chorlton Runners Vets	9	4		
	57	25 Ellesmere Port Vets	2	7		
	58	38 Les Croupiers (Vets)	20	3	12	6
	59	35 Swansea Harriers(Vets)	7	7		
	60	26 Burges Salmon LLP	8	6		Water station duties at 4.8m and 7.9m
	61	52 Environment Agency Harriers	8	3		Water station duties at 1.75m
	62	62 Natural resources Wales	10	4		
	63	51 South Wales Police	20	4		
	64	59 Turner Broadcasting	14	5		

2016

Marshalling Duties

Saturday
June 4thCumulative
mileage

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 mileag e	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	N o.	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		0.0
0.10	Swingbridge entrance	<u>Turn left</u> across swing bridge	Turning	9:45	10:10	66	Telford Harriers	1	Ensure that footbridge over harbour is clear. Warn public			0.0
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	1	Ensure that footbridge over harbour is clear. Warn public			0.1
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	2	Marshal runners across to left hand side	2		0.2
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	2.8
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	3.6
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	3.7
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	3.8

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	4.3
4.70	Lane on right	<u>Keep left</u> past school.	None	10:10	10:50				No action needed			4.7
5.40	Lane on left	<u>Keep on road.</u>	None	10:15	10:55				No action needed			5.4
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	5.5
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	5.6
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	5.6
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			6.0
6.02	A499 exit	<u>Cross A499</u> on cycle track when directed	Crossing	10:20	11:00	4	Chepstow Harriers	4	Marshal runners across road		3	6.0
7.30	Groeslon, former level crossing	Continue, past Tafarn Pennionyn, on cycle track over minor road	Road	10:25	11:15	4	Chepstow Harriers	2	Marshal runners across road Access for marshals; turn left off roundabout to Groeslon		2	7.3
7.80	Inigo Jones slate works	<u>Straight on</u>	None	10:25	11:20				No action needed			7.8
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			9.0
9.10	Finish at Penygroes side of footbridge, near Wynnstay Stores LL54 6NR , Limited parking at Public Car Park LL54 6LY											9.1

2 Penygroes to Criccieth 10.7 miles										Caution Signs		
Start 11:00				Marshalling								
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. Liase & assist changeover marshals to stop parking on main road	2		9.1
2.70	Former level crossing at TG Group Cefn Graianog quarry	Continue on cycle track.	Lorries	11:00	11:30	43	Bitton RR	1	Marshal runners across road Access for marshals off A487, signed TG Quarry. (2.9 miles by road from start)		2	11.8
4.15	Pant Glas crossing	Continue on cycle track.	Cattle/vehicles	11:10	11:45	43	Bitton RR	2	Marshal runners to continue as specified			13.3
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			14.2
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			14.9
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			15.1
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	15.2
6.30	Goat Inn (A487/B4411)	Continue on right hand side							No action needed			15.4
6.35	B4411 junction	<u>Turn right</u> onto B4411 signposted CRICCIETH.	Turn	11:20	12:05	25	Ellesmere Port Vets	2	Marshal runners to stay on right hand side		2	15.5
6.36	B4411	Cross to left hand side when directed	Traffic	11:20	12:05	25	Ellesmere Port Vets	2	Marshal runners across to left hand side		2	15.5
10.40	B4411 Start of pavement	Leave road to Run on Pavement	Parked vehicles	11:40	12:40	25	Ellesmere Port Vets	1	Marshal runners onto pavement (opposite Y Maes road)			

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	25.7
6.60	Prenteg: After 30 mph sign between two sets of cottages	<u>Cross</u> to right hand side when directed	Crossing	12:15	13:00	37	Clevedon AC	2	Marshal runners across to right hand side		2	26.4
6.80	Prenteg: B4410 junction	<u>Turn right</u> on to B4410, signposted GARREG, LLANFROTHEN 2. <u>Cross</u> to left hand side when directed.	Junction/ Crossing	12:15	13:05	37	Clevedon AC	3	Marshal runners across to left hand side		2	26.6
8.60	A4085 Junction at Garreg	<u>Cross</u> A4085 when directed. Follow B4410 signposted LLANFROTHEN, RHYD. <u>Continue</u> on left hand side	Cross roads	12:25	13:20	8	Chorlton Runners Ladies	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	28.4
9.30	Road on right from Llanfrothen	Stay on B4410.	Traffic joining	12:30	13:25				Position signs on B4410		2	29.1
10.60	Rhyd	<u>Continue</u> on left hand side through Rhyd	Village	12:35	13:40				Position signs at each end of village		2	30.4
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.			32.1
12.30	Finish at foot of hill before entrance to Oakeley Arms Hotel. Limited Parking. Toilets in 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. Position signs before and after Oakley Arms on A487		2	32.1

4 Maentwrog to Harlech										Caution Signs		
Start 13:00				9.5 miles								
Stage mileag e	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: Runners assemble at Oakley 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	14	Stragglers Ladies	3	Assist Start Umpire to guide runners down to start and control traffic at start. Position signs before and after bridge at start	2	2	32.1
4.10	Llandecwyn: Crossroads to Porthmadog.	<u>Continue</u> on A496.	Junction	13:10	13:45	14	Stragglers Ladies	2	Marshal runners to continue on the left hand side		2	36.2
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	37.3
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	38.1
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			38.4
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	38.8
9.30	Texaco Garage	<u>Cross to right hand</u> side when directed.	Junction	13:35	14:30	65	Team Bath AC (Ladies)	2	Marshal runners across to right hand side	2		41.4

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	47.6
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		48.1
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	48.3
8.60	Welcome to Barmouth' sign.	Continue on A496	None	14:20	15:15					No action needed		50.2
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 side</u> 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	50.9
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		51.1
9.55	Corner in lane	Take care down lane	Pedestrians	14:25	15:25	47	Serpentine RC (Ladies)	1		Marshal runners to bear left		51.2
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	51.2
9.60	Finish at entrance to private parking area. LL42 1BX Toilets in car park											51.2

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 M
Stage mileag	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.		

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	2	Marshal runners across road		2	61.0	
9.90	Gate	<u>Continue</u> straight ahead on cycle path	None	15:15	16:15				No action needed			61.1	
10.30	Bridge	<u>Turn right</u> over river.	None	15:20	16:20				Mark with arrow			61.5	
10.40	Bridge	<u>Turn left</u> to follow cycle route to finish.	None	15:20	16:20				Mark with arrow			61.6	
10.70	Finish in field before car park											61.9	
17											3	1	1

7		Dolgellau to Dinas Mawddwy			9.5 miles		Marshalling				Caution Signs		
Stage mileag e	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.			61.9
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	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		61.9
0.10	Y Meirionnydd Hotel / Restaurant		<u>Turn left</u> over bridge (towards A470). Keep on left 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		62.0
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	62.7
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	62.7
1.24	Junction with entrance to		<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	63.1

Dolgun Uchaf													
2.32	Junction with B4416 (Brithdir)	<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		64.2
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 HarriersVets	1	Marshal runners to stay on left hand side. Extra Caution signs needed		3		67.4
5.60	Difficult bends on hill	<u>Continue on left hand side of road</u>	Bends	15:50	16:35	35	Swansea HarriersVets	2	Marshal runners to stay on left hand side. Extra Caution signs needed		3		67.5
5.70	End of steep slope	<u>Continue on left hand side of road</u>	Traffic	15:50	16:35	35	Swansea HarriersVets)	1	Marshal runners to stay on left hand side. Extra Caution signs needed		3		67.6
9.45	Junction signposted DINAS MAWDDWY	<u>Turn left to DINAS MAWDDWY</u> Run on left hand side down hill	Junction	16:10	17:10	35	Swansea HarriersVets	1	Marshal runners to turn left	2			71.4
9.50	Bend on hill	<u>Cross to right hand side of road to finish down slate driveway.</u>	Crossing	16:10	17:10	35	Swansea HarriersVets	2	Marshal runners across to right hand side	2			71.4
9.50	Finish 20yds after entrance to slate driveway. Toilets available in village												71.4
											23	4	17

8	Dinas Mawddwy to Foel			10.8 miles	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 mile	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.			71.4
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			71.7
0.50	A470 Junction	<u>Keep left</u> and follow A470 to		Junction	16:10	16:35	42	Bromsgrove	1	<u>Stop traffic entering village and</u>		2	71.9

		Brigands Inn Run on left hand side of road.					& Redditch AC Changeover marshal	1	marshal runners to turn left on A470 and stay on left hand side			71.4
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	73.1
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	73.2
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	73.7
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	76.2
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	79.3
10.80	At end	<u>Stay</u> on left hand side.	None	17:05	18:10	10	Port Talbot Harriers	2	Stop traffic parking in vicinity of finish		2	82.2
10.80	Finish in Lay-by on left hand side just before 40 mph sign SY21 ONS No Toilets											

16

4

11

9	Foel to Llanfair Ceireinion			8.5 miles			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	No Toilets		16:40	17:15		Change over Marshal		Supervise control of traffic and ensure all race traffic parks safely and sensibly including area approaching Twin Rivers Holiday Park			82.2
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	Eryri Harriers	4	Assist, as above. Stop race personnel from entering Holiday Park. Also assist Start Umpire to control traffic at start.	2		82.2
1.20	B4395 Junction, signed to Llanfyllin	<u>Continue</u> on left hand side of A458.	Junction	17:05	17:30	1	Eryri Harriers	1	Marshal runners to stay on left hand side		2	83.4

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	85.1
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	85.6
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	89.0
8.40	Llanfair Caereinion, turn to Leisure Centre	<u>Bear left</u> up steep hill Continue on left hand side	Junction	17:40	18:35	54	Chorlton Runners Vets Change over marshal	1		Marshal runners to turn left and stay on left hand side Changeover marshals to direct traffic to 'old station' car park	2		90.6
8.50	At end	<u>Stay</u> on left hand side.	None	17:40	18:35	54	Chorlton Runners Vets	1		Assist changeover marshals			90.7
8.50	Finish at entrance to School / Leisure Centre Toilets at Old Station	SY21 0SE		Race traffic to use 'old station' car park									

10		Llanfair Ceireinion to Newtown			13.1 miles		Marshalling				Caution Signs		
Stage mile	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	3	Assist Start Umpire to control traffic at start.		3	90.7
0.00	Start: Junction of Watergate 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	2	Marshal runners across to left hand side			90.7
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	91.0

1.10	Bryn-penarth: Crossroads	<u>Continue</u> on left hand side of B4389	Junction	17:45	18:05	48	Team Bath AC	1	Marshal runners to stay on left hand side			91.8
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	94.6
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)			94.6
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	94.7
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	96.6
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	98.7
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	101.1
11.70	Llanllwchaiarn church	<u>Continue</u> on left hand side of road	None	18:35	19:45	6	Neath Harriers	1	Marshal runners straight ahead			102.4
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			102.5
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			102.8
12.11	Low bridge	Tall runners beware low bridge	Low bridge	18:40	19:45				No action needed			102.8
12.17	Gate	Run on pedestrian section next to gate	People	18:40	19:45				No action needed			102.9
12.40	Track off to the right	<u>Stay on</u> cycle track next to river.	None	18:40	19:50				No action needed			103.1
12.55	Track off to the right	<u>Stay on</u> cycle track next to river.	None	18:40	19:50				No action needed			103.3
12.63	Track off to the right	<u>Stay on</u> cycle track next to river.	None	18:40	19:50				No action needed			103.3

12.82	Track meets road	<u>Turn right</u> and then go over footbridge.	Cyclists	18:40	19:55	62	Natural resource s Wales	1	Marshal runners to turn right and then cross footbridge			103.5
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 resource s Wales	2	Marshal runners to turn left down ramp and then loop right on to footpath			103.5
13.05	Ruined church	<u>Turn left</u> before church	People	18:45	19:55	62	Natural resource s Wales	1	Marshal runners to turn left			103.8
13.10	Finish at end of churchyard, before meeting Crown St / rear exit from Elephant and Castle Hotel SY16 2BQ Toilets at Elephant and castle			19:55					Support of Flying Marshal Team			103.8
							25			0	14	
Day 1 total				22:00								103.8

0.0

**Sunday
June 5th**

Miles

11 Newtown to Llanbadarn Ffynydd 12.3 miles				Marshalling						Caution Signs		
Stage mileag e	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
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
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	2	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.	2		0.2
4.00	Lane (Middle Dolfor Road)	Continue to run on left hand side of A483	Junction	07:10	07:45	41	3M Gorseinon RR	1	Marshal runners to stay on left hand side		2	4.0
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	2	Marshal runners to stay on left hand side		2	4.5
12.30	Finish just before New Inn in Llanbadarn Ffynydd. Toilets available in Community Centre			Caution signs needed just before Community Shop							2	12.3
				5						2		6

12 Llanbadarn Ffynydd to Crossgates 11.2 miles				Marshalling						Caution Signs		
Stage mileag e	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: Outside New Inn, Toilets in Community Centre	Run on left hand side of A483 to Crossgates	Traffic	07:30	08:10	38	Les Croupiers (Vets)	4	Assist Start Umpire to control traffic at start and keep the road clear at all times. Caution signs needed just after Village Hall	2	2	12.3
4.30	Llanbister: B4356 Junction	<u>Continue</u> on left hand side of A483	Junction	08:15	08:50	38	Les Croupiers	2	Marshal runners to stay on left hand side		1	16.6

				(Vets)								
7.70	Llanddewi Ystradenni: First road on left for Llanddewy 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	20.0
8.10	Llanddewi Ystradenni: Second road on left for Llanddewy 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	20.4
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	23.3
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		23.5
11.20	Finish in Knills Service Station (Nisa Local) Toilets in Service Station										23.5	
										11	2	6

13 Crossgates to Builth Wells										Caution Signs		
Start 09:00				10.6 miles								
Stage mile	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: On A44 by Knills Service Station (SPAR), Toilets in Service Station	Run on left hand side up to roundabout with A483	Traffic	08:45	09:05	10	Port Talbot Harriers AC	1	Assist Start Umpire to control traffic at start.	2		23.5
0.20	Roundabout, junction with A483	<u>Turn left</u> , keep on left hand side of A483	Roundabout	08:50	09:10	10	Port Talbot Harriers AC	3	Marshal runners to turn left and run on left hand side (with support of Flying Marshal Team)	2		23.7
2.40	Roundabout just before Llandrindod Wells	<u>Continue</u> on left hand side of A483	Roundabout	09:00	09:30	61	Stoubridge RC	3	Marshal runners to stay on left hand side		2	25.9
3.00	Llandrindod Wells	<u>Continue</u> on left hand side of A483	Junction	09:05	09:35	61	Stoubridge RC	2	Marshal at junction (opposite Aldi) Marshal runners to stay on left hand side		2	26.5

									Position signs at each end of town			
3.60	TOM NORTON LIMITED "AIRCRAFT for sale"	<u>Continue</u> on left hand side of A483	Corner	09:05	09:40	61	Stoubridge RC	2	Marshal runners to stay on left hand side			27.1
3.80	Wellington Road Junction, signed 'The lake'	<u>Continue</u> on left hand side of A483	Junction	09:05	09:45	50	Sale Harriers (Ladies)	2	Marshal runners to stay on left hand side			27.3
5.00	Howey: Crossroads. Road on left is No Entry. Right is for Red House.	<u>Continue</u> on left hand side of A483	Junction, emerging traffic	09:15	09:50	50	Sale Harriers (Ladies)	1	Marshal runners to stay on left hand side		2	28.5
10.30	Junction with A481, signed New Radnor	<u>Continue</u> on left hand side of A483	Junction	09:40	10:40	50	Sale Harriers (Ladies)	1	Marshal runners to stay on left hand side	2		33.8
10.60	At end	<u>Turn left</u> into car park	Vehicles	09:40	10:45	50	Sale Harriers (Ladies)	2	Keep runners and traffic apart.			34.1
10.60	Finish in Royal Showground coach park on left LD2 3NJ Toilets at Little Chef											34.1

17

6

6

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 Broadcast	3	Assist Start Umpire to control traffic at start with support of Flying Marshal Team.	2		34.1
0.10	A470	<u>Run on left hand side of road</u> into Builth.	Traffic	09:45	10:05	59	Turner Broadcast	2	Marshal runners to stay on left hand side	2		34.2

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	34.4
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	34.5
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	34.6
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	34.8
2.80	Cilmerly: Prince Llywelyn	<u>Continue</u> on left hand side of A483 (signposted LLANDOVERY) to Garth	None	09:55	10:30				No action needed			36.9
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	40.4
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			41.3
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 .			44.9
10.80	Finish at isolated building on cross road, Drovers Arms [Sorry, not a real pub]. No Toilets			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.								44.9

15 Epynt Visitor Centre to Brecon				Note: The start of this stage is 1.0 mile from the finish of stage 14.						Caution Signs		
Start 10:55				Marshalling						c/o Mshls	Route Mkrs	
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required			
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	Assist Start Umpire to control traffic at start. No parking before or in the Epynt Visitor Centre. Direct vehicles to lay-by beyond start.		2	44.9
0.60	Cattle grid	Take care over cattle grid	Cattle grid	10:45	11:10				No action needed			45.5
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	46.7
6.40	Lower Chapel: Bridge over river Honddu, near toll gate house	<u>Continue on left hand side</u>	Bridge	11:15	12:00	63	Run4All	2	Marshal runners to stay on left hand side		2	51.3
8.60	Llandefaelog: Minor road by church, signed Garthbrenegy.	<u>Continue on left hand side</u>	Junction	11:25	12:20	63	Run4All	1	Marshal runners to stay on left hand side		2	53.5
9.60	Just before junction for 'Cradoc'.	Cross to right hand side when directed	Crossing	11:30	12:30	46	Pont-y-Pwl & District Runners	2	Marshal runners across to right hand side No race traffic to use Cradoc road. Liaise with Flying Marshal Team		2	54.5
9.65	Junction for 'Cradoc'	<u>Turn right</u> Cross to left hand side when directed.	Junction	11:30	12:30	46	Pont-y-Pwl & District Runners	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	54.6
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	Pont-y-Pwl & District Runners	2	Marshal runners to turn left and run on left hand side		2	55.7
12.40	Junction with Cradoc Close	<u>Continue on left hand side</u>	Junction	11:45	12:55	40	Brecon AC	1	Marshal runners to stay on left hand side			57.3
12.65	T-junction by 'The Inn'	<u>Continue on left hand side</u>	Junction	11:45	12:55	40	Brecon AC	2	Marshal runners to stay on left hand side	3		57.6

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.			57.6
12.75	Beyond the Castle Hotel	<u>Cross</u> 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		57.7
12.80	Finish at the entrance to the river bridge. Toilets at Shopping Precinct			Note: The finish of this stage is about ½ mile from the start of stage 15. No access for vehicles at the finish.								57.7
										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				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 in Shopping Precinct	Run down St. Mary Street	Traffic	11:40	12:00		Paul Stillman grab bodies to :-		Clear traffic in St Mary Street.			57.7 0
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 RR (Ladies)	2	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.		2	57.8 0
0.20	Watergate & Market St.	<u>Continue</u> on left hand side of road.	Busy Junction	11:45	12:05	18	Bitton RR (Ladies)	3	Marshal runners to stay on left hand side		2	57.9 0
0.25	River Bridge	Continue on left hand side of A470 (CARDIFF) over bridge.	Junction	11:45	12:05	18	Bitton RR (Ladies)	1	Marshal runners to stay on left hand side			57.9 5
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	58.1 0
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	58.4 0
1.00	Industrial Estate	<u>Turn right</u> through gate and stay on left hand side	Gate	11:50	12:10	57	Sarn Helen	2	Marshal runners across road and turn right through gate			58.7 0

1.10	Industrial Estate	<u>Bear left</u> on road	Junction	11:50	12:10	20	Islwyn RC	1	Marshal runners to turn left			58.8 0
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.			58.9 0
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	58.9 5
2.60	Crossroads	<u>Continue</u> on left hand side of road.	Junction	11:55	12:25				No action needed			60.3 0
8.50	Storey Arms (not a pub) at top of hill	<u>Immediately after building</u> <u>turn left</u> onto path, through gate and along path to finish before wall.	Traffic	12:25	13:20	19	Llswerry Runners (Ladies)	3	Marshal runners to turn left and through gate.		2	66.2 0
8.80	At end	Finish before wall.	Traffic	12:25	13:20	19	Llswerry Runners (Ladies)	1	Marshal runners at finish		2	66.5 0
8.80	Finish on grass verge just before car park (parking charges may be introduced) LD3 8NL Toilets in car park										66.5 0	

17 Beacons Reservoir to Cyfartha Castle											Caution Signs		
Start 12:40				9.2 miles									
				Marshalling									
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	Llswerry Runners (Ladies)	2	Assist Start Umpire to control traffic at start(with support of Flying Marshal Team)	2		66.5
1.10	A4059 junction to Neath	<u>Continue</u> on left hand side of A470		Junction	12:35	12:55	19	Llswerry Runners (Ladies)	1	Marshal runners to stay on left hand side		2	67.6
7.40	A4054 junction to CEFN COED Y CYMMER	<u>Turn left</u> , to CEFN COED Y CYMMER		Junction	13:05	13:55	39	White Rock Runners	1	Marshal runners to turn left and stay on left hand side		2	73.9
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	74.6

8.30	Junction signed Ponsticill/Talybont (Opp. A465 Abergavenny)	Continue on left hand side of road	Junction	13:10	14:00	39	White Rock Runners	2	Marshal runners across junction (with support of a Flying Marshal Team)		2	74.8
8.50	Turning for A465, signed Neath	Continue on left hand side of road.	Corner	13:10	14:05	39	White Rock Runners	2	Marshal runners to continue on the left hand side		1	75.0
8.80	Mini roundabout	Continue on left hand side of road.	Roundabout	13:10	14:05	56	South West RR	1	Marshal runners to continue on the left hand side		1	75.3
8.90	Junction signed Prince Charles Hospital	Turn left and cross to park side of road.	Junction	13:10	14:10	56	South West RR	3	Marshal runners to turn left cross to right hand side (with support of a Flying Marshal Team)		2	75.4
8.91	Park entrance	Enter park and turn sharp right along right hand side of lake.	Traffic	13:10	14:10	56	South West RR	2	Marshal runners to turn right and follow right hand side of lake Erect warning sign to face traffic leaving the park	3	1	75.4
9.20	At end	Stop before going down steps.	None	13:15	14:10		Change over marshals		Marshals at Main Gate to direct traffic to lower car park.			75.7
9.20	Finish at end of lake, adjacent to wooden steps leading to car park CF47 8RE Toilets in café			Note: The finish of this stage is about 1½ miles from the start of stage 18.								75.7

14

4

13

18 Rhyd -y-car to Navigation Park				Note: The start of this stage is about 1½ miles from the finish of stage 17.							Caution Signs	
Start 13:40		9.1 miles		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			75.7
2.40	Dynevor Arms, near Troedyrhiw	Bear left 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	78.1
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			78.2

2.47	After B4285 Junction	<u>Cross to left hand side</u> 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	78.2
3.80	Footbridge over road	<u>Under footbridge, 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		2	79.5
3.90	Outside Ynysowen Primary	<u>Follow B4285</u>	Corner	13:45	14:25	9	Brackla Harriers	1	Marshal runners to keep to the left hand pavement			79.6
4.50	Roundabout	Keep to the left	Turning	13:50	14:30	3	Bridgend AC	1	Marshal runners to keep to the left hand pavement		2	80.2
4.60	Junction with Station Square	<u>Turn Left into Station Square opp. Merthyr Vale Sta.</u>	junction	13:50	14:30	3	Bridgend AC	1	Marshal runners left		2	80.3
4.60	Junction with Wesley Place	<u>Cross road</u>	Junction	13:50	14:30	3	Bridgend AC	1	Direct runners to cross road to Wesley Place			80.3
4.60	Junction with Wesley Place	<u>Run on right hand pavement</u>	Junction	13:50	14:30	3	Bridgend AC	1	Direct runners to keep to right hand pavement		2	80.3
4.75	Turn right onto A4054	<u>Continue on pavement on right hand side</u>	Junction	13:50	14:30	3	Bridgend AC	1	Marshal runners to stay on right hand side		2	80.5
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	83.1
7.42	After narrow bridge	<u>Cross to left hand side when directed</u>	Turning	14:05	14:55	60	Aberdare	1	Marshal runners across to left hand side		2	83.1
7.46	Junction with Taff Trail	<u>Turn left just before sign for Goitre Coed Road</u> 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	83.2
8.80	B4275 junction	<u>Turn left</u> 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	84.5
8.90	Junction with St Martins Terrace	<u>Bear right</u> and run behind houses	Turning	14:10	15:10	60	Aberdare	1	Marshal runners to turn right		2	84.6
9.00	End of terrace	<u>Continue right</u> and then <u>turn left</u> towards the park	Corner	14:15	15:10	60	Aberdare	1	Marshal runners to turn left			84.7

9.10	At end	Stop when advised	Traffic	14:15	15:10	Changeov marshals	Keep runners and traffic apart				84.8	
9.10	Finish Inside Navigation Park industrial park. CF45 4SN										84.8	
										18	3	24

19 Navigation Park to Nantgarw				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	Car park inside Navigation Park CF45 4SN, No toilets Start on Taff Trail near children's play area	Follow Taff Trail	Pedestrians	14:10	14:30		Changeover marshals		Assist Start Umpire to escort runners to start.			84.8
						44	Pontypridd Roadents	2				
0.40	Spur footpath to Navigation Park	<u>Straight ahead on Taff Trail</u>	Junction	14:15	14:35	44	Pontypridd Roadents	1	Marshal runners to keep straight ahead	2		85.2
1.10	Gate on Taff Trail	<u>Turn left up hill. Run up right hand side</u>	Junction	14:20	14:40	44	Pontypridd Roadents	1	Marshal runners to turn left and run on right hand side	2		85.9
1.30	Junction at top of hill	<u>Cross</u> to opposite side to cross A470 bridge when directed	Crossing	14:20	14:45	44	Pontypridd Roadents	2	Marshal runners across to left hand side	2		86.1
1.40	Cilfynydd, Junction with A4054	<u>Turn Right at junction with A4054</u>	Parked vehicles	14:20	14:45	12	Lliswerry Runners	1	Marshal runners to stay on right hand side		2	86.2
2.70	Junction (Doddington Pl.)	<u>Continue straight on</u>	Junction	14:25	14:55				No Action needed		1	87.5
3.10	Junction (Common Road)	<u>Continue straight on</u>	Junction	14:30	15:00	12	Lliswerry Runners	1	Marshal runners to stay on right hand side		2	87.9
3.80	Approaching Glyntaff	<u>Cross to left hand side</u> when directed	Crossing	14:30	15:05	12	Lliswerry Runners	2	Marshal runners across to left hand side		2	88.6
3.90	Glyntaff	Follow signs to Glyntaff Crematorium and Taff Trail sign	Junction	14:30	15:10	12	Lliswerry Runners	1	Marshal runners to bear left			88.7

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	88.9
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			89.6
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			89.8
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			90.0
7.60	Under Second 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	92.4
7.70	At end	<u>Stop when advised</u>	Pedestrians	14:50	15:40	6	Neath Harriers	2	Guide runners through finish			92.5
7.70	Finish at end of footpath. No toilets						Change over marshal		Ensure no parking at finish, direct race traffic to park in Old Nantgarw Rd (Turn left at lights and immediate left)			92.5
20										6	10	

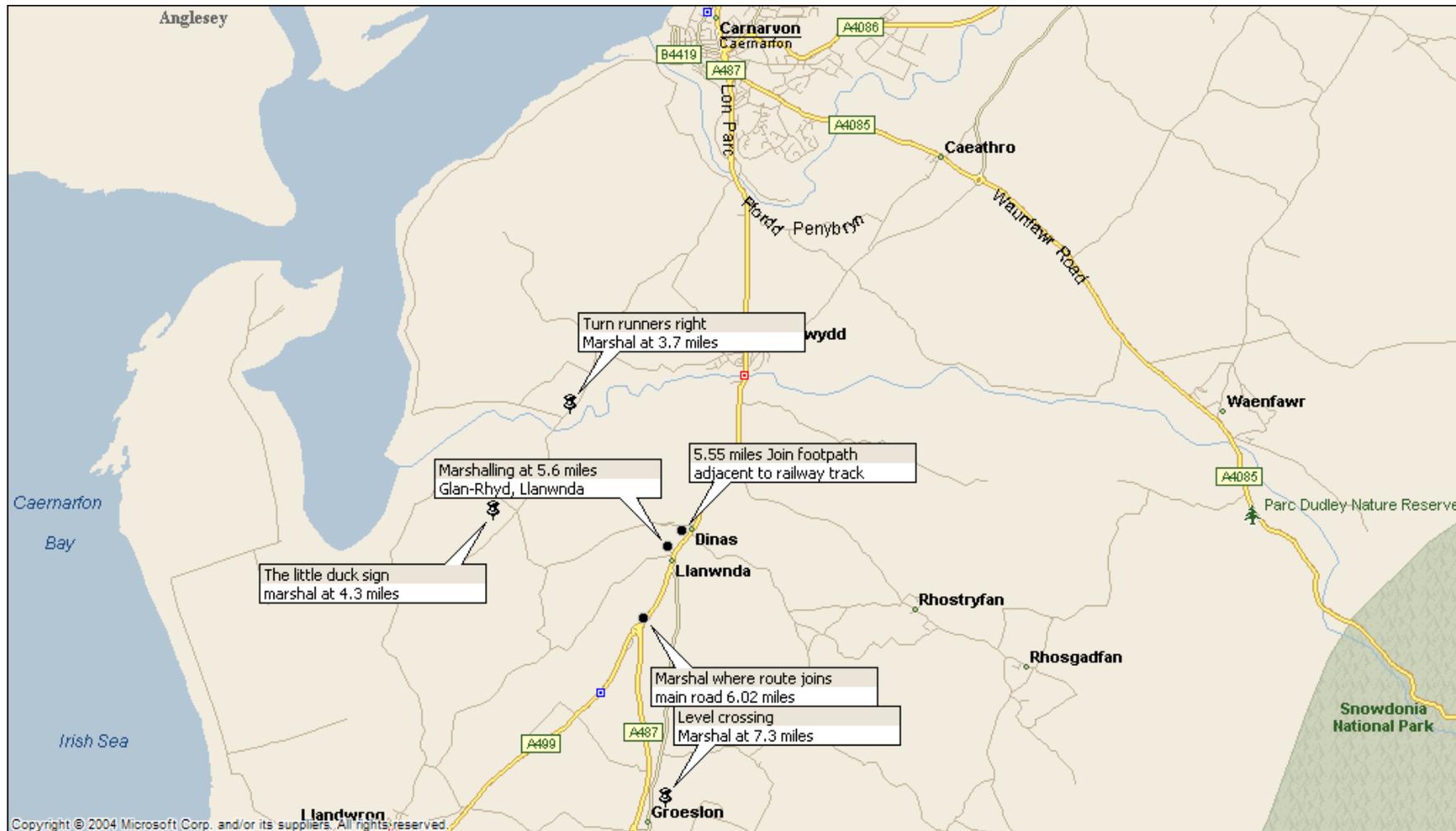
20 Caerphilly to Cardiff 10.7 miles				Marshalling						Caution Signs		
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: Pay machine towards far end Crescent Rd. car park	Run to far end of car park.	Traffic	14:45	15:05		Change over marshals		Assist Start Umpire to control traffic at start.	1		92.5
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			92.6
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		92.7
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			92.7
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			92.7

0.30	Junction with St. Clears Close	<u>Continue straight on</u>	Junction	14:50	15:10					No action needed			92.8
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	93.0
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			93.0
0.53	Road crossing point before St Martin's Road	<u>Cross</u> to opposite side of Lon-y-Llyn. Continue on footpath adjacent to Hospital	Traffic	14:50	15:10	49	Penarth & Dinas Runners	2		Marshal runners across road		2	93.0
0.96	T junction with Ffordd Traws Cwm	<u>Turn right</u> , stay on right hand side	Public	14:50	15:15	45	Les Croupiers RC	1		Marshal runners to turn right and stay on right hand side		2	93.5
1.06	Roundabout Cae Groes Heol	<u>Straight ahead.</u> Stay on right hand side	Traffic	14:55	15:15	45	Les Croupiers RC	3		Marshal runners to stay on right hand side		2	93.6
1.26	T junction with A469	<u>Cross</u> to opposite side, when directed, to join cycle path.	Junction	14:55	15:20	45	Les Croupiers RC	5		Marshal runners across road(with support of Flying Marshal Team and Stop /Go signs)		2	93.8
1.33	Start of cycle track	<u>Turn left</u> through gateway, straight on	Junction	14:55	15:20	45	Les Croupiers RC	3		Marshal runners to turn left			93.8
1.43	Remains of railway arches	<u>Turn right</u> through gateway, then immediately <u>turn left</u> .	Junction	14:55	15:20					Directional Arrows			93.9
2.20	Cycle track	<u>Continue straight on</u>	Gateway	15:00	15:25					No action needed			94.7
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	96.2
3.84	Traffic lights at junction A4054	<u>Cross</u> road when directed; continue on pavement on left hand side	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	96.3
4.09	A470 exit slip road	<u>Cross</u> road when directed Run on left hand side into Tongwynlais	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	96.6
4.44	A4054	<u>Cross</u> to right hand side when directed	Crossing	15:10	15:45	51	South Wales Police	2		Marshal runners across to right hand side (near pinch-point)		2	96.9
4.72	Iron Bridge Road	<u>Turn right</u> down Iron Bridge road.	Junction	15:10	15:50	38	Les Croupiers (Vets)	1		Marshal runners to turn right			97.2

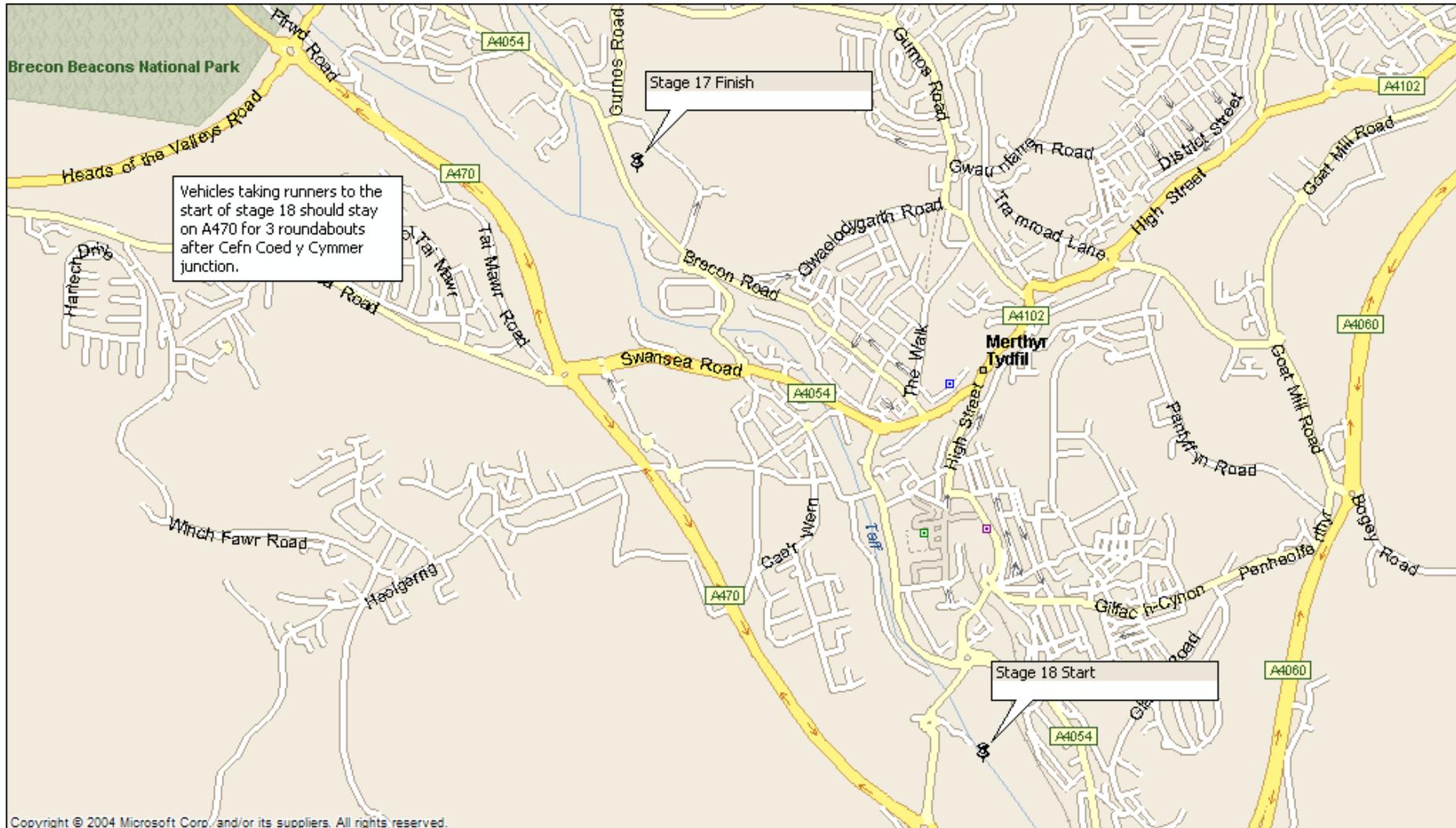
4.88	A470 Bridge	<u>Turn right</u> after bridge then bear left, follow cycle path, signed CARDIFF CASTLE	Turning	15:10	15:50	38	Les Croupiers (Vets)	1	Marshal runners to turn right Lead and trail cycles to Cardiff Castle.			97.4
5.10	Iron Bridge	<u>Turn left, stay on cycle path</u>	Cyclists/Public	15:15	15:55	38	Les Croupiers (Vets)	1	Marshal runners to continue on Taff Trail			97.6
5.17	M4 Motorway	<u>Follow path to gate. Turn right onto road after gate. Keep to the right</u>	Turning	15:15	15:55	11	Les Croupiers RC (Ladies)	2	Stop runners from turning towards the weir. Marshal runners to turn right and stay on the right hand side			97.7
5.50	Longwood Drive	<u>Opposite factory entrance take footpath on right</u>		15:15	15:55	11	Les Croupiers RC (Ladies)	1	Marshal runners to join the path		2	98.0
5.80	Footbridge towards Radyr Bridge	<u>Turn right over bridge and follow path straight across to Radyr Bridge</u>	Turning	15:15	16:00	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn right and follow the path to Radyr Bridge			98.3
6.00	Radyr Bridge	<u>Turn left</u>	Turning	15:20	16:00	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn left			98.5
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			98.7
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			99.1
7.13	Park entrance	<u>Bear right</u> staying on cycle path	Barrier	15:25	16:10	11	Les Croupiers RC (Ladies)	1	Marshal runners to bear right			99.6
9.34	Blackweir Suspension bridge	<u>Keep right</u> beside river Keep to metalled path adjacent to river	Junction	15:35	16:30	11	Les Croupiers RC (Ladies)	1	Marshal runners to keep right beside river.			101.8
9.96	Cross roads in park	<u>Turn right past Nursery, back towards river</u>	Pedestrian	15:35	16:35				No action needed			102.5
10.43	Turn for castle	<u>Turn left</u> towards north castle gate	Turning	15:40	16:40	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn left			102.9
10.62	Castle gate	<u>Turn left</u> away from castle gate	Turning	15:40	16:45	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn right			103.12
10.70	At end of path	Run to finish	Pedestrian	15:40	16:45		Changeover marshals		Guide runners to finish.			103.20

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

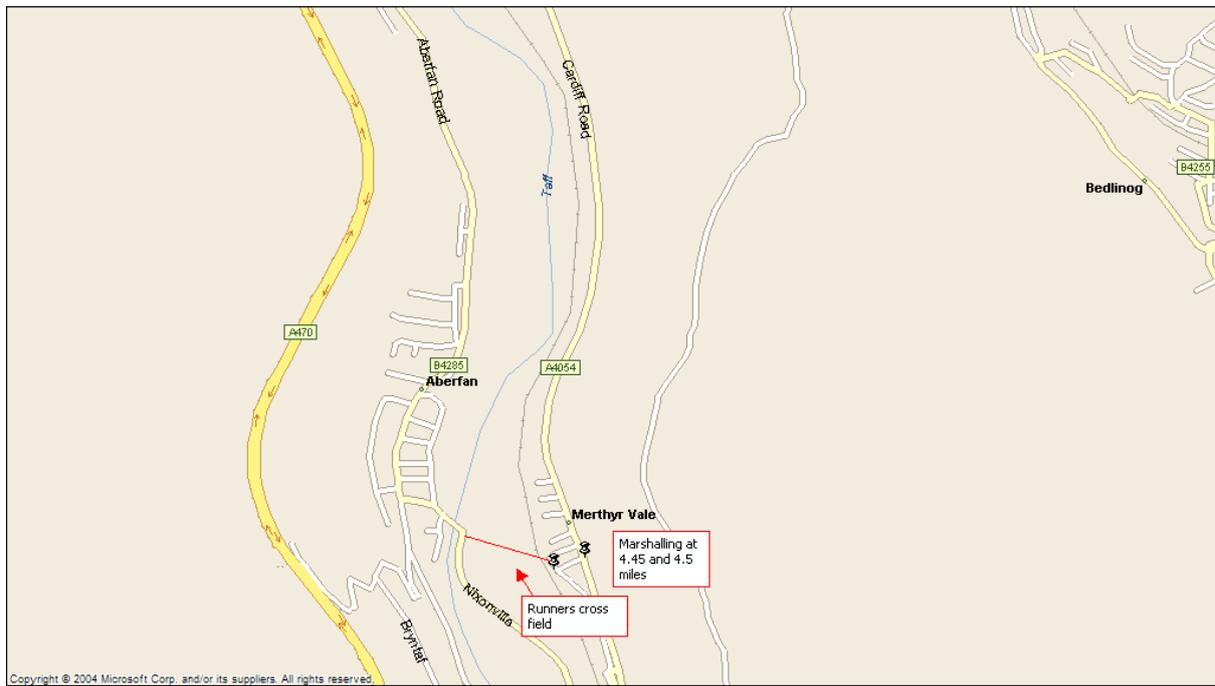
Stage 1: Middle Section



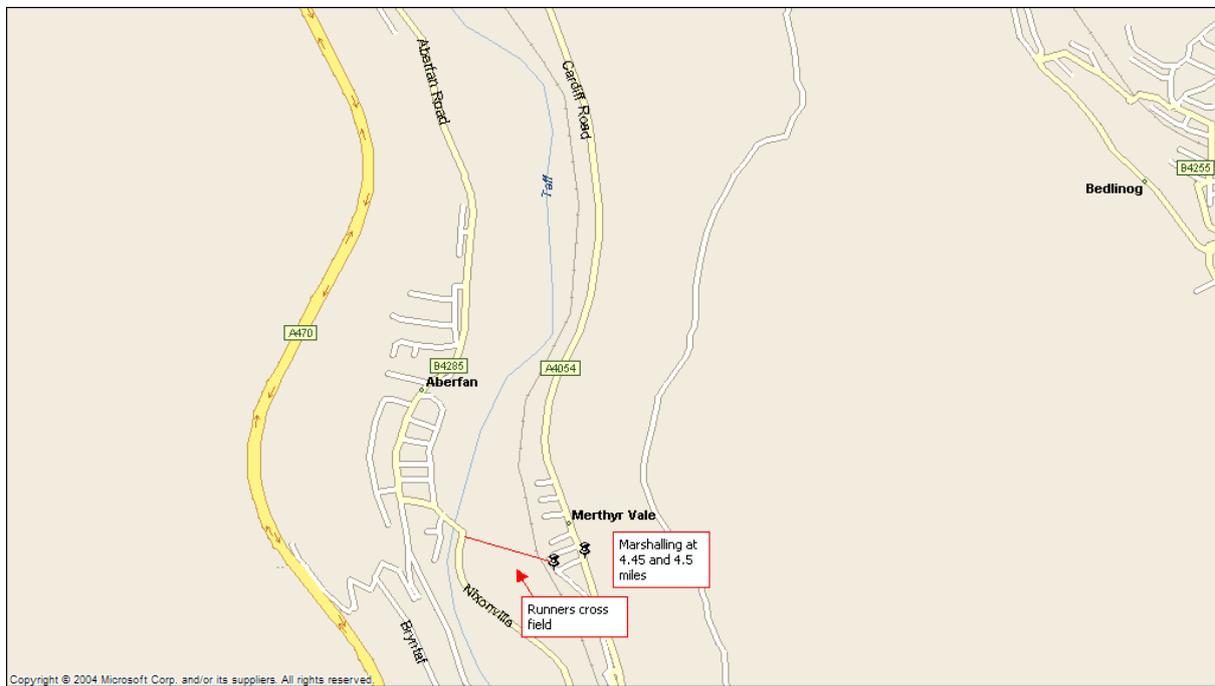
Stage 17: Finish & Stage 18 Start



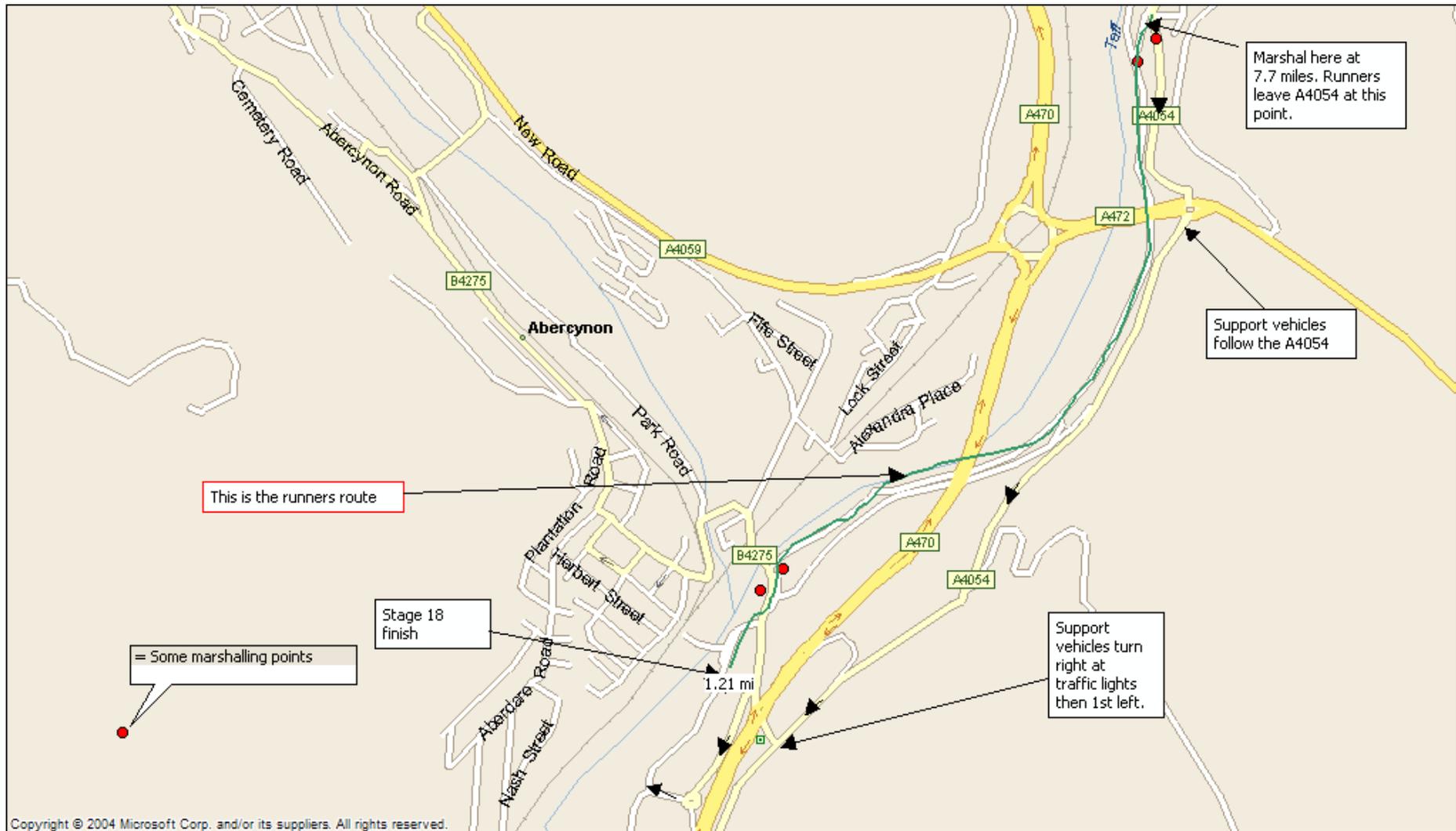
Stage 18: Troedyrhiw



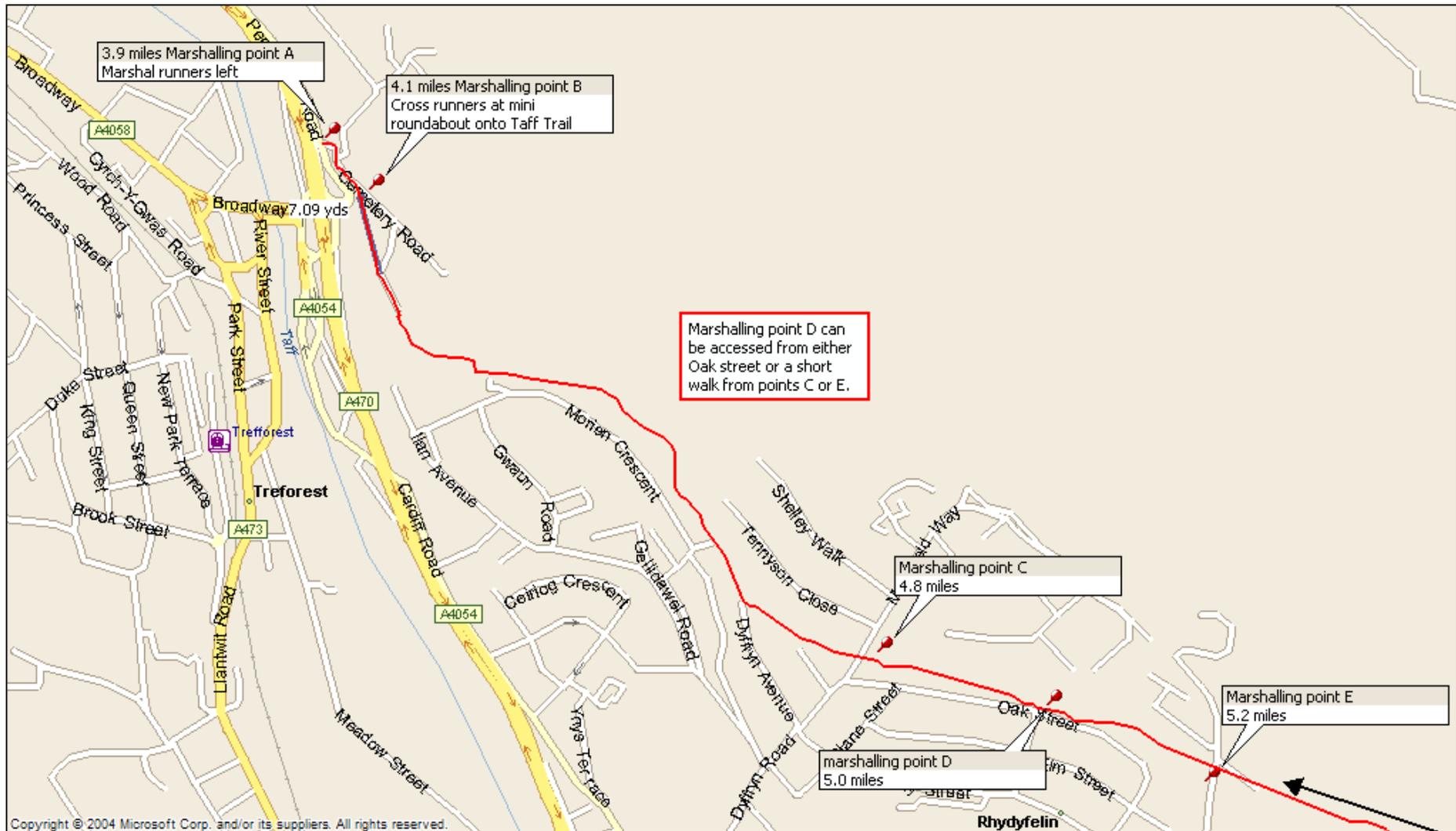
Stage 18: Merthyr Vale



Stage 18: Approach to finish



Stage 19: Glyntaff & Rhydyfelin





Start Official, Paul Stillman



Officials & Marshalls Coordinator, Mike Davies



Race Director, John Griffin (right)

Race Administrator, Amanda Thompson



Race Director, Phil Cook (left)

Referee and Results, Jeff Aston

