

2025 UKA Hill and Fell Relay Championship

Where:

Penantigi Isaf farm. Dinas Mawddwy, Gwynedd SY20 9LX SH 818 164
w3w///alienated.vines.samples. (Note the post code covers several farms)

Date & time:

Saturday 18/10/2025 11:00h

Open to:

All clubs that are affiliated for fell running to UKA through their Home Country Athletics Federation (HCAF).

Cost :

£200 per team of 6

Categories:

UKA Championship Open/Male and Female
UKA Championship Over 40 Male and Female
Male & Female, over 50, and Open over 60 (any mixture M & F)
Mixed Open (3 male & 3 female)

Minimum age:

Legs 1 & 4 16 yrs on race day
Legs 2 & 3 18 yrs on race day

Team Captains must ensure that signed Parent/Guardian Declaration forms are submitted on the day.

Entry:

Online from 1st August - see details at [STi Entries](#). Limit 200 teams.

Courses:

Leg 1 Solo short; Leg 2 Pairs long; Leg 3 Pairs navigation; Leg 4 Solo short.

Recces:

Recces are NOT ALLOWED.

These races all take place on private land with no sections on rights of way. We are very grateful to the landowners, Messers Hughes and their neighbours Mr Evans and Mr Jones for permission to use their land and are keen to create as good an impression as possible. Please respect their land and fair competition by not exploring. The tops are all open access and can be ascended from Bwlch Oerddrws. Also this is an important military low flying area and **drone flying is illegal**. Infringement of these rules will result in team disqualification.

Travel:

All parking will be on the farm and available from 7-30 am. Bus and coach by prior arrangement. **No parking allowed in lay-bys or the roadside on the very fast A470.** Transport sharing is encouraged to minimise environmental impact and minimise cost. Attendance by bike is welcomed but there is no secure storage. More detail will be sent to team captains before race day.

Accommodation:

Click on the pictures on the website for local tourist information for Dolgellau and Dinas. The farm will be organising a camping field on site price is for 2 nights and includes parking - link [here](#).

Club gazebos:

contact: relays@meirionnydd.com

One per club on the event field. Maximum 3mx3m. No cooking/naked flames

Maps:

Look at 1:25000 OS map Outdoor Leisure 23 Snowdonia Cadair Idris Area to gain an understanding of the event location and unpopulated areas to the north and south of the event (SH819 164). Leg maps are on the website and will be distributed before the race (except leg 3).

Facilities:

Good big dry barn for changing and bags at your own risk . Portaloos at the farm and holding pen. Hot showers available.

A meal and hot drink will be provided for all competitors included in the entry fee and will be available for spectators to purchase.

There will be a licensed bar during the event.

St John Ambulance first aiders will be at the event and Aberdyfi and South Snowdonia rescue teams are supporting the event.

Note there is no potable water on any route.

Rules:

The event is organised under [UKA rules and guidance](#).

[Insurance](#) is through Welsh Athletics.

While racing [FRA rules apply](#)

- **No dogs allowed at the event sorry.**
- Full body waterproof cover, hat (Buffs ok) and gloves, map, magnetic compass and whistle are mandatory. Energy food mandatory for legs 2 & 3. Waterproof gloves recommended if the ground is wet - you will be using your hands!
- No poles
- No headphones
- No crossing the event boundaries
- No crossing of any fence or wall except at a marshalled crossing point and using the equipment provided.

Any team member breaching the rules will result in team disqualification

Prizes:

UKA Championship Open/Male and Female 1st Medals 1 2 & 3.

UKA Championship Over 40 Male and Female 1st Medals 1 2 & 3

Male & Female over 50 over 60+ 1st Mixed

Fastest M & F on each leg

Fastest M & F Maen Du descent (legs 1 & 4)

Race Safety:

This race is run in mid autumn to heights over 2000ft. Expect warm sunshine, dead calm, high winds, clouds, heavy rain, sleet and snow! Possibly all! Poor weather must be anticipated and competitors must be experienced and equipped with this in mind.

Please read the [race safety information](#) before deciding whether it is safe on the day for YOU to run this event.

Your safety is our preoccupation - but YOUR responsibility!

Team Captains are responsible for ensuring team members are fit and experienced enough to tackle these challenging courses within the time limits and in the prevailing conditions.

contact: relays@meirionnydd.com

Your data:

If you enter this race know that we will publish your name, age, running club if any, and your finishing time and position, to anyone who may have an interest, e.g. UKA, our own club, national athletics organisations and social and newsprint media. We will store this data for historic and comparison purposes. There will be an official photographer [SportPicturesCymru](#).