

## RACE SAFETY INFORMATION

Ras Rhobell Fawr AM 10.3 km 562m ascent (6.4 miles/1844ft) LK/PM/NS/ Minimum age 18 on race day  
The race starts at 12:00. There is a junior trail race for runners over 12 years 3km/130m starts 12:05 which follows the same route from the same start to the Ffordd Goriwared SH767235

### Route Description - see Race map

The start and finish for both races is at SH756225 Llanfachreth village hall (LL40 2DY)(WTW heaven.playroom.audible). The out and back route trends to the northeast through fields, then track, then open fell. The first 400m are on field paths, narrow initially, followed by track through felled woodland and more fields with a shallow ford. Gates are usually marshalled and the route marked. The route reaches a track at 1.5k (junior turnaround) and is unmarked from here. Follow the very rough track north to Bwlch Goriwared and a checkpoint SH 764245 where a stile on the right leads onto the fell. The wall on the right heading northeast is joined and followed closely until some 400m from the summit when it is possible to follow a faint sheep track to the summit SH786256. In poor visibility it may be easier to continue along the wall until the trig point becomes visible 30m to the west. Return is by the reverse route. Some runners chose a 500m variation further north of the wall above Ffynnon Shôn. This path is vague. The fell terrain can be featureless. Underfoot the going is grassy/peaty with bogs, some steep, with small rock outcrops and stones. Beware of barbed wire on the wall at shoulder height in places. The summit is undulating. Away from the wall the ground is featureless and remains so for many miles to the north and west of the route. Lying snow and ice are possible. There is no drinkable water on the route. The final part of the descent is down a relatively narrow grass path.

### Experience Required

Fell runners should find no special geographical challenges. Runners should be confident they are equipped and experienced enough to manage the distance and climb in the prevailing weather on the day.

### First Aid Cover / Emergency Response available

There is a small first aid kit at race HQ. Fell checkpoints have blizzard blankets / jackets but cannot leave their stations. Fell checkpoints have radios. There is no mobile phone signal at race HQ. Mountain rescue is aware of the event but not in attendance and there is likely to be a delay in evacuating any casualty on the mountain.

### Minimum Personal Safety Kit

Map, **magnetic** compass and whistle, There is little daylight left if a search is needed - carry a whistle in case you are immobilised off route. The mobile signal is much improved. You may wish to carry a switched-off phone with full battery and the RO's number 07831604759 for use **in an emergency**. (use will disqualify you) Full body cover (head to wrists and ankles) waterproofs essential. Hat and gloves may be essential also. Kit should be of winter fell running serviceable quality. Shoe soles should have good lugs. Be prepared for kit checks. There are no water/feed stations on the course, runners must decide on and carry their own needs.

### Navigation Skills Required /Course marking - GPS may not be used unless retiring from the race.

In fair weather and good visibility on the mountain safe navigation is easy but selecting the best path repays prior reconnoitring. The lower sections are signed or taped at key points. Above the junior turn around there is no marking. Following the wall on the fell offers a safe and rapid ascent to within 100 yards of the trig point. the terrain is featureless for many miles to the north. If temporarily uncertain of exact location runners should turn south east until they meet the wall and then continue up or down as appropriate. NEVER cross the wall.

### Race Rules      WFRA rules apply. See separate notice.

No Audio on the race headphones or otherwise. No poles.

### Retirement procedure

If you wish to retire report to the next marshal, give your number and make it clear you are retiring. Then make your way directly to the finish and **REPORT IN PERSON TO THE TIMEKEEPER** giving your number and ensuring they acknowledge you have retired.

Clwb Rhedeg Meirionnydd

Ras Rhobell FawrMeirionnydd Running Club

You are not retired until the timekeeper records the fact. Failure to follow this procedure leads to delay in recalling marshals and possible mountain rescue callout. If you need transport off the mountain this will be by Mountain Rescue.

**Foul weather alternative route**

In bad weather the route may be shortened.

***Your safety is our preoccupation - and YOUR responsibility***