

WHITE CASTLE

FAIRWATER RUNNERS CWMBRAN

RACK RAID 2017

INFORMATION BOOKLET

REVISION B - 15/03/17

THE “RACK (Ruins and Castle Keeps) RAID”

INTRODUCTION

Fairwater Runners Cwmbran would like to offer a warm welcome to all the participants and supporters of the Rack Raid.

The Rack Raid was organised to celebrate the tenth anniversary of Fairwater Runners and as an alternative event for those who were unable to gain entry to the larger Castles Relay event. This event is low key but has always experienced a pleasant atmosphere.

The Rack Raid is an all-day event consisting of 13 stages, covering approx. 100 miles, travelling around the picturesque countryside of the former county of Gwent. We will endeavour to provide marking and Marshals' at key points but runners are responsible for their own safety and there is a requirement for runners to acquaint themselves with their stage leg. Teams are to take responsibility to support their runners during the race and provide drinks as necessary although in restricted areas Fairwater Runners Cwmbran will facilitate this.

NEW FOR 2017^a

We will be holding “**PLEASE BE QUIET**” signs up at Grosmont following complaints last year about the noise being made in the village – please BE QUIET and move quickly to the Castle grounds for the start.

ROUTE CHANGES

Currently PLANNED that ALL routes will be as 2016. However, we have introduced a new VEHICLE RESTRICTION on STAGE 11 due to heavy congestion last year in the narrow lane. All vehicles will be required to proceed to the A48 and follow to the end. A marshall will direct you.

WATER STATIONS

Due to vehicle restrictions we will be having water stations on the following stages: STAGE 6, STAGE 8 and STAGE 11.

TIMEKEEPING

Due to our Time-Keepers needing to move on to other Stage Starts, we have implemented a new ruling re: cut off timing as follows: The Time-Keepers will leave the Stage Finish at CUT OFF TIME PLUS 10 MINUTES. Any runner not finished before the Time-Keepers leave will be classified as DNF and will be awarded CUT OFF TIME PLUS 10 MINUTES.

START TIMES

Same as 2016

GENERAL INFORMATION

The "Official Vehicles Only" sections are Stages 2, 6, 8 and there are no vehicles allowed on parts of Stages 4, 5, 11 and 13. If your club, runners or supporters, infringe any of the areas to which we have restricted access your team will receive a time penalty.

The start is scheduled for 7.30 am at Grosmont Castle. However all teams are required to be present at a registration and briefing at 7.00 am on the Castle Green where they will receive their official race pack including commemorative T-shirts, Official Vehicle Sticker and A +B's. It is imperative that the noise is kept to a MINIMUM here and at the next changeover at Skenfrith.

There will be marshals available on the day and the course will be marked by Red Squares on road signs and Yellow arrows on the road. The Ordnance Survey 1:50,000 Landranger plan numbers 161,162 and 171 cover the whole route and are extremely useful.

With regards to transport, with a view to keeping congestion to a minimum it would be preferable for each team to use a minibus and a maximum of four cars per team. We would be grateful if you could ask members of your team to take the utmost care when parking their vehicles as we have received a number of complaints in previous years from residents.

To enable fairness and to ensure the smooth running of this event Fairwater Runners Cwmbran has tried to keep the following rules to a minimum.

RULES

1. The event is run under UKA/WAA Rules. Therefore in order to qualify for prizes (Team or Individual) all scoring team members must be **ELIGIBLE MEMBERS OF THAT CLUB and run one stage only.**
2. All runners must be aged 18 or over on race day. This is a condition of the Race Licence.
3. There is an expectation that runners are capable of running 9 minute miles.
4. Each team member must wear their club's vest whilst competing on a stage. Team members must wear on the front of their vest their appropriate team letter, "A" or "B" (official race pack available at briefing).
5. For their own safety runners should run on the left hand side of the road unless passed by the St John's Ambulance when they should select the safest route.
6. Each team will be provided with an **"OFFICIAL VEHICLE"** sticker. This is to be used for the following sections where only one vehicle per team (plus official Fairwater vehicles) will be allowed access. This is of **VITAL IMPORTANCE**. Any team contravening this rule will have the cut-off time for that stage, plus ten minutes allocated as their runners time for that stage. **THIS RULE WILL BE ENFORCED.**
 - a) STAGE 2. SKENFRITH to WHITE CASTLE :- The lane to White Castle.
 - b) STAGE 6. MONMOUTH to RAGLAN :- The lane between Coed-y-fedw and the Crosshands crossroads via Pen-y-clawdd.
 - c) STAGE 8. USK to TINTERN:- The lane between the A449 (Llanllowell Lane) to the B4235 at Llangwm.
 - d) STAGE 13. CAERLEON to CASTELL-Y_BWCH :- "Malthouse Lane" connecting Caerleon Road and Newport Road.
7. Also note that on the following sections **NO VEHICLES ARE ALLOWED APART FROM THE FIRST AID VEHICLE:**
 - a) STAGE 4/5 MOAT:- **No team vehicles permitted on minor road off B4233 alongside the Moat.**
 - b) STAGE 11. CALDICOT to PENHOW:- From the final right hand turn to the finish at Penhow. Vehicles other than the ambulances will be directed by a marshal to a shorter route to the finish - see map for details.
 - c) STAGE 12. CAERLEON to CASTELL-Y_BWCH :- "Bentre Lane" connecting Newport Road to

C) STAGE 13: CAERLEON to CASTELL-Y-BWCH :- Pentre Lane connecting Newport Road to finish at Castell-y-Bwch.

8. It will be the responsibility of the team with the last runner on each stage to support that person and provide a "sweeper" vehicle (apart from on Stage 13).

TIMEKEEPING

1. Each stage will start as close as possible to the official timetable produced on page 4. Please note that

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this might not exactly correspond with the arrival of the first runner from the previous stage.

2. It is the responsibility of each team to drop off runners in good time for each stage and to pick up "spent" runners.
3. You will notice that there are cut-off times; a runner finishing outside the cut-off will be awarded the cut-off time. In the event of a runner failing to finish the stage he/she will be given the cut-off time plus 10 minutes.
4. Time-Keepers will leave the Stage at time plus 10 minutes. Any runner not finished by this time will be awarded the cut-off time plus 10 minutes.
5. A runner who unintentionally takes a shorter route on a stage will be given the cut-off time. A runner who takes a longer route will be given his/her official time or the cut-off time if quicker.
6. We shall endeavour to provide a board at every changeover indicating the current position of each team.

Remember that although the stages are generally shorter than those on the Welsh Castles Relay they are fairly demanding and the scenery no less spectacular. We know that as fellow runners you will appreciate the surroundings and respect them, especially as we will be entering a variety of important historic sites.

Lastly, please exercise extreme caution on the roads. Bear in mind that marshalling is limited, so treat every junction with care. Let's hope that the weather is kind and the day as successful as previous years.

If you should have any enquiries prior to the day please contact:

Steve Morgan (Race Director) (07805 240736)

rack-raid@fairwater-runners-cwmbran.org.uk

We would like to extend our thanks to the following for making this event possible:

CADW (Welsh Historic Monuments).

Custodians of White Castle & Caerleon Amphitheatre.

Monmouthshire County Council; Newport City Council; Torfaen County Borough Council.

Heddlu Gwent Police; St. Johns Ambulance.

Castell-y-Bwch Public House.

Marshals, Timekeepers and Helpers on the course and behind the scenes.

RACK RAID STAGE TIMES / TIMETABLE

SUNDAY 4th June 2017. PERMIT NO: EAST R.A.C. xx

REGISTRATION AND BRIEFING GROSMONT CASTLE GREEN 7AM.

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| STAGE 1. | GROSMONT CASTLE to SKENFRITH CASTLE 5.1 Miles START TIME: 7.30AM CUT-OFF TIME: 46 MINS |
| STAGE 2. | SKENFRITH CASTLE to WHITE CASTLE 6.93 Miles START TIME: 8.05AM CUT-OFF TIME: 62 MINS |
| STAGE 3. | WHITE CASTLE to ABERGAVENNY 7.51 Miles START TIME: 8.50AM CUT-OFF TIME: 68 MINS |
| STAGE 4. | ABERGAVENNY to OLD COURT MOAT 6.7 Miles START TIME: 9.40AM CUT-OFF TIME: 61 MINS |
| STAGE 5. | OLD COURT MOAT to MONMOUTH 8.1 Miles START TIME: 10.25AM CUT-OFF TIME: 73 MINS |
| STAGE 6. | MONMOUTH to RAGLAN 12.6 Miles START TIME: 11.20AM CUT-OFF TIME: 1HR 54 MINS |
| STAGE 7. | RAGLAN to USK 5.53 Miles START TIME: 12.40PM CUT-OFF TIME: 50 MINS |
| STAGE 8. | USK to TINTERN ABBEY 13.1 Miles START TIME: 1.20PM CUT-OFF TIME: 1HR 58 MINS |
| STAGE 9. | TINTERN ABBEY to CHEPSTOW CASTLE 10.0 Miles START TIME: 2.45PM CUT-OFF TIME: 1HR 30 MINS |
| STAGE 10. | CHEPSTOW CASTLE to CALDICOT CASTLE 5.63 Miles START TIME: 3.50PM CUT-OFF TIME: 51 MINS |
| STAGE 11. | CALDICOT CASTLE to PENHOW 8.3 Miles START TIME: 4.25PM CUT-OFF TIME: 1HR 15 MINS |
| STAGE 12. | PENHOW to CAERLEON AMPHITHEATRE 6.64 Miles START TIME: 5.20PM CUT-OFF TIME: 60 MINS |
| STAGE 13. | CAERLEON AMPHITHEATRE to CASTELL-Y-BWCH 5.43 Miles START TIME: 6.05PM CUT-OFF TIME: 49 MINS |

TOTAL DISTANCE: APPROXIMATELY 100 MILES

APPROXIMATE FINISH TIME: 6.45PM

THE PRESENTATION WILL TAKE PLACE AS SOON AS POSSIBLE AFTER THE LAST RUNNER HAS FINISHED, EITHER IN THE PUB OR OUTSIDE DEPENDING ON THE WEATHER!

RACK RAID STAGE DESCRIPTIONS

STAGE 1. GROSOMONT CASTLE to SKENFRITH CASTLE
APPROXIMATE MILEAGE: 5.1 Miles

Start on approach lane to Grosmont Castle. Proceed down lane and turn left onto B4347. In approximately 4 miles turn left along B4521 signposted "Ross/Skenfrith". On entering village take left turn for castle and finish.

STAGE 2. SKENFRITH CASTLE to WHITE CASTLE
APPROXIMATE MILEAGE: 6.93 Miles

Start on lane adjacent to Skenfrith Castle. Proceed to B4521 and turn right towards Abergavenny. Continue for approximately 5.5 miles and take left turn signposted "White Castle". **OFFICIAL VEHICLES ONLY PLEASE.** Follow lane and finish on castle green.

STAGE 3. WHITE CASTLE to ABERGAVENNY
APPROXIMATE MILEAGE: 7.51 Miles

Start on green within White Castle. Return to B4521 along lane and turn left towards Abergavenny. On entering town bear left under bridge and keep left. On reaching T-junction turn left and then right after 100 yards into the park alongside the Gavenny River. Keep to left hand path and finish at end. The castle is visible to the right.

STAGE 4. ABERGAVENNY to MOAT
APPROXIMATE MILEAGE: 6.7 Miles

Start on path alongside bus station car park. Go to end, turn right and proceed along B4233 towards Monmouth, through Llanvapley. In approximately 6 miles, turn left into lane signposted "White Castle", finish is about 50 metres after the turn off from the B4233. ONLY TIMEKEEPERS vehicles permitted on this lane. Parking is available at Park Farm about 100 metres further along B4233 or in the village of Llantilio Crossenny, footpath from the church across field to the start.

STAGE 5. MOAT to MONMOUTH
APPROXIMATE MILEAGE: 8.1 Miles

See above for parking restriction. Race starts in the lane alongside the Moat turn left on to the B4233.. Continue along B4233. On entering Monmouth town go straight ahead at roundabout before turning left at next roundabout and proceed to the finish on the Monnow Bridge.

Vehicles to use New River bridge downstream of Old Monnow bridge.

STAGE 6. MONMOUTH to RAGLAN
APPROXIMATE MILEAGE: 12.6 Miles

Start on the Monnow Bridge. Turn right at roundabout and take first left at next roundabout signposted

“Wonastow/Dingestow”. Follow this road ignoring signs to Hendre and Raglan. Turn right at Tjunction in Dingestow village (approx 3.8 miles) just after the Bridge Caravan Site signposted “Llandeilo Crosenny/Tregaer/Bryngwyn” and bear left near the Church. Follow this road until taking the first left turn (approx 4.9 miles) after Dingestow Court towards Coed-y-fadw. At the crossroads go straight over towards Pen-y-clawdd. **OFFICIAL VEHICLES ONLY PLEASE.** (Other vehicles turn right to stage finish at Raglan or pick up the route further on at “The Crosshands”). On entering Pen-yclawdd village bear right signposted “Usk” and follow this road until reaching the “Crosshands” crossroads. Take a right turn signposted “Llandenny/Raglan”. On entering the town go straight across at the crossroads near the Church into Castle Street and finish near small bridge (Raglan Castle is visible directly ahead). Parking is extremely limited in this road so please do not stop in Raglan unless you have a runner to drop off / collect

STAGE 7. RAGLAN to USK
APPROXIMATE MILEAGE: 5.53 Miles

Start near small bridge on Castle Street. Proceed down road and turn right through town. Turn left at the Crown Inn. Follow to T-junction at end and turn left towards Usk passing through Gwehelog. On entering Usk

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town take right hand spur just past “Ladyhill” estate identified by “No Entry” signs (support vehicles take usual route into Usk by turning right at T-junction). On reaching main road bear right and follow towards main town. Care must be taken here as you must cross to left hand side of road before taking left turn signposted “Llantrisant” for finish in Twyn Square. Usk Castle is visible on a hill directly opposite the square.

STAGE 8. USK to TINTERN ABBEY
APPROXIMATE MILEAGE: 13.05 Miles

Start in Twyn Square, Usk. Proceed down road bearing right near Church and left at Convenience Store passing the prison on left (we might drop a few off here!). On exiting tunnel under main Newport to Ross dual carriageway take left turn signposted “Grass Ski Centre”. OFFICIAL VEHICLES ONLY Follow to B4325 junction and turn right, then immediate left signposted “Wolvesnewton/Cobblers Plain”. Take care crossing the road here. Follow lane past the Model Farm Folk Museum and on junction with B4293 take lane directly opposite signposted “Trellech Grange”. At next junction bear right signposted “Parkhouse/Tintern”. At next T-junction turn right signposted “Tintern” past the Fountain Inn. At next junction bear left signposted “Tintern” past trout pools and over bridge. Pass Tintern Ironworks on your left. On reaching main A466 Wye Valley road turn right towards Chepstow. Exercise caution on crossing to left hand side in readiness for left turn to Tintern Abbey and finish adjacent to car park.

STAGE 9. TINTERN ABBEY to CHEPSTOW CASTLE
APPROXIMATE MILEAGE: 10.0 Miles

Start adjacent to Tintern Abbey car park. Proceed to main A466 and turn right. Again take care when crossing for left turn signposted “Llanishen” (near the George Hotel). In approximately third of a mile bear right signposted “Devauden” past the Cherry Tree Inn and trout pools. Continue for approximately one mile keeping large top trout pool to your right. Take left turn up hill after pool. In approximately 1.8 miles turn right signposted “Devauden/Monmouth”. Just after entering Devauden village take left turn opposite the Masons Arms pub. Follow to T-junction and turn left along the B4293 towards Chepstow. Proceed to roundabout near Chepstow racecourse and carry straight ahead up the hill. On entering the town take the footpath on left signposted “Wye Valley Walk” and finish in Chepstow Castle car park.

STAGE 10. CHEPSTOW CASTLE to CALDICOT CASTLE
APPROXIMATE MILEAGE: 5.63 Miles

Start near Chepstow Castle car park. Follow footpath to road and turn right. Just after brow of hill turn left into Kingsmark Lane and left again at the T-junction. Take the A48 towards Newport by turning right at the roundabout. Pass through Pwllmeyric past St Pierre Golf Club. Please make use of available footpaths on this section. On reaching the right hand bend at the top of the hill, runners bear left to side of barrier and proceed to B4245 towards Caldicot (support vehicles turn left at roundabout slightly further on). Continue to next roundabout and take right turn onto footpath alongside lane, go through kissing gate and finish on path just

roundabout and take right turn onto footpath alongside lane, go through kissing gate and finish on path just before pedestrian bridge.

STAGE 11. CALDICOT CASTLE to PENHOW
APPROXIMATE MILEAGE: 8.3 Miles

Start in car park area adjacent to Caldicot Castle. Proceed along approach lane to T-junction and turn right. Bear right at roundabout through housing estate and continue for approx. 1 mile to sign for village of Caerwent passing over motorway. At 1.35 miles take left turn, and continue past golf course. At 2 miles, turn right to Highmore Hill. At 3.8 miles turn left at the crossroads. At 4.7 miles turn left at the T-junction towards Magor. At 6.1 miles turn right, then follow this lane to the finish, in residential lane on left adjacent to main road, next to the Groes Wen public house. We have introduced a NO VEHICLES policy in the narrow lanes. A marshal will direct vehicles to the A48.

STAGE 12. PENHOW to CAERLEON AMPHITHEATRE
APPROXIMATE MILEAGE: 6.64 Miles

Start on footpath on right hand side of main A48 opposite previous stage finish. Keep to footpath on RIGHT HAND SIDE of road. In just over 1 mile turn right signposted "Tregarn Road" and right again into "Old Roman Road". Take right turn signposted "Usk" and left under the dual carriageway. On entering Caerleon turn right opposite the Bell Inn identified by "No Entry" signs (support vehicles take right turn at next T-junction). On reaching junction take a sharp right through the car park of the Ship Inn and cross footbridge. After bridge cross to left hand side and proceed into Caerleon. Take left turn after the Bull Inn signposted "Municipal Golf Course" and "Heritage Trail". On reaching the car park take left turn into Amphitheatre site. Skirt round the right hand side of the arena and enter over ramp at the far end and finish in middle.

STAGE 13. CAERLEON AMPHITHEATRE to CASTELL-Y-BWCH
APPROXIMATE MILEAGE: 5.43 Miles

Start within Caerleon Roman Amphitheatre. On reaching car park turn right along Cold Bath Road and then left to follow one way system past the Common. At mini roundabout turn left and in approximately one mile turn left into "Malthouse Lane" (**OFFICIAL VEHICLES ONLY PLEASE**). At the crossroads take "Pentre Lane" directly opposite past the Three Blackbirds pub (**FIRST AID VEHICLE ONLY** – any Official Vehicles follow directions below). Please take the utmost care at this junction due to poor visibility. Continue along Pentre Lane to finish at top of hill adjacent to Castell-y- Bwch pub. Note that the last mile of this stage is used by Newport Harriers for their "Masochist Mile" race. The sting is in the tail!

Any Official Vehicles using "Malthouse Lane" can reach the finish at the Castell-y-Bwch as follows:

- Turn right at the end of Malthouse Lane.
- Turn left at the roundabout into Llantarnam Park Way.
- Proceed straight across at the next roundabout.
- Proceed straight across at the next roundabout into Hollybush Way.
- Turn left at the next roundabout.
- Turn left at the next roundabout into Henllys Way.
- Proceed up the hill and take the first left turn into the lane leading to the Castell-y-Bwch (approx half a mile).
- Please use field on the right hand side for parking.

ROUTE MAP

STAGE 1. GROSMONT CASTLE to SKENFRITH CASTLE - 5.1 Miles / 8.23 km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 7.30AM

CUT-OFF TIME: 46 MINS

Start on approach lane to Grosmont Castle. Proceed down lane and turn left onto B4347. In approximately 4 miles turn left along B4521 signposted "Ross/Skenfrith". On entering village take left turn for castle and finish.

STAGE 2. SKENFRITH CASTLE to WHITE CASTLE – 6.93 Miles / 11.2 km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 8.05AM

CUT-OFF TIME: 1HR 02MINS

Start on lane adjacent to Skenfrith Castle. Proceed to B4521 and turn right towards Abergavenny.

Continue for approximately 5.5 miles and take left turn signposted “White Castle”. **OFFICIAL**

VEHICLES ONLY PLEASE. Follow lane and finish on castle green.

STAGE 3. WHITE CASTLE to ABERGAVENNY – 7.51 Miles / 12.1 km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 8.50AM

CUT-OFF TIME: 1HR 08MINS

Start on green within White Castle. Return to B4521 along lane and turn left towards Abergavenny. On entering town bear left under bridge and keep left. On reaching T-junction turn left and then right after 100 yards into the park alongside the Gavenny River. Keep to left hand path and finish at end. The castle is visible to the right.

STAGE 4. ABERGAVENNY to MOAT – 6.7 Miles / 10.78 km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 9.40AM

CUT-OFF TIME: 1HR 01MIN

Start on path alongside bus station car park. Go to end, turn right and proceed along B4233 towards Monmouth, through Llanvapley. In approximately 6.5 miles, turn left to the Moat.

STAGE 5. MOAT to MONMOUTH – 8.1 Miles / 13.04 km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 10.25AM

CUT-OFF TIME: 1HR 13MINS

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From MOAT turn left onto the main road. Continue along B4233. On entering Monmouth town go straight ahead at roundabout before turning left at next roundabout and proceed to finish on the Monnow Bridge.

Vehicles to use New River bridge downstream of Old Monnow bridge.

STAGE 6. MONMOUTH to RAGLAN - 12.6 Miles / 20.3 km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 11.20AM

CUT-OFF TIME: 1HR 54MINS

Start on the Monnow Bridge. Turn right at roundabout and take first left at next roundabout signposted "Wonastow/Dingestow". Follow this road ignoring signs to Hendre and Raglan. Turn right at T junction in Dingestow village (approx 3.8 miles) just after the Bridge Caravan Site signposted "Llandeilo Crosenny/Tregaer/Bryngwyn" and bear left near the Church. Follow this road until taking the first left turn (approx 4.9 miles) after Dingestow Court towards Coed-y-fadw. At the crossroads go straight over towards Pen-y-clawdd. **OFFICIAL VEHICLES ONLY PLEASE.** (Other vehicles turn right to stage finish at Raglan or pick up the route further on at "The Crosshands"). On entering Pen-y-clawdd village bear right signposted "Usk" and follow this road until reaching the "Crosshands" crossroads. Take a right turn signposted "Llandenny/Raglan". On entering the town go straight across at the crossroads near the Church into Castle Street and finish near small bridge (Raglan Castle is visible directly ahead).

STAGE 7. RAGLAN to USK - 5.53 Miles / 8.91 km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 12.40PM

CUT-OFF TIME: 50 MINS

Start near small bridge on Castle Street. Proceed down road and turn right through town. Turn left at the Crown Inn. Follow to T-junction at end and turn left towards Usk passing through Gwehelog. On entering Usk town take right hand spur just past "Ladyhill" estate identified by "No Entry" signs (support vehicles take usual route into Usk by turning right at T-junction). On reaching main road bear right and follow towards main town. Care must be taken here as you must cross to left hand side of road before taking left turn signposted "Llantrisant" for finish in Twyn Square. Usk Castle is visible on a hill directly opposite the square.

STAGE 8. USK to TINTERN ABBEY - 13.05 Miles / 21km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 1.20PM

CUT-OFF TIME: 1HR 58MINS

Start in Twyn Square, Usk. Proceed down road bearing right near Church and left at Convenience Store passing the prison on left (we might drop a few off here!). On exiting tunnel under main Newport to Ross dual carriageway take left turn signposted "Grass Ski Centre". Follow to B4325 junction and turn right, then immediate left signposted "Wolvesnewton/Cobblers Plain". Take care crossing the road here. Follow lane past the Model Farm Folk Museum and on junction with B4293 take lane directly opposite signposted "Trellech Grange". At next junction bear right signposted "Parkhouse/Tintern". At next T-junction turn right signposted "Tintern" past the Fountain Inn. At next junction bear left signposted "Tintern" past trout pools and over bridge. Pass Tintern Ironworks on your left. On reaching main A466 Wye Valley road turn right towards Chepstow. Exercise caution on crossing to left hand side in readiness for left turn to Tintern Abbey and finish adjacent to car park.

STAGE 9. TINTERN ABBEY to CHEPSTOW CASTLE - 10.0 Miles / 16.1km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 2.45PM

CUT-OFF TIME: 1HR 30MINS

Start adjacent to Tintern Abbey car park. Proceed to main A466 and turn right. Again take care when crossing for left turn signposted "Llanishen" (near the George Hotel). In approximately third of a mile bear right signposted "Devauden" past the Cherry Tree Inn and trout pools. Continue for approximately one mile keeping large top trout pool to your right. Take left turn up hill after pool. In approximately 1.8 miles turn right signposted "Devauden/Monmouth". Just after entering Devauden village take left turn opposite the Masons Arms pub. Follow to T-junction and turn left along the B4293 towards Chepstow. Proceed to roundabout near Chepstow racecourse and carry straight ahead up the hill. On entering the town take the footpath on left signposted "Wye Valley Walk" and finish in Chepstow Castle car park.

STAGE 10. CHEPSTOW CASTLE to CALDICOT CASTLE - 5.63 Miles / 9.07km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 3.50PM

CUT-OFF TIME: 51 MINS

Start near Chepstow Castle car park. Follow footpath to road and turn right. Just after brow of hill turn left into Kingsmark Lane and left again at the T-junction. Take the A48 towards Newport by turning right at the roundabout. Pass through Pwllmeyric past St Pierre Golf Club. Please make use of available footpaths on this section. On reaching the right hand bend at the top of the hill, runners bear left to side of barrier and proceed to B4245 towards Caldicot (support vehicles turn left at roundabout slightly further on). Continue to next roundabout and take right turn into lane. Finish in car park area adjacent to Caldicot Castle.

STAGE 11. CALDICOT CASTLE to PENHOW – 8.3 Miles / 13.4km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 4.25PM

CUT-OFF TIME: 1HR 15MINS

Start in car park area adjacent to Caldicot Castle. Proceed along approach lane to T-junction and turn right. Bear right at roundabout through housing estate and continue for approx. 1 mile to sign for village of Caerwent passing over motorway. At 1.35 miles take left turn, and continue past golf course. At 2 miles, turn right to Highmore Hill. At 3.8 miles turn left at the crossroads. At 4.7 miles turn left at the T-junction towards Magor. At 6.1 miles turn right, then follow this lane to the finish, in residential lane on left adjacent to main road, next to the Groes Wen public house. All vehicles to leave the course when directed by a marshal, proceed to the A48 and drive directly to the finish.

STAGE 12. PENHOW to CAERLEON AMPHITHEATRE - 6.64 Miles / 10.7km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 5.20PM

CUT-OFF TIME: 60 MINS

Start on footpath on right hand side of main A48 opposite previous stage finish. Keep to footpath on RIGHT HAND SIDE of road. In just over 1 mile turn right signposted "Tregarn Road" and right again into "Old Roman Road". Take right turn signposted "Usk" and left under the dual carriageway. On entering Caerleon turn right opposite the Bell Inn identified by "No Entry" signs (support vehicles take right turn at next T-junction). On reaching junction take a sharp right through the car park of the Ship Inn and cross footbridge. After bridge cross to left hand side and proceed into Caerleon. Take left turn after the Bull Inn signposted "Municipal Golf Course" and "Heritage Trail". On reaching the car park take left turn into Amphitheatre site. Skirt round the right hand side of the arena and enter over ramp at the far end and finish in middle.

STAGE 13. CAERLEON AMPHITHEATRE to CASTELL-Y-BWCH - 5.43 Miles / 8.75km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 6.05PM

CUT-OFF TIME: 49 MINS

Start within Caerleon Roman Amphitheatre. On reaching car park turn right along Cold Bath Road and then left to follow one way system past the Common. At mini roundabout turn left and in approximately one mile turn left into "Malthouse Lane" (**OFFICIAL VEHICLES ONLY PLEASE**).

At the crossroads take "Pentre Lane" directly opposite past the Three Blackbirds pub (**FIRST AID VEHICLE ONLY** – any Official Vehicles follow directions below). Please take the utmost care at this junction due to poor visibility. Continue along Pentre Lane to finish at top of hill adjacent to Castell-y-Bwch pub. Note that the last mile of this stage was used by Newport Harriers for their "Masochist Mile" race. The sting is in the tail!

Any Official Vehicles using "Malthouse Lane" can reach the finish at the Castell-y-Bwch as follows:

- Turn right at the end of Malthouse Lane.
- Turn left at the roundabout into Llantarnam Park Way.
- Proceed straight across at the next roundabout.
- Proceed straight across at the next roundabout into Hollybush Way.
- Turn left at the next roundabout.
- Turn left at the next roundabout into Henllys Way
- Proceed up the hill and take the first left turn into the lane leading to the Castell-y-Bwch (approx half a mile).

ROMANS, NORMANS, BARONS AND BEER!

Now for the educational bit! As the run is based on the abundance of fine historic monuments in Gwent you might be interested to know a bit more about them. Here's your chance and remember to take note as there will be questions later!

The old county of Gwent is a border county between England and South Wales; a gateway which has often been a meeting place of different cultures.

In the first century came the Romans to build a fortress at Caerleon occupied by six thousand soldiers, and a civil city at Caerwent. Later came the Norman Barons to build great castles and as Lords Marcher they were allowed to have Lordships in Wales which were not subject to any English dues except military allegiance; a system of domination which survived until the incorporation of the Marches into the realm of England by Henry VIII. The Romans, Normans and their successors built many impressive structures in the area:

1. **GROSMONT CASTLE**

Appears to have been built in the twelfth century in wood. Stone defences were added in the next century by Hubert De Burgh and it received considerable additions in the fourteenth century. Five hundred years ago Grosmont was an important town said to have been the third largest in the county.

2. **SKENFRITH CASTLE**

Possibly one of the oldest of the Marcher fortresses. Built originally in the thirteenth century, it is typical of the small rectangular castles which were built about 1200.

3. **WHITE CASTLE**

First built in stone about 1180 with later additions in the thirteenth century, the name of this Norman castle probably derives from the white plaster which once covered its walls.

The three castles described so far are often referred to as the "Trilateral", being a single unit of border defence and held for a considerable time in single ownership under the name of the three

border defence and held for a considerable time in single ownership under the name of the three castles.

4. **ABERGAVENNY CASTLE**

Founded in the eleventh century by the Norma Hameline De Balun. Most of the ruins are fourteenth century work with the walls and two towers remaining as a reminder of earlier times. The warfare between the Norman Lords and the Welsh made the castle of defensive importance. It was also the home of William De Braose who held a large part of Gwent and later Brecon.

5. **MONMOUTH CASTLE**

Stands on top of a cliff overlooking the meadows of the River Monnow. There is a twelfth century keep comprising the remains of the original Norman fortress which became a Royal possession in 1266 and was the birthplace of Henry V in 1388. It was used as a gaol in the time of Henry VIII. The castle was “slighted” on the order of Oliver Cromwell.

6. **RAGLAN CASTLE**

This fifteenth century castle is one of the finest in the Marches, imposing even in ruin. It appears to have been built on the remains of an eleventh century site by the second Marquess of Worcester in the fifteenth century. Raglan became the judicial and administrative centre of the region. The present buildings, ranged round two courts and divided by a moat from the great tower are chiefly the work of the Herbert family, stewards to the great Marcher Lord, Edward Mortimer.

7. **USK CASTLE**

Among the most beautiful in Gwent, standing above the town with the five arches bridge across the River Usk below it. The castle is mostly of thirteenth and fourteenth century work built on an earlier structure. Usk came into prominence during the rising of Owain Glyndwr, who in 1435 fought a decisive battle nearby with the loss of fifteen hundred Welsh lives.

8. **TINTERN ABBEY**

The impressive ruins of Tintern Abbey, seen against the green wooded slopes of the Wye Valley, are justly world famous and inspired William Wordsworth’s famous poem. It is noted for its majestic arches, fine doorways and elegant windows. This was a Cistercian house founded in 1131 by Walter de Clare and survived until the Dissolution of the Monasteries under Henry VIII in the 1530s. In 1568 Brass was first manufactured nearby.

9. **CHEPSTOW CASTLE**

Set in a beautiful landscape, Chepstow has been a strategic fortress for hundreds of years. The castle, high up on its river cliff above the Wye, guards one of the main crossings between England and Wales. The keep, the earliest dateable secular stone building in Britain, would be quite at home in eleventh century Normandy or on the Loire. Chepstow is unusual among British castles in that it was built largely of stone from the first with no primary timber phase.

10. **CALDICOT CASTLE**

Built in the twelfth and fourteenth centuries on the coastal plain as a Baronial home. It was a stronghold and residence of the De Bohuns and also the Staffords until 1521. Today the Great Hall is

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used almost nightly for historic banquets.

11. **PENHOW CASTLE**

This was a small knights castle linked to the major stronghold of Chepstow. It is the oldest “lived in” castle in Wales, with stout Norman keep and magnificent fifteenth century hall.

12. **CAERLEON AMPHITHEATRE**

Stands on the River Usk about three miles up from Newport. It is a small town with a long and distinguished past and owes its origins in part to its strategic position on a navigable river and strong tactical situation with sheltering hills all round. Known to the Romans as Isca, it was the headquarters of the second Augustan Legion, which transferred from the Rhine to Britain with a force of six thousand infantrymen and one hundred and twenty horses. Much of the fortress lies beneath the buildings of the present day Caerleon.

Nearby, the Romans built a great oval Amphitheatre, big enough to seat nearly six thousand men. Originally it had timbered seats on sloping banks of earth supported by outer retaining walls of stone up to thirty feet in height. It was probably used occasionally for gladiatorial combats, but mainly for sports, games and military demonstrations. It was built about 80 AD but fell into disuse by the fourth century.

13. **CASTELL-Y-BWCH**

Originally a domestic dwelling circa 1550 – 1600. Now a public house on the slopes below Twmbarlwm with panoramic views of the Afon Llwyd valley. Noted for its magnificent cellar and fine ale!

