

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

#### Day 1

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

## Day 2

Leg	Start	Landranger map reference at start + approximate postcode	Landranger map reference at finish + approximate postcode	Route	Distance (miles)
11	Newtown	SO 100 904 SY16 1LH	SO 099 777 LD1 6YH	Local road A483	0.2 12.1
12	Llanbadarn Fynydd	SO 099 777 LD1 6YH	SO 089 649 LD1 6HN	A483 A44	11.0 0.2
13	Crossgates	SO 089 649 LD1 6HN	SO 045 516 LD2 3NJ	A44 A483	0.2 10.4
14	Builth Wells	SO 043 514 LD2 3SS	SN 986 451 LD2 3HT	A470 A483 B4519	0.1 6.2 4.5
15	Epynt Visitor Centre	SN 992 437 LD2 3HY	SO 044 289 LD3 9DH	B4519 B4520 Local roads	1.8 7.8 3.2
16	Brecon	SO 045 285 LD3 7AF	SN 982 203 LD3 8NL	Local road A470	1.2 7.6
17	Beacons Reservoir	SN 985 201 LD3 8NL	SO 039 072 CF47 8RE	A470 A4054 Path in park	7.4 1.5 0.3
18	Rhyd-y-Car Leisure Centre, Merthyr Tydfil	SO 050 055 CF48 1UT	ST 082 945 CF45 4SN	Cycle track B4285 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		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.	<b>No parking at finish.</b> 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.	<b>No parking allowed</b> 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. <b>Note: Toll road</b> 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.	<b>Parking is limited</b> <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.	<b>Parking is limited</b> <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.
		<b>Servicing runners on this stage is strictly forbidden.</b>
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.

<b>Stage 9: Foel to Llanfair Caereinion</b>		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Opposite the chapel in Foel.	
		<b>Parking is limited</b> 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.

<b>Stage 10: Llanfair Caereinion to Newtown</b>		
<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.

<b>Stage 11: Newtown to Llanbadarn Fynydd</b>		
<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.

<b>Stage 12: Llanbadarn Fynydd to Crossgates</b>		
<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.

<b>Stage 13: Crossgates to Builth Wells</b>		
<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]).	<b>Parking is limited</b> Park in car parks near Drovers Arms Under <b>no</b> 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.	
		<b>Parking is limited.</b> No parking before or in the 'Epynt Visitor Centre'. Park as directed by the marshals. Under <b>no</b> 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	<b>No turning right for you. Go straight to Brecon and park up.</b>
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.

<b>Stage 18: Rhyd-y-Car to Navigation Park</b>		
<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.

<b>Stage 19: Navigation Park to Nantgarw</b>		
<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.)

<b>Stage 20: Caerphilly to Cardiff Bute Park</b>		
<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	Plenty of parking in Cardiff, near City Centre, but please Pay & Display. Nearest parking for finish will be along North Road. Finish is near Blackweir Ambulance station on North Road.