



# 2018

## Welsh Castles Relay Reference Book



9-10 June 2018

Les Croupiers Running Club

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

# Introduction

Welcome to the Welsh Castles Relay 2018. This is the 36<sup>th</sup> 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 to help ensure 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. They are assisted by many 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

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**WEBSITE**      [www.lescroupiersrunningclub.org.uk](http://www.lescroupiersrunningclub.org.uk)

**TWITTER**      @wcrelay

**FACEBOOK**      [https://www.facebook.com/welshcastlesrelay/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/welshcastlesrelay/?ref=aymt_homepage_panel)

## SPONSORS

We are hugely grateful to our sponsors Burges Salmon LLP, Mizuno, Run and Become and Brecon Carreg for their continued support.

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**OPEN CATEGORY**

<b>Team No.</b>	<b>CLUB</b>
1	Aberdare VAAC
2	Abergele Harriers
3	Aberystwyth AC
4	Altrincham & District AC
5	Bitton Road Runners
6	Brackla Harriers
7	Brecon AC
8	Bridgend AC
9	Bromsgrove & Redditch AC
10	Buckley Runners
11	Caerleon RC
12	Chepstow Harriers
13	Chorlton Runners
14	Clevedon AC
15	Ealing Eagles
16	Eryri Harriers
17	Haarlem Globetrotters
18	Islwyn RC
19	Les Croupiers RC
20	Llswerry Runners
21	Lytham St Annes RRC
22	Meirionnydd RC
23	Merthyr RC
24	Neath Harriers
25	Parc Bryn Bach RC
26	Penarth & Dinas Runners
27	Pontypridd Roadents
28	Pont-y-Pŵl & District Runners
29	Poole Runners
30	Port Talbot Harriers
31	Run4All Neath
32	Sale Harriers
33	Salford Harriers
34	San Domenico RC
35	Sarn Helen Club
36	Serpentine RC
37	South West Road Runners
38	Stragglers RC
39	Stroud & District AC
40	Team Bath
41	3M Gorseinon

<b>Team No.</b>	<b>CLUB</b>
42	TROTS
43	Vale Royal AC
44	White Rock Runners
45	Winchester & District AC
46	Wirral AC

**LADIES CATEGORY**

47	Bitton Road Runners Ladies
48	Chorlton Runners Ladies
49	Ealing Eagles Ladies
50	Les Croupiers RC Ladies
51	Llswerry Runners Ladies
52	Run4All Neath Ladies
53	Sale Harriers Ladies
54	Serpentine RC Ladies
55	South West RR Ladies

**MASTERS/VETERANS CATEGORY**

56	Aberdare VAAC Vets
57	Chorlton Runners Vets
58	Les Croupiers RC Vets
59	Stragglers Vets
60	Swansea Harriers Vets
61	Team Bath Vets
62	Winchester & District Vets

**BUSINESS HOUSE CATEGORY**

63	Burges Salmon LLP
64	Environment Agency DEFRA Group Harriers
65	Natural Resources Wales
66	South Wales Police
67	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 and the cut off times shown on table at B.14

### 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'. The route is checked several times in advance from March onwards, including one final thorough assessment within the week leading up to the race. An update is then issued to the teams at the pre-race briefing. 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	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><b>Full-time</b></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><b>Flying Marshals</b></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><b>One-time</b></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.</p> <p><b>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.</b></p>
5	Compliance with traffic law by competitors / officials / marshals	All race traffic and participants must comply with road traffic legislation. Consideration must be given to other road users and the general public. Each leg of the race will start when there is an appropriate break in the traffic, monitored by marshals.
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 told to display team identification on their 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 and submit by deadline.
<p>Distribution of the relevant section of this reference book to runners (including reserves) plus the route description for the stage to be run.</p> <p><b>Ensuring that runners:</b></p> <ul style="list-style-type: none"> <li>• know what to do, where to be and when</li> <li>• know the race rules and penalties that apply (A.10)</li> <li>• are able to make the cut off times (B.14)</li> <li>• know their team and squad numbers.</li> <li>• know the route of their stage</li> </ul>
<p>Distribution of the relevant section of this reference book to the marshals plus details of the stages for which the team is responsible.</p> <p><b>Ensuring that marshals are:</b></p> <ul style="list-style-type: none"> <li>• <b>fully briefed in advance</b> on their duties and responsibilities.</li> <li>• competent to perform marshalling duties (and adults only)</li> <li>• Stay in place for full duration of the stage until officially released</li> <li>• Aware of the penalties that apply if they don't turn up or leave early (see A.10)</li> </ul>
<p>Use shared transport for the team. Distribution of relevant section of this reference book to the drivers.</p> <p><b>Ensuring that the drivers are:</b></p> <ul style="list-style-type: none"> <li>• Display the team number in the windows of vehicles</li> <li>• Aware of the routes, stage start times and likely finish times</li> <li>• Using maps as well as sat-nav (which is often not accurate in rural areas)</li> <li>• Allowing sufficient time to get runners to and from their stages on time</li> <li>• Able to collect any runners who are unable to complete their stage for whatever reason</li> <li>• Parking in a responsible and considerate manner.</li> </ul>



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 by the Blackweir Ambulance station and changing rooms at Blackweir playing fields. 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.

- 🏆 1<sup>st</sup> open team – trophy and 20 individual awards
- 🏆 2<sup>nd</sup> open team – 20 individual awards
- 🏆 3<sup>rd</sup> open team – 20 individual awards
- 🏆 1<sup>st</sup> ladies team – trophy and 20 individual awards
- 🏆 1<sup>st</sup> veterans team – trophy and 20 individual awards
- 🏆 1<sup>st</sup> 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.

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.

**Jeff Wood Award**

This year's the Jeff Wood Award will be presented for Stage 8. 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:**

A. Failure to submit an eligible runner to run the stage, or failure of the runner to show on time. Showing on time is defined as having been confirmed as present at the stage roll call and on the start line for the official start whistle.	Cut off time plus 15 minutes (see B.14 and B.15)
B. Runner failing to finish within stage cut off time.	Cut off time (see B.14 and B.15)
C. Failure to withdraw from the race if requested to do so by an official (if disqualified or not running at adequate pace to make the stage cut off time).	5 minutes on each occasion, cumulative, and disqualification on 3 <sup>rd</sup> occasion. This will be added to the penalty shown at (B) above.

D. Runner failing to complete in the identifying club vest with the team number on both back and front.	5 minutes per runner, per stage.
E. Marshals failing to turn up for allocated duties or leaving their duties early.	5 minutes per marshal, per stage.
F. Not complying with marshals' or officials' instructions.	5 minutes on each occasion, cumulative, and disqualification on 3 <sup>rd</sup> occasion
G. 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 <sup>rd</sup> occasion
H. Wearing audio devices whilst running	Disqualification
I. Training or cycling on the any stage of the race that has started and not finished.	5 minutes for each occasion
J. Feeding a runner from a moving vehicle	15 minutes
K. Feeding a runner on stage 8	15 minutes
L. Pacing	5 minutes
M. 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	Up to cut off time (see B.14 and 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, 17 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 and 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

A. Failure to submit an eligible runner to run the stage, or failure of the runner to show on time. Showing on time is defined as having been confirmed as present at the stage roll call and on the start line for the official start whistle.	Cut off time plus 15 minutes (see B.14 and B.15)
B. Runner failing to finish within stage cut off time.	Cut off time (see B.14 and B.15)
C. Failure to withdraw from the race if requested to do so by an official (if disqualified or not running at adequate pace to make the stage cut off time).	5 minutes on each occasion, cumulative, and disqualification on 3 <sup>rd</sup> occasion. This will be added to the penalty shown at (B) above.
D. Runner failing to complete in the identifying club vest with the team number on both back and front.	5 minutes per runner, per stage.
E. Marshals failing to turn up for allocated duties or leaving their duties early.	5 minutes per marshal, per stage.
F. Not complying with marshals' or officials' instructions.	5 minutes on each occasion, cumulative, and disqualification on 3 <sup>rd</sup> occasion
G. 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 <sup>rd</sup> occasion
H. Wearing audio devices whilst running	Disqualification
I. Training or cycling on the any stage of the race that has started and not finished.	5 minutes for each occasion
J. Feeding a runner from a moving vehicle	15 minutes
K. Feeding a runner on stage 8	15 minutes

L. Pacing	5 minutes
M. 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	Up to cut off time (see B.14 and B.15) and 15 minutes

## 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.
- 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.

## 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 steps in for a different team (but same club) then they need to wear the revised team number BUT still give their original squad number.

## B.3 The start of each stage

When the Starter is ready, please make yourself known and give **your team and squad number**. Without the squad number you will appear in the results as an unknown runner.

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.

If you are late we will not delay the start. You may not join in the race if you miss the start.

## 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 first aid 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.

## 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 feeding of runners on Stage 8**

## B.6 The route

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/>

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 will be provided by medically trained staff who will follow each stage of the race. Teams will be given details of this service and contact numbers in advance. If you are involved in an incident please remain at the scene and do not transport the casualty to any other point. Make sure that the medical service will be able to find you quickly by being visible; do not place the casualty in a vehicle.

Any serious incident should be reported to the emergency services 999 immediately. Please also report any incident to the Race Directors - John Griffin 07891 453972 Phil Cook 07968 374467.

## B.8 Serious incidents

If you witness an incident (such as a complaint from a member of the public, a mishap involving a runner, a vehicle or supporter) please inform a race official and they will contact 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. If you fail to finish within the cut off time then the cut off time will be given. If you refuse to withdraw from the race then penalties will be applied (see B.1 above). 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 voucher for Mizuno products available from *Run and Become*, for use in their shops or phone mail order.

## B.11 The end of the race in Bute Park, Cardiff

This year the finish of Stage 20 and the presentations area will be sited next to the Blackweir Ambulance station and changing rooms on the Blackweir playing fields within Bute Park. Results will be processed as quickly as possible to enable a swift announcement of winners.

## B.12 Accommodation

### Arfon Leisure Centre, Caernarfon LL55 1HW

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.

### Newtown High School SY16 1JE

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.

**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

**Please note** that route details include a succession of interim cut off times to complete the distances in the required time. Please see the table at B.14

Runners and Team Captains are asked for their cooperation in ensuring that finishing cut off times are not compromised. It is vital for the smooth running of the relay that time keepers and other officials are allowed to continue with their duties at subsequent stages.

Clubs will be responsible for their runners should they fail to meet cut off times.

#### B.14. Changeover timetable, cut-off times, records and estimated timetable

Stage	From	To	Stage Mileage	Stage Record Men	Stage Record Ladies	2018 Cut Off Time (minutes)	Estimated Start
1	Caernarfon Castle	Penygroes	9.1	52:26 (2010)	59.27 (2012)	86	10:00
2	Penygroes	Criccieth Castle	10.7	54.12 (2014)	65:52 (2011)	102	11:00
3	Criccieth Castle	Maentwrog	12.3	62:23 (1996)	73:02 (2005)	117	11.55
4	Maentwrog	Harlech Castle	9.5	50:07 (2003)	54:37 (2011)	90	13:00
5	Harlech Castle	Barmouth	9.6	50.08 (2013)	61:33 (2010)	91	13:50
6	Barmouth	Dolgellau	10.7	57:02 (2011)	63:23 (2005)	102	14:40
7	Dolgellau New Route 2018	Dinas Mawddwy	10.1			96	15:35
8	Dinas Mawddwy	Foel	10.8	58.29 (2014)	68.12 (2017)	103	16:25
9	Foel	Llanfair Caereinion	8.5	43:32 (2004)	47.02 (2015)	81	17:10
10	Llanfair Caereinion	Newtown	13.1	71.04 (2012)	86.05 (2014)	124	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)	117	07:00
12	Llanbadarn Fynydd	Crossgates	11.2	53:33 (1993)	64:25 (2010)	106	08:05
13	Crossgates	Builth Wells	10.6	52:19 (1998)	62:51 (2009)	101	09:00
14	Builth Wells	Drovers Arms	10.8	59.17 (2014)	68.31 (2015)	103	09:55
15	Epynt Visitor Centre	Brecon	12.8	65:23 (2016)	75.44 (2015)	122	10:55
16	Brecon Canal Basin New Route 2018	Torpantau	12.5			119	11:55
17	Taf Fechan Railway Station, Torpantau New Route 2018	Cyfarthfa Castle	8.7			83	12:40
18	Merthyr Tydfil (Rhyd-y-Car Centre)	Abercynon (Navigation Park)	9.1	48.27 (2015)	49.52 (2011)	86	13:40
19	Abercynon (Navigation Park)	Nantgarw	7.7	40.01 (2017)	53:18 (2017)	73	14:25
20	Caerphilly Castle	Cardiff Castle	9.9	55.56 (2017)	64.12 (2017)	94	15:00

**2018 New Route Stages 7, 16 1nd 17 with new distances and new Cut off Times.**

**Finish in the park just beyond Blackweir, Cardiff at approx. 4.00 pm**



B.15	<b>Saturday June 9th</b>											
1	<b>Caernarfon to Penygroes</b>		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		Gun Cut Off Time (min) and place
	<b>Start 10:00</b>			Marshalling						c/o Mshls	Route Mkrs	
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required			
0.00	<b>Start:</b> Caernarfon Castle main gate <b>LL55 2AU. Toilets available</b>	Follow road clockwise around Castle	Traffic	9:45	10:05	29	Abergele Harriers	5	Assist Changeover marshals <b>at the roundabout 50 metres from start</b> , stop traffic, warn pedestrians and direct runners(with support of Flying Marshals Team) particularly at junctions with Castle/Market Square.	2		
0.10	Swingbridge entrance	<u>Turn left</u> across swing bridge	Turning	9:45	10:10	42	Bromsgrove & Redditch AC	1	Ensure that footbridge over harbour is clear. Warn public			
0.11	Swingbridge exit	<u>Turn right</u> along coastal road. Run on <b>right hand</b> side	Junction/ pedestrians	09:50	10:10	42	Bromsgrove & Redditch AC	1	Ensure that footbridge over harbour is clear. Warn public			
0.15	Coast Road	Cross to <b>left hand</b> side when directed Follow coast road beside estuary. Run on <b>left hand</b> side	Crossing	09:50	10:10	42	Bromsgrove & Redditch AC	2	Marshal runners across to left hand side			
2.80	Road turns inland	Continue on <b>left hand</b> side	Turning	10:00	10:35	22	Salford Harriers AC	1	Marshal runners to stay on left hand side		2	
3.60	The road (before T junction)	Cross to <b>right hand</b> side when directed	Crossing	10:05	10:40	22	Salford Harriers AC	2	Marshal runners across to right hand side		2	
3.70	T Junction	Turn Right at T-junction Continue on <b>right hand</b> side.	Turning	10:05	10:40	22	Salford Harriers AC	1	Marshal runners to stay on right hand side		2	
3.80	The road	Cross to <b>left hand</b> side when directed	Crossing	10:05	10:40	22	Salford Harriers AC	2	Marshal runners across to left hand side		2	
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	
4.70	Lane on right	<u>Keep left</u> past school.	None	10:10	10:50				No action needed			
5.40	Lane on left	Keep on road.	None	10:15	10:55				No action needed			
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	TROTs	1	Marshal runners to bear left to join cycle track		2	
5.55	Gate by Dinas Station	<u>Turn right</u> and run along cycle track.	Cyclists	10:15	10:55	28	TROTs	1	Direct runners through gate and turn right down cycle track.		2	53
5.60	Glan-Rhyd, former level crossing	Continue on cycle track over minor road.	Road	10:15	11:00	28	TROTs	1	Marshal runners across road		2	53

									Access via Glan Rhyd church. (See map)			0
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			57
6.02	A499 exit	Cross A499 on cycle track when directed	Crossing	10:20	11:00	4	Caerleon RC	4	Marshal runners across road		3	57
7.30	Groeslon, former level crossing	Continue, past Tafarn Pennionyn, on cycle track over minor road	Road	10:25	11:15	4	Caerleon RC	2	Marshal runners across road Access for marshals; turn left off roundabout to Groeslon		2	69
7.80	Inigo Jones slate works	Straight on	None	10:25	11:20				No action needed			74
9.00	Footbridge leading to former Penygroes Railway station	Turn left over footbridge	Turning/ cyclists/ pedestrians	10:35	11:30	28	TROT's	2	Marshal runners to turn left Control cyclists/pedestrians			86
9.10	Finish at Penygroes side of footbridge, near Wynnstay Stores LL54 6NR, Limited parking at Public Car Park LL54 6LY									2		86
								28		2	21	
2	Penygroes to Criccieth		10.7 miles							Caution Signs		Gun Cut Off Time (min) and place
	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		Changeover Marshals Cyclists		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.	2		
						43	Bitton RR	2	Liase & assist changeover marshals to stop parking on main road			
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	
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			
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			
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			
6.00	Bryncir, at end of track	Turn left 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			57

6.05	End of cattle market, A487	Turn <u>right</u> on to A487. Run on <b>right hand</b> side.	Traffic	11:20	12:00	55	Lytham St Annes	2	Marshal runners to turn right and run on right hand side		2	57	
6.30	Goat Inn (A487/B4411)	Continue on <b>right hand</b> side							No action needed			60	
6.35	B4411 junction	Turn <u>right</u> onto B4411 signposted CRICCIETH.	Turn	11:20	12:05	25	Aberdare VAAC Vets	2	Marshal runners to stay on right hand side		2	60	
6.36	B4411	Cross to <b>left hand</b> side when directed	Traffic	11:20	12:05	25	Aberdare VAAC Vets	2	Marshal runners across to left hand side		2	60	
10.40	B4411 Start of pavement	Leave road to <b>Run on Pavement</b>	Parked vehicles	11:40	12:40	25	Aberdare VAAC Vets	1	Marshal runners onto pavement (opposite Y Maes road)		2	99	
10.60	Top of the green opposite Y Maes junction	<u>Bear left</u> and run down the green	Bumps	11:40	12:45	25	Aberdare VAAC Vets	2	Direct runners onto green between the flower tubs. <b>Warn them of uneven ground.</b>			101	
10.70	Finish on green on left hand side of B4411 (just before junction with A497). <b>LL52 OHB</b>						Changeover marshals		<b>Get there early</b> before traffic arrives. Place cones on road where runners cross onto the green. Also make sure vehicles go to the carpark. Allocate duties to Ad hoc marshals.	2		102	
								17		2	10		
3	Criccieth to Maentwrog		12.3 miles								Caution Signs		Gun Cut Off Time (min) and place
	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	At start			11:40	12:25		Changeover marshals		Direct race traffic into designated car park.				
0.00	<b>Start:</b> on A497, at end of green <b>LL52 OHB. Toilets available, Car Park Charge</b>	Run on <b>left hand</b> side of A497 towards Portmadoc	Traffic	11:40	12:00	32	Winchester & District AC	4	Assist Start Umpire and Changeover marshals to control traffic.	2	2		
1.80	Pentrefelin	<u>Continue</u> on <b>left hand</b> side of A497.	Minor road on left, just after 30mph sign	11:50	12:20	32	Winchester & District AC	1	Marshal runners to continue on the left hand side		2		
3.80	A497/A498	Turn <u>left</u> on to A498. Continue on <b>left hand</b> side to roundabout. <b><u>Do not cross over</u></b>	Junction, signposted BEDDGELE RT A498	12:00	12:35	21	Altrincham & District AC	2	Marshal runners to turn left and stay on left hand side		2		
4.20	A487/A498 Roundabout	Cross first exit at roundabout (2 carriageways). Run on grass verge to next exit. Join A498. Stay on left hand side.	Roundabout	12:05	12:40	21	Altrincham & District AC	3	Marshal runners across A487 and continue on left hand side of A498 (with support of a Flying Marshal Team)		2		
4.60	Tremadog	<u>Continue</u> on <b>left hand</b> side of A498 (Signed BEDDGELERT)	Traffic	12:05	12:45	21	Altrincham & District AC	1	Marshal runners to continue on the left hand side		2		

5.90	Portreuddyn Castle	Keep on <b>left hand</b> 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	
6.60	Prenteg: After 30 mph sign between two sets of cottages	Cross to <b>right hand</b> side when directed	Crossing	12:15	13:00	37	Clevedon AC	2	Marshal runners across to right hand side		2	63
6.80	Prenteg: B4410 junction	Turn <u>right</u> on to B4410, signposted GARREG, LLANFROTHERN 2. Cross to <b>left hand</b> side when directed.	Junction/ Crossing	12:15	13:05	37	Clevedon AC	3	Marshal runners across to left hand side		2	65
8.60	A4085 Junction at Garreg	Cross A4085 when directed. Follow B4410 signposted LLANFROTHERN, RHYD. Continue on <b>left hand</b> 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	82
9.30	Road on right from Llanfrothen	Stay on B4410.	Traffic joining	12:30	13:25				Position signs on B4410		2	88
10.60	Rhyd	Continue on <b>left hand</b> side through Rhyd	Village	12:35	13:40				Position signs at each end of village		2	101
12.30	At end			12:45	13:55	36	Lliswerry Runners (Ladies)	4	Assist changeover marshals. <b>Direct race traffic into field beyond cottages at the rear of Oakeley Arms car park. Ensure no obstruction of public or bus access.</b>			117
12.30	Finish at foot of hill before entrance to Oakeley Arms Hotel, LL41 3YU. Limited Parking. <b>Toilets</b> in hotel						Changeover Marshals		<b>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</b>	2	2	117
								26		2	25	
4	Maentwrog to Harlech		9.5 miles							Caution Signs		Gun Cut Off Time (min) and place
	Start 13:00			Marshalling								
Stage mileage	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, LL41 3YU and wait to be escorted to the start on the old bridge on right hand side of A487. <b>Toilets available in Oakley Arms.</b>	Run on <b>left hand</b> side along A496 towards Harlech	Traffic	12:45	13:05	14	Run4All ( 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	
4.10	Llandecwyn: Crossroads to Porthmadog.	Continue on A496.	Junction	13:10	13:45	14	Run4All ( Ladies)	2	Marshal runners to continue on the left hand side		2	

5.20	Talsarnau	Continue 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	49
6.00	B4573/A496 Junction	Turn right along A496 (signposted HARLECH) as directed. [Ignore B4573 to Harlech] Continue on <b>left hand</b> 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	57
6.30	Level Crossing	Continue 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			60
6.70	Left hand bend	Continue along A496.	Nasty bend	13:20	14:10	33	Wirral AC	1	Marshal runners to continue on the left hand side		2	64
9.30	Texaco Garage	Cross to <b>right hand</b> side when directed.	Junction	13:35	14:30	65	Team Bath Vets	2	Marshal runners across to right hand side	2		88
9.50	At end	Turn right into school	Pedestrians	13:35	14:35	65	Team Bath Vets	3	⚠ Prevent traffic using finish area. ⚠ Direct race traffic to car park at rear of school, signed 'beach'			90
9.50	Finish in Ysgol Ardudwy (Ardudwy School) car park											90
								17		2	10	
5	Harlech to Barmouth		9.6 miles							Caution Signs		Gun Cut Off Time (min) and place
	Start 13:50			Marshalling								
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: On A496, Barmouth side of level crossing. Toilets available at car park.	Run on A496 to Barmouth	Traffic/Trains	13:35	13:55	31	Ealing Eagles RC (Ladies)	4	Assist Start Umpire to control traffic at start. A train is due about the start time.	Note. 2	2	
0.50	B4573 junction	Continue on A496 Run on <b>left hand</b> side to Barmouth	Junction	13:40	14:00	31	Ealing Eagles RC (Ladies)	2	Marshal runners to continue on the left hand side		2	
1.40	Sign Llanfair	Continue on A496	None						No action needed			
1.60	Junction signed for Llanfair	Continue on A496	Junction	13:45	14:10	58	Sale Harriers	2	Marshal runners to continue on the left hand side			
2.70	Start of Llanbedr	Continue on A496	Village traffic	13:50	14:20				Position sign at start of village		1	
3.20	Bridge in Llanbedr	Continue on A496	Traffic	13:55	14:25	58	Sale Harriers	2	Marshal runners at narrow bridge			
3.50	End of Llanbedr	Continue on A496	Village traffic	13:55	14:30				Position sign at end of village		1	
4.70	Start of Dyffryn Ardudwy	Continue on A496	Village traffic	14:00	14:40				Position sign at start of village		1	

5.50	In Dyffryn Ardudwy, FOX's Village store.	Continue on A496	Village traffic	14:05	14:45	58	Sale Harriers	1	Marshal in village, 50yds before FOX's Store			52
5.70	Just beyond the SPAR shop	Continue on A496	Village traffic	14:05	14:50	58	Sale Harriers	1	Marshal in village, 50yds beyond SPAR Store			54
5.90	End of Dyffryn Ardudwy	Continue on A496	Village traffic	14:05	14:50				Position sign at end of village		1	56
6.00	Start of Talybont	Continue on A496	Village traffic	14:10	14:50				Position sign at start of village on 30mph sign		1	57
6.50	Bridge in Talybont	Continue on A496	Narrow bridge	14:10	14:55	47	Winchester & District Vets	2	Marshals at bridge, to route runners along path next to bridge			62
6.70	End of Talybont	Continue on A496	Village traffic	14:10	15:00				Position sign at end of village on 30mph sign		1	64
8.60	Welcome to Barmouth' sign.	Continue on A496	None	14:20	15:15				No action needed			82
9.30	Outskirts of Barmouth, 300 yards after church on right hand side (just after Hendre Coed Isaf Holiday Park sign).	Cross to <b>right hand</b> side when directed.	Crossing	14:25	15:20	47	Winchester & District Vets	2	Marshal runners across to right hand side by the Bus Stops (with support of a Flying Marshal Team)		2	88
9.50	Lane entrance	Turn <b>right</b> down narrow lane (cycle track [8]) Steep downhill and sharp bend.	Turning	14:25	15:25	47	Winchester & District Vets	1	Marshal runners to turn right			90
9.55	Corner in lane	Take care down lane	Pedestrians	14:25	15:25	47	Winchester & District Vets	1	Marshal runners to bear left			91
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		91
9.60	Finish at entrance to private parking area. <b>LL42 1BX Toilets in car park</b>											91
								18		4	12	
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		Gun Cut Off Time (min) and place
	Start 14:40			Marshalling								
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	

0.00	<b>Start:</b> Northern end of sea wall (promenade) <b>LL42 1BX. Toilets at car park.</b>	Follow sea wall south to harbour.	Pedestrians	14:25	15:30		<i>Cyclists</i>		Lead and trail cycles to guide runners down promenade, across toll bridge and lead/follow all the way to the finish.	2	2	
1.40	Left bend at end of promenade	<u>Turn left</u> but remain on <b>right hand</b> side of road.	Corner	14:35	15:00	13	Meirionnydd RC	3	Marshal runners to turn left and stay on right hand side		2	
1.50	Parking area	<u>Keep right</u> on pavement	Traffic	14:35	15:00	13	Meirionnydd RC	1	Marshal runners to keep right on to pavement			
1.60	Junction with A496	<u>Turn right</u> and run on <b>right hand</b> side up hill against the flow of traffic	Junction	14:35	15:00	13	Meirionnydd RC	2	Marshal runners to turn right and stay on right hand side with the help of Flying Marshals		2	
1.70	Metal railings, footpath across estuary	<u>Turn right</u> onto footpath over Barmouth railway bridge (cycle route 8).	Turning	14:35	15:05	42	Bromsgrove & Redditch AC	2	Marshal runners to turn right with the help of Flying Marshals		2	
1.75	Toll booth	No need to stop to pay the toll	None	14:35	15:05				No need to pay bridge toll			
2.80	Morfa Mawddach railway station	<u>Continue</u> on cycle track	None	14:40	15:15				No action needed There are no access points for support vehicles until George III (8.4m)			
3.00	Gate where track meets road.	Continue straight ahead on cycle route 8. (Mawddach Trail) Water Station	None	14:45	15:15	5	Athletau Aberystwyth AC	1	Marshal runners across road marshal access see note above*	For		
3.80	Gates	Negotiate two gates then cross bridge.	Junction	14:45	15:20	5	Athletau Aberystwyth AC	1	Marshal runners to continue along cycle track			
8.20	Gate	<u>Continue</u> straight ahead.	None	15:10	16:00				No action needed			78
8.40	George III hotel in Penmaenpool	<u>Continue</u> straight ahead watchful of vehicles parking.	Hotel	15:10	16:05	5	Athletau Aberystwyth AC	2	Marshal runners across road		2	80
8.50	Gate	<u>Continue</u> straight ahead still on cycle route 8. Water Station	Junction	15:10	16:05	5	Athletau Aberystwyth AC	2	Marshal runners to continue along cycle track also Set up a Water Station		1	81
8.90	Gate	<u>Continue</u> straight ahead on cycle path.	None	15:10	16:10				No action needed			85
9.70	Cattle grid/gate	<u>Continue</u> straight ahead to main road. Take care when crossing grid.	Cattle grid	15:15	16:15	24	Buckley Runners	1	Marshal runners to continue along cycle track			92
9.80	Junction with A493	<u>Cross</u> to opposite side when directed. Continue on cycle route 8.	Junction	15:15	16:15	24	Buckley Runners	3	Marshal runners across road		2	93
9.90	Gate	<u>Continue</u> straight ahead on cycle path	None	15:15	16:15				No action needed			94
10.30	Bridge	<u>Turn right</u> over river.	None	15:20	16:20	24	Buckley Runners	1	Mark with arrow. Marshal runners over bridge.			98

10.40	Bridge	Turn <u>left</u> to follow cycle route to finish.	None	15:20	16:20	24	Buckley Runners	1	Mark with arrow.			99
10.70	Finish in field before car park			15:20	16:25	24	Buckley Runners	1	Marshal spectators from finish line. Use cones to keep finish clear.	2		102
								21		4	13	
7	Dolgellau to Dinas Mawddwy		10.1 miles							Caution Signs		Gun Cut Off Time (min) and place
	Start 15:35			Marshalling								
Stage mileage	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.			
0.00	Start: Entrance to Marian Mawr Car Park. Toilets available	Run on right to traffic lights. Run on right hand side.	Traffic	15:20	15:40	30	Haarlem Globetrotters	2	At start of race, warn traffic at start and also by traffic lights. Guide runners on right <b>hand</b> side of road. <b>CAUTION</b> signs to be posted on road as traffic drive over bridge towards town, and for traffic joining one-way system.	2	2	
0.10	Traffic lights at end of bridge.	<u>Turn right</u> at traffic lights. Keep on right hand side of road.	Turning	15:25	15:45	30	Haarlem Globetrotters	2	Marshal runners to turn right and stay on right hand side		2	
0.20	Entrance to retail park	Keep on right <b>hand</b> side	Junction	15:25	15:45	30	Haarlem Globetrotters	1	Marshal runners on left of slip road towards A470 Marshal Race Traffic on to A470		1	
0.25	Entrance to Recycling Centre	Keep on right hand side	Junction	15:25	15:45	30	Haarlem Globetrotters	1			1	
0.70	Junction with A494	Cross to left hand side	Junction	15:25	15:50	51	South Wales Police	2	Marshal runners across to left hand side(with support of a Flying Marshal Team+Stop Go signs)		3	
1.10	Roundabout with A470	Keep on left hand side of road	Turning	15:30	15:50	51	South Wales Police	2	Marshal runners to stay on left hand side		2	
1.80	Junction with entrance to Dolgun Uchaf	<u>Keep on left hand side of A470</u>	Junction	15:30	16:00	2	Poole Runners	1	Marshal runners to stay on left hand side		2	
2.90	Junction with B4416 (Brithdir)	<u>Keep on left hand side of A470</u>	Junction	15:35	16:10	2	Poole Runners	2	Marshal runners to stay on left hand side		2	
6.10	Summit	Take great care down steep slope with sharp bends. Remember to run on <b>left hand</b> side.	Brow of hill	15:55	16:35	35	Swansea Harriers(Vets)	1	Marshal runners to stay on left hand side. <b>No servicing of runners at Summit. Extra Caution signs needed</b>		3	*50min (5.2 miles) at approach
6.20	Difficult bends on hill	<u>Continue</u> on <b>left hand</b> side of road	Bends	15:55	16:40	35	Swansea Harriers(Vets)	2	Marshal runners to stay on left hand side. <b>Extra Caution signs needed</b>		3	59
6.30	End of steep slope	<u>Continue</u> on <b>left hand</b> side of road	Traffic	15:55	16:40	35	Swansea Harriers(Vets)	1	Marshal runners to stay on left hand side. <b>Extra Caution signs needed</b>		3	60



10.00	Junction signposted DINAS MAWDDWY	Turn left to DINAS MAWDDWY Run on <b>left hand</b> side down hill	Junction	16:15	17:10	35	Swansea Harriers(Vets)	1	Marshal runners to turn left			95
10.10	Bend on hill	Cross to <b>right hand</b> side of road to finish down slate driveway.	Crossing	16:15	17:15	35	Swansea Harriers(Vets)	2	Marshal runners across to right hand side	2		96
10.10	Finish 20yds after entrance to slate driveway. <b>Toilets</b> available in village											96
								20		2	24	
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		Gun Cut Off Time (min) and place
	Start 16:25			Marshalling								
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	<b>Start:</b> Opposite GWESTY'R LLEW COCH (Red Lion) <b>SY20 9JA. Toilets available</b>	Run through village towards Brigands Inn.	Village traffic	16:10	16:30	2	Poole Runners	2	Direct race traffic into designated car park. Ensure that runners and traffic do not clash.			
0.25	In village	Keep left	Village traffic	16:10	16:35	2	Changeover marshal	1	Marshal to signal start to marshals at junction with A470	1		
0.50	A470 Junction	Keep left and follow A470 to Brigands Inn Run on <b>left hand</b> side of road.	Junction	16:10	16:35	2	Poole Runners	1	Stop traffic entering village and marshal runners to turn left on A470 and stay on left hand side		2	
							Changeover marshal	1		1		
1.70	Brigands Inn Roundabout	Turn left on A458 signposted WELSHPOOL Continue on <b>left hand</b> side of road	Roundabout	16:20	16:50	52	Environment Agency Harriers	2	Marshal runners to turn left and stay on left hand side		2	
1.75	Lay-by on LHS just beyond garage	Water Station	None	16:20	16:50	52	Environment Agency Harriers	3	Set up a Water Station		1	
2.30	S bends	Continue on <b>left hand</b> side of road	S bends	16:25	16:55				Signs at either end of S bends		2	
4.80	Lay-by	Water Station	None	16:35	17:15	26	Burges Salmon LLP	3	Set up a Water Station		1	46
7.90	Lay-by	Water Station	None	16:50	17:45	26	Burges Salmon LLP	3	Set up a Water Station		1	75
10.80	At end	Stay on <b>left hand</b> side.	None	17:05	18:10	1	Eryri Harriers	2	Stop traffic parking in vicinity of finish	2	2	103
10.80	Finish in Lay-by on left hand side just before 40 mph sign <b>SY21 0NS No Toilets</b>											103
								16		2	11	

9	Foel to Llanfair Ceireinion		8.5 miles	Note: New start at layby at the far end of the village.								Caution Signs		Gun Cut Off Time (min) and place
	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 <b>No Toilets</b>			16:40	17:15		Changeover Marshals		Supervise control of traffic and ensure all race traffic parks safely and sensibly including area approaching Twin Rivers Holiday Park					
0.00	<b>Start:</b> Lay-by at far end of village	Run on <b>left hand</b> 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	2		
1.20	B4395 Junction, signed to Llanfyllin	<u>Continue</u> on <b>left hand</b> side of A458.	Junction	17:05	17:30	1	Eryri Harriers	1	Marshal runners to stay on left hand side			2		
2.90	Start of Llanerfyl	<u>Continue</u> on <b>left hand</b> side of A458.	None	17:10	17:45				Position sign at start of village			1		
3.40	End of Llanerfyl	<u>Continue</u> on <b>left hand</b> side of A458.	None	17:15	17:50				Position sign at end of village			1	32	
6.80	A495 junction	<u>Continue</u> on <b>left hand</b> 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	65	
8.40	Llanfair Caereinion, turn to Leisure Centre	<u>Bear left</u> up steep hill Continue on <b>left hand</b> side	Junction	17:40	18:35	54	Chorlton Runners Vets	1	Marshal runners to turn left and stay on left hand side Changeover marshals to direct traffic to 'old station' car park	2	2	80		
							Changeover marshals							
8.50	At end	<u>Stay</u> on <b>left hand</b> side.	None	17:40	18:35	54	Chorlton Runners Vets	1	Assist changeover marshals				81	
8.50	Finish at entrance to School / Leisure Centre <b>SY21 OSE Toilets at Old Station</b>			Race traffic to use 'old station' car park										81
								9			4	10		
10	Llanfair Ceireinion to Newtown		13.1 miles									Caution Signs		Gun Cut Off Time (min) and place
	Start 17:50			Marshalling										
Stage mileage	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.		2	3		

0.00	<b>Start:</b> Junction of Watergate Street/High Street (opposite Church) on B4389, signposted NEW MILLS, SY21 0RQ. Toilets available	Run up the hill and move to <b>left hand</b> side when directed.	Traffic	17:40	17:55	48	Team Bath AC	2	Marshal runners across to left hand side			
0.30	Boundary of Llanfair Caereinion	<u>Continue</u> on <b>left hand</b> side of B4389	Traffic	17:40	18:00				Position sign on 30mph sign		1	
1.10	Bryn-penarth: Crossroads	<u>Continue</u> on <b>left hand</b> side of B4389	Junction	17:45	18:05	48	Team Bath AC	1	Marshal runners to stay on left hand side			
3.85	50 metres before T junction with B4390	<u>Cross</u> to <b>right hand</b> side when directed	Crossing	17:55	18:30	7	Stragglers	2	Marshal runners across to left hand side		2	
3.90	T junction with B4390, signposted NEWTOWN B4389	Turn right at junction Stay on <b>right hand</b> 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)			
3.95	Shortly after T junction with B4390	<u>Cross</u> to <b>left hand</b> side when directed Go through Tregynon.	Crossing	17:55	18:35	7	Stragglers	2	Marshal runners across to left hand side		2	
5.90	Left turn, signposted NEWTOWN	<u>Turn left</u> and continue on <b>left hand</b> side of B4389	Junction	18:05	18:50	7	Stragglers	1	Marshal runners to turn left and run on left hand side		2	
<b>8.00</b>	The bridge at Bettws Cedewain (New Inn)	<u>Continue</u> on <b>left hand</b> 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	<b>76</b>
10.40	B4568 junction for Newtown	<u>Turn right</u> at junction and continue on <b>left hand</b> 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	<b>99</b>
11.70	Llanllwchaiarn church	<u>Continue</u> on <b>left hand</b> side of road	None	18:35	19:45	6	Neath Harriers	1	Marshal runners straight ahead			<b>111</b>
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			<b>112</b>
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			<b>115</b>
12.11	Low bridge	Tall runners <b>beware</b> low bridge	Low bridge	18:40	19:45	6	Neath Harriers	1	No action needed			<b>115</b>
12.17	Gate	Run on pedestrian section next to gate	People	18:40	19:45				No action needed			<b>116</b>
12.40	Track off to the right	<u>Stay on</u> cycle track next to river.	None	18:40	19:50				No action needed			<b>118</b>
12.55	Track off to the right	<u>Stay on</u> cycle track next to river.	None	18:40	19:50				No action needed			<b>119</b>

[illegible]

12	Llanbadarn Ffynydd to Crossgates		11.2 miles								Caution Signs		Gun Cut Off Time (min) and place
	Start 08:05			Marshalling									
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs		
0.00	Start: Outside New Inn, <b>Toilets in Community Centre</b>	Run on <b>left hand</b> side of A483 to Crossgates	Traffic	07:30	08:10	67	Stragglers RC (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		
4.30	Llanbister: B4356 Junction	<u>Continue</u> on <b>left hand</b> side of A483	Junction	08:15	08:50	67	Stragglers RC (Vets)	2	Marshal runners to stay on left hand side		1	*53 min at 5.5 miles	
7.70	Llanddewi Ystradenni: First road on left for Llandewy Hall.	<u>Continue</u> on <b>left hand</b> side of A483	Junction	08:30	09:20	16	Vale Royal AC	1	Marshal runners to stay on left hand side		1	73	
8.10	Llanddewi Ystradenni: Second road on left for Llandewy Hall	<u>Continue</u> on <b>left hand</b> side of A483	Junction	08:35	09:25	16	Vale Royal AC	1	Marshal runners to stay on left hand side		1	77	
11.00	Roundabout, signposted A44 LEOMINSTER	<u>Turn left</u> at roundabout	Roundabout	08:50	09:50	16	Vale Royal AC	1	Marshal runners to turn left and run on left hand side		1	105	
11.20	At end	<u>Turn left</u> into service station	Traffic	08:50	09:55	16	Vale Royal AC	2	Direct traffic to park neatly.	2		106	
11.20	Finish in Knills Service Station (Nisa Local) <b>Toilets in Service Station</b>											106	
								11		2	6		
13	Crossgates to Builth Wells		10.6 miles								Caution Signs		Gun Cut Off Time (min) and place
	Start 09:00			Marshalling									
Stage mileage	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 <b>left hand</b> side up to roundabout with A483	Traffic	08:45	09:05	16	Vale Royal AC	1	Assist Start Umpire to control traffic at start.	2	2		
0.20	Roundabout, junction with A483	<u>Turn left</u> , keep on <b>left hand</b> 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)				
2.40	Roundabout just before Llandrindod Wells	<u>Continue</u> on <b>left hand</b> side of A483	Roundabout	09:00	09:30	10	Port Talbot Harriers AC	3	Marshal runners to stay on left hand side		2		

3.00	Llandrindod Wells	<u>Continue</u> on <b>left hand</b> side of A483	Junction	09:05	09:35	61	Serpentine RC Ladies	2	Marshal at junction (opposite Aldi) Marshal runners to stay on left hand side Position signs at each end of town		2	
3.50	Llandrindod Wells (Traffic Lights)	<u>Continue</u> on left hand side of A483	Junction	09:05	09:40	61	Serpentine RC Ladies	2	Marshal at junction with traffic lights. Marshal runners to stay on left hand side			
3.60	TOM NORTON LIMITED "AIRCRAFT for sale"	<u>Continue</u> on <b>left hand</b> side of A483	Corner	09:05	09:40	61	Serpentine RC Ladies	2	Marshal runners to stay on left hand side			
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			
5.00	Howey: Crossroads. Road on left is No Entry. Right is for Red House.	<u>Continue</u> on <b>left hand</b> side of A483	Junction, emerging traffic	09:15	09:50	50	Sale Harriers (Ladies)	1	Marshal runners to stay on left hand side		2	48
10.30	Junction with A481, signed New Radnor	<u>Continue</u> on <b>left hand</b> side of A483	Junction	09:40	10:40	50	Sale Harriers (Ladies)	1	Marshal runners to stay on left hand side	2		98
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.			101
10.60	Finish in Royal Showground coach park on left <b>LD2 3NJ Toilets at Little Chef</b>											101
								19		4	8	
14	<b>Builth Wells to Drovers Arms</b>		10.8 miles							Caution Signs		Gun Cut Off Time (min) and place
	<b>Start 09:55</b>			<b>Marshalling</b>								
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	<b>Start:</b> In front of gate beside Jewsons yard next to A470 <b>LD2 3NJ, Toilets in Little Chef</b>	Run on <b>left hand</b> side down	Traffic	09:40	10:00	59	Turner Broadcasting	3	Assist Start Umpire to control traffic at start with support of Flying Marshal Team.	2	2	
0.10	A470	<u>Run on left hand side of road</u> into Builth.	Traffic	09:45	10:05	59	Turner Broadcasting	2	Marshal runners to stay on left hand side		2	
0.30	After bridge over River Wye	<u>Continue</u> through Builth on A483	Junction	09:45	10:05	15	Serpentine RC	2	Marshal runners to stay on left hand side		2	
0.40	Junction with B4520 (Upper Chapel)	<u>Continue</u> through Builth on A483	Junction	09:45	10:05	15	Serpentine RC	1	Marshal runners to stay on left hand side		2	

0.50	Greyhound Pub	Follow A483 past the Greyhound Pub <u>Continue</u> on <b>left hand</b> side of A483	Junction	09:45	10:05	15	Serpentine RC	1	Marshal runners to stay on left hand side		2	
0.70	Roundabout	<u>Continue</u> on <b>left hand</b> side of A483	Roundabout	09:45	10:10	15	Serpentine RC	1	Marshal runners to stay on left hand side		2	
2.80	Cilmerly: Prince Llywelyn	<u>Continue</u> on <b>left hand</b> side of A483 (signposted LLANDOVERY) to Garth	None	09:55	10:30				No action needed			
6.30	Garth: B4519 junction signposted UPPER CHAPEL	Turn left onto B4519 Run on <b>left hand</b> 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	60
7.20	Cross roads, signed Lake Country House Hotel	<u>Continue</u> on <b>left hand</b> side of B4519	Crossroads	10:20	11:05	27	Stroud & District AC	1	Marshal runners to stay on left hand side			68
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 .	2		103
10.80	Finish at isolated building on cross road, Drovers Arms [Sorry, not a real pub]. <b>No Toilets</b>			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. Use cones to define access to finish line. <b>Note. The finish of this stage is 1 mile from the start of</b>							103	
								16		4	14	
15	Epynt Visitor Centre to Brecon		12.8 miles	Note: The start of this stage is 1.0 mile from the finish of stage 14.						Caution Signs		Gun Cut Off Time (min) and place
	Start	10:55		Marshalling								
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	<b>Start:</b> Epynt Visitor Centre on B4519 <b>Toilets may be open</b>	Run on <b>left hand</b> 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	2	
0.60	Cattle grid	Take care over cattle grid	Cattle grid	10:45	11:10				No action needed			
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	
6.40	Lower Chapel: Bridge over river Honddu, near toll gate house	<u>Continue</u> on <b>left hand</b> side	Bridge	11:15	12:00	63	Run4All Neath	2	Marshal runners to stay on left hand side		2	61
8.60	Llandefaelog: Minor road by church, signed Garthbrengy.	<u>Continue</u> on <b>left hand</b> side	Junction	11:25	12:20	63	Run4All Neath	1	Marshal runners to stay on left hand side		2	82

9.60	Just before junction for 'Cradoc'.	Cross to <b>right hand</b> 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	91
9.65	Junction for 'Cradoc'	<u>Turn right</u> Cross to <b>left hand</b> side when directed.	Junction	11:30	12:30	46	Pont-y-Pwl & District Runners	3	<b>Liaise with Flying Marshal Team at this tricky point.</b> Turn runners right and then cross to left hand side. <b>Marshal race traffic straight ahead to Brecon</b>		2	92
10.75	T-junction at Cradoc	<u>Turn left</u> signposted Brecon (Phone box) Stay on <b>left hand</b> 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	102
12.40	Junction with Cradoc Close	<u>Continue on left hand side</u>	Junction	11:45	12:55	46	Pont-y-Pwl & District Runners	1	Marshal runners to stay on left hand side			118
12.65	T-junction with Maendy St	<u>Continue</u> on left hand side	Junction	11:45	12:55	40	3M Gorseinon	2	Marshal runners to stay on left hand side		2	120
12.70	Junction with Castle Square	<u>Turn left, Continue on left hand side</u>	Traffic	11:45	12:55	40	3M Gorseinon	2	Marshal runners across to right hand side. Position sign up Castle street just beyond the finish.		2	121
12.75	Beyond the Castle Hotel	<u>Cross</u> road when directed to finish before pedestrian bridge	Traffic	11:45	12:55	40	3M Gorseinon	2	Marshal runners across to right hand side. Position signs by Castle Hotel and just beyond the finish.	2		121
12.80	Finish at the entrance to the river bridge. <b>Toilets at Shopping Precinct</b>			11:45	13:00	40	3M Gorseinon	2	Marshal runners across to right hand side. Position signs by Castle Hotel and just beyond the finish.			122
								25		4	18	
16	<b>Brecon Canal Basin to Torpantau</b>		12.5 miles	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		Gun Cut Off Time (min) and place
	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	<b>Start: Brecon Canal Basin.</b> Start at school sign near bridge over canal. Toilets available in Canal Centre/Theatr Brycheiniog, LD3 7EW	Head passed play area.	Traffic	11:40	12:00	8	Chorlton Runners ( Ladies)	2	Control runners at start	2		
0.10	Bear left towards canal	Bear left (11 o'clock) towards canal and continue along canal (near Dim Parcio sign) Run on <b>left hand</b> side of road	Junction	11:45	12:05	18	Bitton RR (Ladies)	5	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.		2	
0.10	Bollards	<u>Continue</u> on to canal path	Bollards	11:45	12:05	18	Bitton RR (Ladies)	1	Protect runners from bollards			
0.40	Bridge on left	Continue straight on	Junction	11:45	12:05	70	Brecon AC	4	Control runners passed bridge and cricket/rugby club car parks		4	



[illegible]

17	Taf Fechan Railway Station, Torpantau to Cyfarthfa Castle		8.7 miles								Caution Signs		Gun Cut Off Time (min) and place
	Start	12:40		Marshalling									
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs		
0.00	<b>Start:</b> Taf Fechan car park (railwat station). Start at Sustrans 8 sign post. <b>No toilets. Very limited car park.</b>	Run on <b>left hand</b> side of A470 towards Merthyr	Traffic	12:25	12:45	19	Chepstow	3	Assist Start Umpire to control runners and traffic at start. Liaise, using radios, with marshals at Owl's Grove car park	2	2	0	
0.40	Owl's Grove car Park (30 spaces)	<u>Keep left</u>	Traffic	12:30	12:50	19	Chepstow	2	Marshal runners to stay left. Advise traffic of oncoming runners. Liaise, using radios, with Start marshals.		2		
0.60	Tea Rooms (1 toilet)	<u>Keep left</u>	Traffic	12:30	12:55	68	Parc Bryn Bach RC	1	Marshal runners to stay on left hand side		2		
0.70	Turn left at junction after climb	<u>Keep left</u>	Junction	12:30	12:55	68	Parc Bryn Bach RC	2	Marshal runners to stay on left hand side		3		
1.90	T junction turn right	<u>Turn right, cross road and keep left</u>	Junction	12:35	13:05	68	Parc Bryn Bach RC	2	Marshal runners across road to stay on left hand side		2		
3.70	Turn left signposted Mountain Railway	<u>Turn left, keep on left hand side</u>	Junction	12:45	13:20	68	Parc Bryn Bach RC	1	Marshal runners to turn left and keep on left hand side		2	35	
4.00	Start of road across dam	<u>Keep on Left hand side</u>	Traffic	12:50	13:25	69	Merthyr RC	1	Keep runners on Left hand side		2	38	
4.20	End of dam	<u>Turn right, keep on left hand side</u>	Traffic	12:50	13:25	69	Merthyr RC	1	Marshal runners to keep on left hand side		2	40	
4.60	junction with road to Ponsticill	<u>Bear left, keep on left hand side</u>	Traffic	12:50	13:30	69	Merthyr RC	1	Marshal runners to stay on left hand side		2	44	
5.00	Bridge tunnel	<u>Keep left through tunnel</u>	Traffic	12:55	13:30	69	Merthyr RC	2	Marshal runners to stay on left hand side			48	
5.10	Access to Taff Trail on right hand side	<u>Cross road to Taff Trail when advised by marshals</u>	Traffic	12:55	13:35	39	South West RR Ladies	2	Marshal runners across road		2	48	
7.80	Approach to Cefn Coed on Taff Trail	<u>Follow narrow path near church</u>	People	13:05	14:00	39			No action needed			74	
7.90	End of narrow path on Taff Trail	<u>Turn left</u>	Junction	13:05	14:00	39	South West RR Ladies	1	Marshal runners to turn left and stay on left hand side		2	75	
8.00	Turning at A465	<u>Turn right and cross when directed by marshals</u>	Junction	13:10	14:00	39	South West RR Ladies	2	Marshal runners to turn right and runners cross when directed with the help of a Flying Marshals team		2	76	
8.00	Turning at A4054	<u>Continue</u> on <b>left hand</b> side of road.	Corner	13:10	14:00	39	South West RR Ladies	1	Marshal runners to continue on the left hand side		2	76	
8.40	Mini roundabout	<u>Continue</u> on <b>left hand</b> side of road.	Roundabout	13:10	14:05	56	South West RR	1	Marshal runners to continue on the left hand side		1	80	

8.50	Junction signed Prince Charles Hospital	Turn <u>left</u> and cross to <b>park side</b> of road.	Junction	13:10	14:05	56	South West RR	3	Marshal runners to turn left cross to right hand side (with support of a Flying Marshal Team)		2	81
8.60	Park entrance	<u>Enter</u> park and <u>turn sharp right</u> along <b>right hand</b> side of lake.	Traffic	13:10	14:05	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		1	82
8.70	At end	Stop before going down steps.	None	13:10	14:05		Changeover marshals		Marshals at <u>Main Gate</u> to direct traffic to lower car park.	2		83
8.70	Finish at end of lake, adjacent to wooden steps leading to car park <b>CF47 8RE Toilets in café</b>			Note:The finish of this stage is about 1½ miles from the start of stage 18.								83
								28		2	31	
18	<b>Rhyd -y-car to Navigation Park</b>		9.1 miles	<b>Note: The start of this stage is about 1½ miles from the finish of stage 17.</b>						<b>Caution Signs</b>		Gun Cut Off Time (min) and place
	<b>Start 13:40</b>			<b>Marshalling</b>								
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	<b>Start:</b> Rear of Rhyd-y-Car leisure centre <b>CF48 1UT, Toilets in LC</b>	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	2		
2.40	Dynevor Arms, near Troedyrhiw	<u>Bear left</u> down lane to B4285 Run on <b>right hand</b> 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	
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			
2.47	After B4285 Junction	<u>Cross</u> to <b>left hand</b> side when directed Continue on <b>left hand</b> side of B4285 towards Aberfan.	Crossing	13:40	14:10	9	Brackla Harriers	2	Marshal runners across to left hand side		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	
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			
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	43
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	44
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			44
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	44

4.75	Turn right onto A4054	Continue on <b>pavement on right hand</b> side	Junction	13:50	14:30	3	Bridgend AC	1	Marshal runners to stay on right hand side		2	45
5.75	Traffic Lights on A4054	Continue along footpath provided	Road works	13:55	14:40	3	Bridgend AC	2	Marshal runners to stay on footpath provided		2	55
7.40	Quakers yard	Entrance to narrow bridge Take the first track over the bridge	Junction	14:05	14:55	60	Aberdare VAAC	1	Marshal runners to turn right		2	70
7.42	After narrow bridge	Cross to left hand side when directed	Turning	14:05	14:55	60	Aberdare VAAC	1	Marshal runners across to left hand side		2	70
7.46	Junction with Taff Trail	Turn left just before sign for Goitre Coed Road along Taff Trail (marked 8,47). Continue on <b>left hand</b> side of Taff Trail which becomes a road in 0.3 mile	Corner	14:05	14:55	60	Aberdare VAAC	1	Marshal runners to turn left		2	71
8.80	B4275 junction	Turn left on to B4275. Cross to <b>right hand</b> side when directed	Junction	14:10	15:05	60	Aberdare VAAC	2	Marshal runners across to right hand side		2	84
8.90	Junction with St Martins Terrace	Bear right and run behind houses	Turning	14:10	15:10	60	Aberdare VAAC	1	Marshal runners to turn right		2	85
9.00	End of terrace	Continue right and then turn left towards the park	Corner	14:15	15:10	60	Aberdare VAAC	1	Marshal runners to turn left			86
9.10	At end	Stop when advised	Traffic	14:15	15:10		Changeover marshals		Keep runners and traffic apart	2		86
9.10	Finish Inside Navigation Park industrial park. <b>CF45 4SN</b>											86
								20		2	26	
19	Navigation Park to Nantgarw		7.7 miles	Note: Runners are on cycle track from miles 0 to1.10 and 3.80 to 7.60, so allow extra time to find location. Stage ends at Nantgarw						Caution Signs		Gun Cut Off Time (min) and place
	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 <b>CF45 4SN, No toilets</b>	Follow Taff Trail	Pedestrians	14:10	14:30		Changeover marshals		Assist Start Umpire to escort runners to start.	2		
	<b>Start on Taff Trail near children's play area</b>					44	Pontypridd Roadents	1				
0.40	Spur footpath to Navigation Park (Ynys y Dwr Farm)	Straight ahead on Taff Trail	Junction	14:15	14:35	44	Pontypridd Roadents	1	Marshal runners to keep straight ahead			
1.10	Gate on Taff Trail	Turn left up hill. Run up right hand side	Junction	14:20	14:40	44	Pontypridd Roadents	1	Marshal runners to turn left and run on right hand side			

1.30	Junction at top of hill	Cross 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				
1.40	Cilfynydd, Junction with A4054	Turn Right at junction with A4054	Parked vehicles	14:20	14:45	44	Pontypridd Roadents	1	Marshal runners to stay on right hand side		2		
2.70	Junction (Doddington Pl., Trallwng)	Continue straight on	Junction	14:25	14:55	44	Pontypridd Roadents	2	Marshal runners to stay on right hand side		2		
3.10	Junction (Common Road)	Continue straight on	Junction	14:30	15:00	12	Lliswerry Runners	4	Marshal runners to stay on right hand side		4		
3.80	Approaching Glyntaff	Cross to left hand side when directed	Crossing	14:30	15:05	12	Lliswerry Runners	4	Marshal runners across to left hand side		2		
3.90	Glyntaff	Follow signs to Glyntaff Crematorium and Taff Trail sign	Junction	14:30	15:10	23	San Domenico RC	1	Marshal runners to bear left				
4.10	Mini roundabout	Cross mini roundabout to bear right onto the Taff Trail next to College	Roundabout	14:35	15:10	23	San Domenico RC	2	Marshal runners to continue along cycle track		2	39	
4.80	Dyffryn Road	Continue along the Trail	Junction	14:35	15:15	23	San Domenico RC	1	Marshal runners to continue along cycle track			46	
5.00	Lane off Oak Street	Continue along the Trail	Housing	14:35	15:15	23	San Domenico RC	1	Marshal on trail			48	
5.20	DYNEA Road	Continue along the Trail	Junction	14:40	15:20	23	San Domenico RC	1	Marshal runners to continue along cycle track			49	
7.60	Under Second bridge to finish.	Continue along trail to the finish	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	72	
7.70	At end	Stop when advised	Pedestrians	14:50	15:40	6	Neath Harriers	2	Guide runners through finish			73	
7.70	Finish at end of footpath. No toilets						Changeover marshals		Ensure no parking at finish, direct race traffic to park in Old Nantgarw Rd (Turn left at lights and immediate left)	2		73	
								26		2	13		
20	Caerphilly to Cardiff		9.9 miles								Caution Signs		Gun Cut Off Time (min) and place
	Start 15:00			Marshalling									
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs		
0.00	Start: Park, if needed, in Crescent Road car park. CF83 1XY. Pay machine towards far end Crescent Rd. car park. No toilets. Start at the end of the footpath from car park to Nant Ddu. No parking in Nant Ddu.			14:45	15:05		Changeover marshals		Assist Start Umpire to control traffic at start.	2			

0.00	<u>Start at the end of footpath from Crescent Rd car park. No parking in Nant Ddu.</u>	Run on left hand side	Traffic	14:50	15:05	49	Penarth & Dinas Runners	1	Marshal runners at start			
0.10	T Junction	<u>Turn left</u> into St. Christopher's Drive (Cycle Route 4) Stay on <b>left hand</b> side	Traffic	14:50	15:10	49	Penarth & Dinas Runners	2	Marshal runners to turn right and stay on right hand side			
0.20	Junction with St. Clears Close	<u>Continue straight on</u>	Junction	14:50	15:10				No action needed			
0.30	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	
0.30	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			
0.30	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	
0.70	T junction with Ffordd Traws Cwm	<u>Turn right</u> , stay on <b>right hand</b> side	Public	14:50	15:15	45	Les Croupiers RC	1	Marshal runners to turn right and stay on right hand side		2	
0.80	Roundabout Cae Groes Heol	<u>Straight ahead.</u> Stay on <b>right hand</b> side	Traffic	14:50	15:15	45	Les Croupiers RC	3	Marshal runners to stay on right hand side		2	
1.10	T junction with A469	<u>Cross</u> to opposite side, when directed, to join cycle path.	Junction	14:55	15:15	45	Les Croupiers RC	5	Marshal runners across road(with support of Flying Marshal Team and Stop /Go signs)		2	
1.10	Start of cycle track	<u>Turn left</u> through gateway, straight on	Junction	14:55	15:15	45	Les Croupiers RC	3	Marshal runners to turn left			
1.20	Remains of railway arches	<u>Turn right</u> through gateway, then immediately <u>turn left</u> .	Junction	14:55	15:20				Directional Arrows			
2.00	Cycle track	<u>Continue</u> straight on	Gateway	15:00	15:25				No action needed			
3.50	Taff's Well Railway station	Run on <b>left hand</b> side towards traffic lights.	Junction	15:05	15:40	63	Run4All Neath	2	Marshal runners to stay on left hand side		2	
3.60	Traffic lights at junction A4054	<u>Cross</u> road when directed; continue on <b>pavement on left hand</b> side	Crossing	15:05	15:40	63	Run4All Neath	2	Marshal runners across road and stay on left hand side(with support of Flying Marshal Team)		2	
3.90	A470 exit slip road	<u>Cross</u> road when directed Run on <b>left hand</b> side into Tongwynlais	Junction	15:05	15:45	51	South Wales Police	2	Marshal runners across road and stay on left hand side(with support of Flying Marshals Team)		2	
4.20	A4054	<u>Cross</u> to <b>right hand</b> side when directed	Crossing	15:10	15:45	51	South Wales Police	2	Marshal runners across to right hand side (near pinch-point)		2	
4.50	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			

4.60	A470 Bridge	Turn right 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.			44
4.90	Iron Bridge	Turn left, stay on cycle path	Cyclists/Public	15:10	15:50	38	Les Croupiers (Vets)	1	Marshal runners to continue on Taff Trail			47
5.00	M4 Motorway	Follow path to gate. Turn right onto road after gate. Keep to the right	Turning	15:15	15:50	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			48
5.80	Radyr Bridge	Straight ahead							No action needed			55
5.90	Forest farm	Straight ahead on right hand side of road	Junction	15:20	16:05	11	Les Croupiers RC (Ladies)	1	Marshal runners to stay on right hand side			56
6.40	Local road	Take footpath on right at start of hill	Junction	15:20	16:05	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn right and stay on right hand side			61
6.90	Park entrance	Bear right staying on cycle path	Barrier	15:25	16:10	11	Les Croupiers RC (Ladies)	1	Marshal runners to bear right			66
9.10	Blackweir Suspension bridge	Keep right 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.			86
9.70	Cross roads in park	Turn left and run to finish	Pedestrians	15:35	16:35	11	Les Croupiers RC (Ladies)	3	No action needed			92
9.90	Finish on grass outside Changing Rooms, CF10 3DX. Toilets in Changing Rooms. Limited parking available in North Road	Run to finish	Pedestrians	15:35	16:35	11	Changeover marshals		Guide runners to finish.	2		94
								39		2	18	
				18:00								
	Day 2 total			105.6								
	Grand total			210.0								

## 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, part of stage 7 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 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 Canal Basin	SO 045 285 LD3 7EW	GR 054 174 CF48 2UT	B4601 A40 B4558 Local Roads	1.4 0.8 3.5 8.0
17	Taf Fechan Station, Torpantau	GR 049 167 CF45 2UT	SO 039 072 CF47 8RE	Local Roads Taff Trail A4054 Path in park	5.2 2.8 0.4 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 175 776 CF10 3DX	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. Support vehicles heading to Stage 5 (Harlech) should turn right, High St Porthmadog.
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.
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) or 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.
6.1	Summit of steep down hill	Drive very carefully down the hill, the runners can get wobbly. <b>Servicing runners at this point is strictly forbidden.</b>
10.0	Road down to Dinas Mawddwy	Go very carefully down steep hill into Dinas Mawddwy.
10.1	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. No toilet facilities nor refreshments. 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		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Lay-by at eastern end of village	
		<b>Parking is limited. No toilets, no refreshments.</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.

Stage 10: Llanfair Caereinion to Newtown		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Junction of Watgate 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. There is on street parking throughout the town.

Stage 11: Newtown to Llanbadarn Fynydd		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Newtown (Maldwyn) Sports Centre. As it's early in the morning please keep the noise down so not to disturb local residents.	
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 will be available at the Community shop.

Stage 12: Llanbadarn Fynydd to Crossgates		
Miles	Location	Support vehicle driver's instructions
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 from the Community Shop.
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. Toilets & refreshments available.
Stage 13: Crossgates to Builth Wells		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Knills Service Station	
		Park with consideration at Knills Service Station. Keep forecourt and road in front of garage clear. Toilets and refreshments available.
3.6	TOM NORTON LIMITED, Llandrindod Wells	
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). Toilets and 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 A483	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	Cilmerly	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. One toilet at Epynt Centre. 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). One toilet only at Epynt Visitor Centre.
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. Toilets and refreshments available

Stage 16: Brecon Canal Basin to Torpantau		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Canal Basin, Brecon, near Theatr Brycheiniog	Car parking at start. Pay at machines. Local café refreshments with toilets. The route follows the towpath along the canal and emerges at B4558. There are early support points e.g. Brecon RFC but access is limited before B4558. The roads are narrow and can be busy. Race traffic can take the B4601 towards the A40 which joins the B4558 to Talybont on Usk.
2.0	Junction with B4558	Canal towpath joins B4558. <b>Take care along narrow lanes.</b>
3.8	Pencelli	Road narrows and S bend. <b>Drive carefully</b>
5.4	Junction on right to Aber	<b>Race traffic must not use this turning.</b> Talybont on Usk has parking, toilets and café. <b>The route does not pass through Talybont but race traffic must follow the B4558 to Talybont and cross at the swing bridge over the canal.</b> Continue to take great care on this narrow stretch of road.
7.5	Talybont Reservoir	<b>Runners only to cross the dam.</b> Race traffic must continue straight on to the top at Torpantau. There are several small car parks en route but they will be busy during the summer months.
12.6	Finish: Just before gate on trail before gate at the top.	<b>This area must only be used to drop off/pick up runners. No toilets or refreshments.</b>

Stage 17: Taf Fechan Rail Station to Cyfarfa Castle.		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Taf Fechan Railway Station, Torpantau, 0.5 miles from finish of Stage 16.	<b>Drop off point only. No parking. No toilets.</b> Tea rooms 0.6 miles towards Merthyr.
0.4	Owl's Grove car park	Limited parking. No toilets
0.6	Tea rooms	Limited parking. One toilet.
0.7	Turn left and follow signs towards Ponsticill.	<b>Take care along narrow lanes.</b>
3.7	Junction at approach to Ponsticill.	Turn left and follow sign for Mountain Railway.
5.1	Access to Taff Trail on right	<b>Runners only.</b> Traffic straight on, initially towards Pant. At junction, turn right at Tal-yr Efail. At next roundabout (access road to Heads of the Valleys) follow signs to towards Merthyr, Prince Charles Hospital and Cyfarthfa Castle.
8.7	Finish: End of the lower path adjacent to the lake at Cyfarthfa Castle	Limited car parking facilities within the grounds of the park. Toilets and refreshments within the Castle's café.

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. Toilets and refreshments available.
		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 nor toilets.

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. No toilets, no refreshments
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.) No toilets, no refreshments

Stage 20: Caerphilly to Cardiff Bute Park		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Assemble In the Crescent road public car park.	Park in car park at end of Crescent Road. No parking in Crescent Road itself. No toilets, no refreshments
0.3	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.
0.7	Ffordd Traws Cwm	Runners can be supported here as they emerge off the footpath.
1.1	T junction A469	Virtually the whole route is now off road after this point. Race traffic to use A470.
3.5	Taffs Well	Some parking near the Taff's Well railway station.
4.3	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
9.9	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. Toilets, changing and refreshments available at finish area and local Blackweir Tavern.



## **TEAM CAPTAINS MUST ENSURE THEIR MARSHALS ARE FULLY BRIEFED IN ADVANCE AND COPY THIS INFORMATION TO THEM.**

### **D. Information for marshals**

For safety reasons it is essential that 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:

Four 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 some locations 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, to alert pedestrians of the approach of runners and to keep the approach to the finish clear.

##### **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 must 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.15 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 (given to each offending marshal per stage). See A.10. 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 to avoid a potential accident. Runners must never cross the road or a junction without your guidance. Act clearly 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 always.
- If you must 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.

Welsh Castles Relay 2018

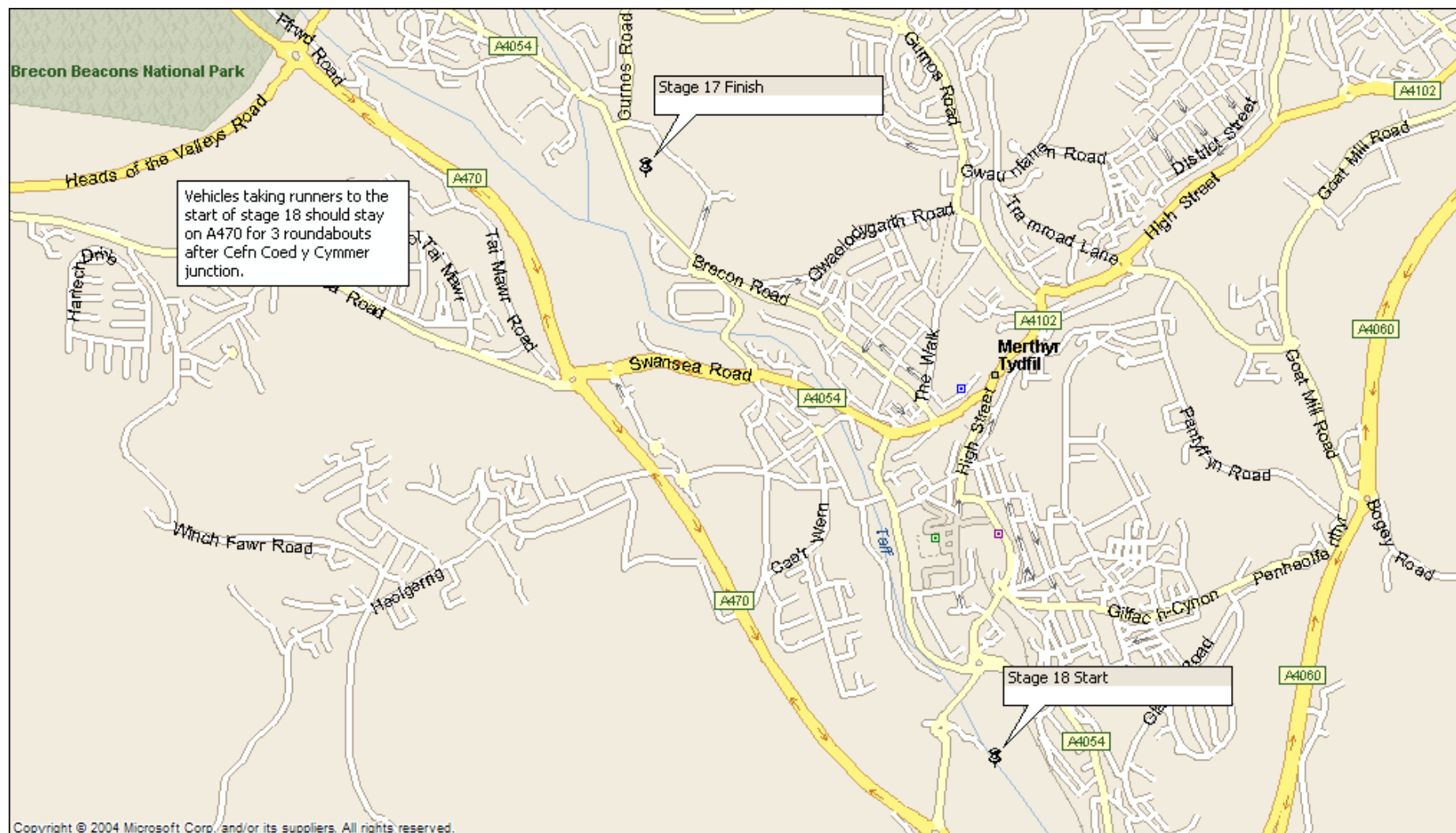
Team Marshalling Duties 2018										
Team No	Duty No	Competing club	Stage	No of marshals	Stage	No of marshals	Stage	No of marshals	Stage	No of marshals
1	60	Aberdare VAAC	18	7						
2	29	Abergele Harriers	1	5						
3	5	Athletau Aberystwyth AC	6	6	Includes Water Station duties at 8.6m					
4	21	Altrincham & District AC	3	6						
5	43	Bitton RR	2	5						
6	9	Brackla Harriers	18	6						
7	70	Brecon AC	16	8						
8	3	Bridgend AC	18	7						
9	42	Bromsgrove & Redditch AC	1	4	6	2				
10	24	Buckley Runners	6	7						
11	4	Caerleon RC	1	6						
12	19	Chepstow	16	2	17	5				
13	53	Chorlton Runners	10	5						
14	37	Clevedon AC	3	7						
15	17	Ealing Eagles	15	6						
16	1	Eryri Harriers	8	2	9	5				
17	30	Haarlem Globetrotters	7	6						
18	20	Islwyn RC	16	7						
19	45	Les Croupiers RC	20	12						
20	12	Liswerry Runners	19	8						
21	55	Lytham St Annes	2	5						
22	13	Meirionnydd RC	6	6						
23	69	Merthyr RC	17	5						
24	6	Neath Harriers	19	4	10	4				
25	68	Parc Bryn Bach RC	17	6						
26	49	Penarth & Dinas Runners	20	7						
27	44	Pontypridd Roadents	19	8						
28	46	Pont-y-Pwl & District Runners	15	8						
29	2	Poole Runners	7	3	8	3				
30	10	Port Talbot Harriers AC	13	6						
31	63	Run4All Neath	20	4	15	3				
32	58	Sale Harriers	5	6						
33	22	Salford Harriers AC	1	7						
34	23	San Domenico RC	19	6						
35	57	Sarn Helen Club	16	8						
36	15	Serpentine RC	14	5						
37	56	South West RR	17	6						
38	7	Stragglers	10	7						
39	27	Stroud & District AC	14	6						
40	48	Team Bath AC	10	6						
41	40	3M Gorseinon	15	8						
42	28	TROTS	1	6						
43	16	Vale Royal AC	12	5	13	1				
44	41	White Rock Runners	11	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	16	2				
49	31	Ealing Eagles RC (Ladies)	5	6						
50	11	Les Croupiers RC (Ladies)	20	9						
51	36	Liswerry Runners (Ladies)	3	4						
52	14	Run4All ( Ladies)	4	5						
53	50	Sale Harriers (Ladies)	13	6						
54	61	Serpentine RC Ladies	13	6						
55	39	South West RR Ladies	17	6						
56	25	Aberdare VAAC Vets	2	7						
57	54	Chorlton Runners Vets	9	4						
58	38	Les Croupiers (Vets)	20	3						
59	67	Stragglers RC (Vets)	12	6						
60	35	Swansea Harriers(Vets)	7	7						
61	65	Team Bath Vets	4	5						
62	47	Winchester & District Vets	5	6						
63	26	Burges Salmon LLP	8	6	Water station duties at 4.8m and 7.9m					
64	52	Environment Agency Harriers	8	5	Water station duties at 1.75m					
65	62	Natural resources Wales	10	4						
66	51	South Wales Police	7	4	20	4				
67	59	Turner Broadcasting	14	5						

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

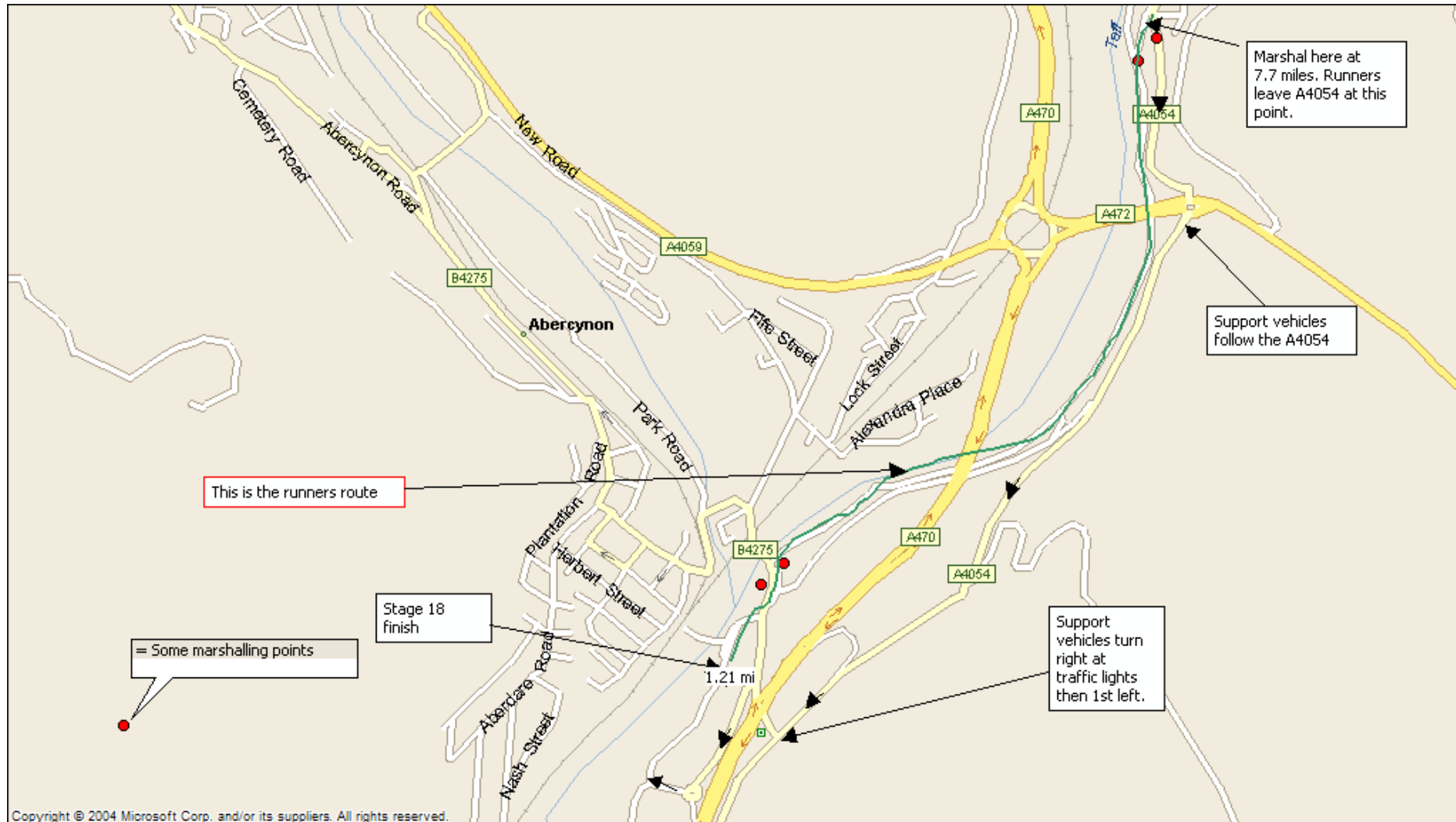
### Stage 1: Middle Section



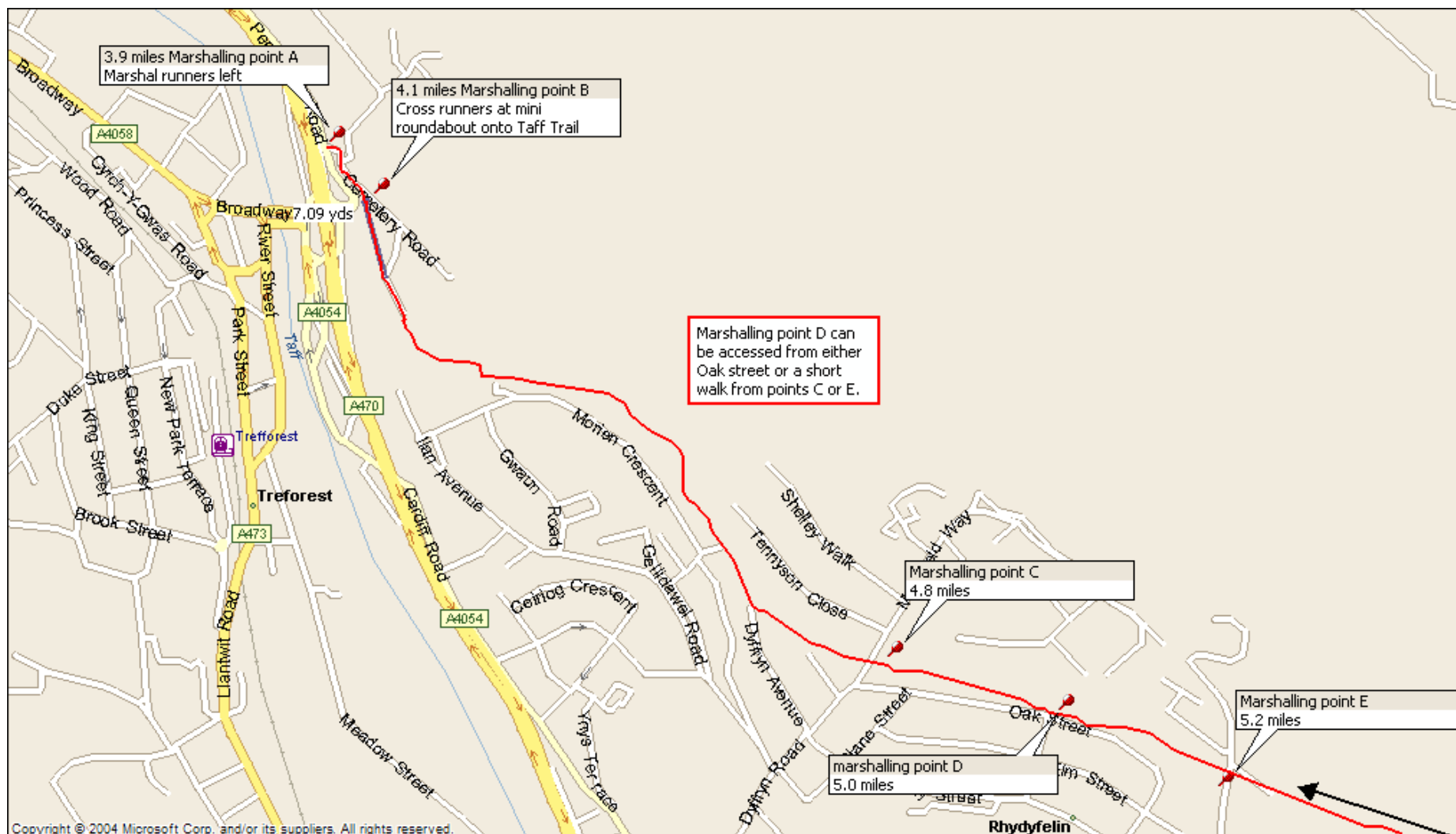
## Stage 17: Finish & Stage 18 Start



## 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**

