



2019

Welsh Castles Relay Reference Book



8-9th June 2019

Les Croupiers Running Club

Welsh Athletics Race Licence:
South R.A.C.RR-03

Introduction

Welcome to the Welsh Castles Relay 2019. This is the 37th 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 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.

The Welsh Castles Relay is organised by John Griffin and Phil Cook (Race Directors), Tim O'Sullivan (Race Administrator), Mike Davies and Graeme Donnan (Marshals & Officials Coordinator), and Jeff Aston (Race Referee). John Upstone provides the online registration and results service. They are assisted by many officials and marshals, whom we thank for their continued support and dedication. Good luck everyone and enjoy the race!

CONTACT NUMBERS

John Griffin	Phil Cook	Tim O'Sullivan	Mike Davies	Jeff Aston
07891 453972	07968 374467	07709 880509	07876 381037	07814 879927

WEBSITE www.lescroupiersrunningclub.org.uk

Emails to lescroupswcr@gmail.com

TWITTER @wcrelay

FACEBOOK https://www.facebook.com/welshcastlesrelay/?ref=aymt_homepage_panel

SPONSORS

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

CONTENTS

WCR 2019 race line-up

Part A: Information for team captains

- A.1. Entry rules
- A.2. Risk management: Code of Practice
- A.3. Race licence and insurance
- A.4. Ensuring the safety of runners, supporters and the general public
- A.5. Communication during the race
- A.6. Responsibilities of the team captain
- A.7. Pre-race briefing and race start
- A.8. Presentation ceremony
- A.9. Prizes and awards
- A.10. Penalties
- A.11. Results

Part B: Information for Runners

- B.1. Race rules
- B.2. Race numbers
- B.3. The start of each stage
- B.4. Etiquette and safety on each stage
- B.5. Hydration
- B.6. The route
- B.7. Medical support
- B.8. Serious incidents

- B.9. Late finishers
- B.10. The end of the race at Cardiff Castle
- B.11. Accommodation
- B.12. A link to stage details and maps
- B.13. Changeover timetable, cut-off times, records and estimated timetable
- B.14. A stage by stage description of the route, the hazards, the marshalling and signing points, and the duties of the marshals and route markers

Part C: Information for drivers

- C.1. Safety
- C.2. Instructions to race traffic
- C.3. Team support vehicles
- C.4. A summary of the route
- C.5. Directions for drivers of team support vehicles

Part D: Information for marshals

- D.1. The duties of marshals
- D.2. Signs
- D.3. A list of the responsibilities of marshals and how it all works
- D.4. List of teams' marshalling duties
- D.5. Maps to help find some of the trickier marshalling points

OPEN CATEGORY

Team No.	CLUB
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	Chorlton Runners
12	Clevedon AC
13	Ealing Eagles
14	Eryri Harriers
15	Islwyn RC
16	Les Croupiers RC
17	Llswerry Runners
18	Lytham St Annes RRC
19	Meirionnydd RC
20	Neath Harriers
21	Parc Bryn Bach RC
22	Penarth & Dinas Runners
23	Pontypridd Roadents
24	Poole Runners
25	Port Talbot Harriers
26	Prestatyn RC
27	Right to Movement Palestine
28	Run4All Neath
29	Sale Harriers
30	San Domenico RC
31	Sarn Helen Club
32	Serpentine RC
33	South West Road Runners
34	Stragglers RC
35	Team Bath
36	Telford Harriers
37	TROTS
38	West Cheshire AC

39	White Rock Runners
40	Winchester & District AC
41	Wirral AC
42	3M Gorseinon

LADIES CATEGORY

43	Bitton Road Runners Ladies
44	Chorlton Runners Ladies
45	Clevedon AC Ladies
46	Ealing Eagles Ladies
47	Les Croupiers RC Ladies
48	Llswerry Runners Ladies
49	Run4All Neath Ladies
50	Sale Harriers Ladies
51	Serpentine RC Ladies

MASTERS/VETERANS CATEGORY

52	Aberdare VAAC Vets
53	Buckley Runners Vets
54	Chorlton Runners Vets
55	Ealing Eagles Vets
56	Les Croupiers RC Vets
57	Parc Bryn Bach RC Vets
58	Pontypridd Roadents Vets
59	South West RR Vets
60	Team Bath Vets
61	Winchester & District Vets

BUSINESS HOUSE CATEGORY

62	Burges Salmon LLP
63	Environment Agency DEFRA Group Harriers
64	South Wales Police
65	Team Reassure

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, daughter or parent 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	<p>There are three categories of marshals:</p> <p>Full-time 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>Flying Marshals 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>One-time 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>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.</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 mobile phone 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.
Distribution of the relevant section of this reference book to runners (including reserves) plus the route description for the stage to be run. Ensuring that runners: <ul style="list-style-type: none">• know what to do, where to be and when• know the race rules and penalties that apply (A.10)• are able to make the cut off times (B.14)• know their team and squad numbers.• know the route of their stage
Distribution of the relevant section of this reference book to the marshals plus details of the stages for which the team is responsible. Ensuring that marshals are: <ul style="list-style-type: none">• fully briefed in advance on their duties and responsibilities.• competent to perform marshalling duties (and adults only)• Stay in place for full duration of the stage until officially released• Aware of the penalties that apply if they don't turn up or leave early (see A.10)
Use shared transport for the team. Distribution of relevant section of this reference book to the drivers. Ensuring that the drivers are: <ul style="list-style-type: none">• Display the team number in the windows of vehicles• Aware of the routes, stage start times and likely finish times• Using maps as well as sat-nav (which is often not accurate in rural areas)• Allowing sufficient time to get runners to and from their stages on time• Able to collect any runners who are unable to complete their stage for whatever reason• Parking in a responsible and considerate manner.
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.

- 🏆 1st open team – trophy and 20 individual awards
- 🏆 2nd open team – 20 individual awards
- 🏆 3rd open team – 20 individual awards
- 🏆 1st ladies team – trophy and 20 individual awards
- 🏆 1st veterans team – trophy and 20 individual awards
- 🏆 1st 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

- | | | |
|---|----------------|----------------------------------|
| ‡ | First man: | King of the Mountain's Trophy |
| ‡ | First lady: | Queen of the Mountain's Trophy |
| ‡ | First veteran: | Monarch of the Mountain's 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 9. 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:**

<p>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.</p>	<p>Cut off time plus 15 minutes (see B.14 and B.15)</p>
<p>B. Runner failing to finish within stage cut off time.</p>	<p>Cut off time (see B.14 and B.15)</p>
<p>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).</p>	<p>5 minutes on each occasion, cumulative, and disqualification on 3rd occasion. This will be added to the penalty shown at (B) above.</p>
<p>D. Runner failing to complete in the identifying club vest with the team number on both back and front.</p>	<p>5 minutes per runner, per stage.</p>
<p>E. Marshals failing to turn up for allocated duties or leaving their duties early.</p>	<p>5 minutes per marshal, per stage.</p>

F. Not complying with marshals' or any officials' instructions.	5 minutes on each occasion, cumulative, and disqualification on 3 rd 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 rd occasion
H. Wearing audio devices whilst running	Disqualification or cut-off plus 15 minutes
I. Training or cycling on 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 Penalties for runners

These are detailed in Section A.10 above and will be strictly applied.

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 the 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 and may incur a penalty.

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 will not be permitted to join 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 (**green 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 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.11 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 from 17:30 to Sunday morning 08:00am. Maldwyn Leisure Centre which is adjacent will give access to showers, toilets and changing until 22:00 on Saturday and from 5:30am 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 may result in your team being withdrawn from the race in future years.

B.12 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.13 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 in B14 for details

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	2019 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 <i>M</i>	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 <i>M</i>	Dolgellau	Dinas Mawddwy	10.1	59:23 (2018)	63:31 (2018)	96	15:35
8	Dinas Mawddwy	Foel	10.8	58:29 (2014)	68:12 (2017)	103	16:25
9	Foel <i>Jeff Wood Stage for 2019</i>	Llanfair Caereinion	8.5	43:32 (2004)	47:02 (2015)	81	17:10
10 <i>M</i>	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 <i>M</i>	Newtown New Route 2019	Llanbadarn Fynydd	10.8			103	07:00
12	Llanbadarn Fynydd	Crossgates	11.2	53:33 (1993)	64:25 (2010)	106	07:55
13	Crossgates	Builth Wells	10.6	52:19 (1998)	62:51 (2009)	101	08:50
14 <i>M</i>	Builth Wells	Drovers Arms	10.8	59:17 (2014)	68:31 (2015)	103	09:45
15	Epynt Visitor Centre	Brecon	12.8	65:23 (2016)	75:44 (2015)	122	10:45
16 <i>M</i>	Brecon Canal Basin	Torpantau	12.5	74:57 (2018)	88:34 (2018)	119	11:45
17	Taf Fechan Railway Station, Torpantau	Cyfarthfa Castle	8.7	46:34 (2018)	53:12 (2018)	83	12:30
18	Merthyr Tydfil (Rhyd-y-Car Centre)	Abercynon (Navigation Park)	9.1	48:27 (2015)	49:52 (2011)	86	13:30
19	Abercynon (Navigation Park)	Nantgarw	7.7	40:01 (2017)	50:10 (2017)	73	14:15
20	Caerphilly Castle	Cardiff Castle	9.9	55:52 (2018)	63:40 (2018)	94	14:50

2019 New Route Stage 11 and new cut off time
Finish in the park just beyond Blackweir, Cardiff at approx. 4.00 pm
M = Mountain Stage

Saturday, 9th June 2019

1 Caernarfon to Penygroes				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
Start 10:00				Marshalling								
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: Caernarfon Castle main gate LL55 2AU. Toilets available	Follow road clockwise around Castle	Traffic	9:45	10:05	29	Abergele Harriers	5	Assist Changeover marshals at the roundabout 50 metres from start , 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 right hand 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 left hand side when directed Follow coast road beside estuary. Run on left hand 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 left hand side	Turning	10:00	10:35	22	West Cheshire AC	1	Marshal runners to stay on left hand side		2	
3.60	The road (before T junction)	Cross to right hand side when directed	Crossing	10:05	10:40	22	West Cheshire AC	2	Marshal runners across to right hand side		2	
3.70	T Junction	Turn Right at T-junction Continue on right hand side.	Turning	10:05	10:40	22	West Cheshire AC	1	Marshal runners to stay on right hand side		2	

3.80	The road	Cross to left hand side when directed	Crossing	10:05	10:40	22	West Cheshire 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	West Cheshire 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	TROT's	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	TROT's	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	TROT's	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	<u>Cross A499</u> on cycle track when directed	Crossing	10:20	11:00	4	Prestatyn 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	Prestatyn 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	<u>Turn left</u> over footbridge	Turning/ cyclists/ pedestrians	10:35	11:30	28	TROT's	2	Marshal runners to turn left Control cyclists/pedestrians			86

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 right on to A487. Run on right hand 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 right hand side							No action needed			60	
6.35	B4411 junction	Turn right 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 left hand 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 Run on Pavement	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	Bear left and run down the green	Bumps	11:40	12:45	25	Aberdare VAAC Vets	2	Direct runners onto green between the flower tubs. Warn them of uneven ground.			101	
10.70	Finish on green on left hand side of B4411 (just before junction with A497). LL52 0HB						Changeover marshals		Get there early 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	
										18	2	10	

3 Criccieth to Maentwrog										Caution Signs		Gun Cut Off Time (min) and place
Start 11:55				Marshalling						c/o Mshls	Route Mkrs	
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required			
0.00	At start			11:40	12:25		Changeover marshals		Direct race traffic into designated car park.			

0.00	Start: on A497, at end of green LL52 0HB. Toilets available, Car Park Charge	Run on left hand side of A497 towards Portmadoc	Traffic	11:40	12:00	32	Winchester & District AC	4	Assist Timekeepers and Changeover marshals to control traffic.	2	2	
1.80	Pentrefelin	<u>Continue</u> on left hand 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	<u>Turn left</u> on to A498. Continue on left hand side to roundabout. <u>Do not cross over</u>	Junction, signposted BEDDGE LERT 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 left hand side of A498 (Signed BEDDGE LERT)	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 left hand 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	<u>Cross</u> to right hand 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	<u>Turn right</u> on to B4410, signposted GARREG, LLANFROTHERN 2. Cross to left hand 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	<u>Cross</u> A4085 when directed. Follow B4410 signposted LLANFROTTHEN, RHYD. <u>Continue</u> on left hand 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	<u>Continue</u> on left hand 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. Direct race traffic into field beyond cottages at the rear of Oakeley Arms car park. Ensure no obstruction of public or bus access.			117
12.30	Finish at foot of hill before entrance to Oakeley Arms Hotel, LL41 3YU. Limited Parking. Toilets in hotel						Changeover Marshals		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	2	2	117
26										2	25	

4 Maentwrog to Harlech										Caution Signs		Gun Cut Off Time (min) and place
Start 13:00				Marshalling						c/o Mshls	Route Mkrs	
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required			
0.00	Start: Runners assemble at Oakley Arms and wait to be escorted to the start on the old bridge on right hand side of A487. Toilets	Run on left hand side along A496 towards Harlech	Traffic	12:45	13:05	14	Run4All Ladies	3	Assist Timekeepers to guide runners down to start and control traffic at start. Position signs before and after bridge at start	2	2	

	available in Oakley Arms, LL41 3YU												
4.10	Llandecwyn: Crossroads to Porthmadog.	<u>Continue</u> on A496.	Junction	13:10	13:45	14	Run4All Ladies	2	Marshal runners to continue on the left hand side		2		
5.20	Talsarnau	<u>Continue</u> 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	<u>Turn right</u> along A496 (signposted HARLECH) as directed. [Ignore B4573 to Harlech] Continue on left hand 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	<u>Continue</u> 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	<u>Continue</u> 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	<u>Cross</u> to right hand 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	<u>Turn right</u> into school	Pedestria ns	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	Marshalling	Caution Signs	Gun Cut Off Time (min)
	Start 13:50				

Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	and place
0.00	Start: On A496, Barmouth side of level crossing. Toilets available at car park. LL46 2UB	Run on A496 to Barmouth	Traffic/Trains	13:35	13:55	31	Ealing Eagles RC Ladies	4	Assist Timekeepers to control traffic at start. Note. A train is due about the start time.	2	2	
0.50	B4573 junction	<u>Continue</u> on A496 Run on left hand 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	<u>Continue</u> on A496	None						No action needed			
1.60	Junction signed for Llanfair	<u>Continue</u> 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	<u>Continue</u> on A496	Village traffic	13:50	14:20				Position sign at start of village		1	
3.20	Bridge in Llanbedr	<u>Continue</u> on A496	Traffic	13:55	14:25	58	Sale Harriers	2	Marshal runners at narrow bridge			
3.50	End of Llanbedr	<u>Continue</u> on A496	Village traffic	13:55	14:30				Position sign at end of village		1	
4.70	Start of Dyffryn Ardudwy	<u>Continue</u> on A496	Village traffic	14:00	14:40				Position sign at start of village		1	
5.50	In Dyffryn Ardudwy, FOX's Village store.	<u>Continue</u> 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	<u>Continue</u> 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	<u>Continue</u> on A496	Village traffic	14:05	14:50				Position sign at end of village		1	56

6.00	Start of Talybont	<u>Continue</u> on A496	Village traffic	14:10	14:50					Position sign at start of village on 30mph sign		1	57
6.50	Bridge in Talybont	<u>Continue</u> 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	<u>Continue</u> 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).	<u>Cross</u> to right hand 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	<u>Turn right</u> 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	47	Winchester & District Vets	1		One marshal each side of level crossing to ensure safe rail crossing.	2		91
9.60	Finish at entrance to private parking area. LL42 1BX Toilets in car park											91	
19											4	12	

6	Barmouth to Dolgellau	10.7 miles	Start 14:40	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)
	Marshalling					

Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	and place
0.00	Start: Northern end of sea wall (promenade) LL42 1BX Nearest Public Toilets at car park	Follow sea wall south to harbour	Pedestrians	14:25	15:30		<i>Cyclists</i>		Lead and trail cycles to guide runners down promenade, across bridge and lead/follow all the way to the finish.	2	2	
1.40	Left bend at end of promenade	Turn left but remain on right hand 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	Keep right on pavement	Traffic	14:35	15:00	13	Meirionnydd RC	3	Marshal runners to keep right			
1.60	Junction with A496	Turn right and run on right hand side in single file up the hill against the traffic	Junction	14:35	15:00	38	Les Croupiers Vets	3	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	Runners to turn right and run onto bridge. Be mindful of members of the public	Turning	14:35	15:05	53	Chorlton Runners	2	Marshal runners to turn right with the help of Flying Marshals		2	
1.80	Toll booth	Straight on. Be mindful of members of the public.	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 (6.6miles)			
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 For marshal access see note above*			
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	5	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	<u>Turn 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	42	Bromsgrove & Redditch AC	3	Marshal spectators from finish line. Use cones to keep finish clear.	2		102
28										4	13	

Dolgellau to Dinas Mawddwy										Caution Signs		Gun Cut Off Time (min) and place
7	Start 15:35			Marshalling						c/o Mshls	Route Mkrs	
Stage mileage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required		

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. LL40 1DF	Run on right hand side.	Traffic	15:20	15:40	2	Poole Runners	2	Warn traffic at start and also at the end of the bridge. Guide runners on right hand side of road. CAUTION signs to be posted on road as traffic drive over bridge towards town, and for traffic joining one-way system.	2	2	
0.10	Road bridge.	<u>Turn right</u> at end of bridge. Keep on right hand side of road.	Turning	15:25	15:45	2	Poole Runners	2	Marshal runners to turn right and stay on right hand side		2	
0.20	Entrance to retail park	Keep on right hand side	Junction	15:25	15:45	2	Poole Runners	1	Marshal runners on right han side of road.		1	
0.25	Entrance to Recycling Centre	Keep on right hand side	Junction	15:25	15:45	2	Poole Runners	1	Marshal runners on right hand side of the road.		1	
0.70	Junction with A494	Turn right and cross junction when instructed. Keep on 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	36	Lliswerry Runners Ladies	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	36	Lliswerry Runners Ladies	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 left hand side.	Brow of hill	15:55	16:35	35	Telford Harriers	1	Marshal runners to stay on left hand side. No servicing of runners at Summit. Extra Caution signs needed		3	*52min (5.2 miles) at approach
6.20	Difficult bends on hill	<u>Continue</u> on left hand side of road	Bends	15:55	16:40	35	Telford Harriers	2	Marshal runners to stay on left hand side. Extra Caution signs needed		3	62

6.30	End of steep slope	<u>Continue</u> on left hand side of road	Traffic	15:55	16:40	35	Telford Harriers	1	Marshal runners to stay on left hand side. Extra Caution signs needed		3	63
10.00	Junction signposted DINAS MAWDDWY	<u>Turn left</u> to DINAS MAWDDWY Run on left hand side down hill	Junction	16:15	17:10	35	Telford Harriers	1	Marshal runners to turn left			95
10.10	Bend on hill	<u>Cross</u> to right hand side of road to finish down slate driveway.	Crossing	16:15	17:15	35	Telford Harriers	2	Marshal runners across to right hand side	2		96
10.10	Finish 20yds after entrance to slate driveway. Toilets available in village											96
20										2	24	

8	Dinas Mawddwy to Foel			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
	10.8 miles			Marshalling								
Start	16:25											
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: Opposite GWESTY'R LLEW COCH (Red Lion) SY20 9JA. Toilets available	Run through village towards Brigands Inn.	Village traffic	16:10	16:30	29	Abergele Harriers	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	<u>Keep left</u> and follow A470 to Brigands Inn Run on left hand side of road.	Junction	16:10	16:35	29	Abergele Harriers Changeover marshal	1 1	Stop traffic entering village and marshal runners to turn left on A470 and stay on left hand side	1	2	

1.70	Brigands Inn Roundabout	Turn left on A458 signposted WELSHPOOL Continue on left hand 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 left hand 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 left hand 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 SY21 ONS. No Toilets										103	
										16	2	11

9	Foel to Llanfair Caereinion			8.5 miles	*This is the Jeff Wood Stage for 2019*					Caution Signs		Gun Cut Off Time (min) and place
	Start 17:10				Note: New start at layby at the far end of the village.							
					Marshalling							
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	At start	No Toilets. SY21 ONS		16:30	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	Start: Lay-by at far end of village	Run on left hand side of A458 towards Welshpool	Traffic	16:30	17:15	1	Eryri Harriers	4	Assist, as above. Stop race personnel from entering Holiday Park. Also assist Timekeepers to control traffic at start.	2	2	
1.20	B4395 Junction,	Continue on left hand side of A458.	Junction	17:05	17:30	1	Eryri Harriers	1	Marshal runners to stay on left hand side		2	

	signed to Llanfyllin													
2.90	Start of Llanerfyl	<u>Continue</u> on left hand side of A458.	None	17:10	17:45					Position sign at start of village		1		
3.40	End of Llanerfyl	<u>Continue</u> on left hand side of A458.	None	17:15	17:50					Position sign at end of village		1	32	
6.80	A495 junction	<u>Continue</u> on left hand 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 <u>Continue</u> on left hand side	Junction	17:40	18:35	54	Chorlton Runners Vets Changeover marshals	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	
8.50	At end	<u>Stay</u> on left hand side.	None	17:40	18:35	54	Chorlton Runners Vets	1		Assist changeover marshals			81	
8.50	Finish at entrance to School / Leisure Centre SY21 OSE Toilets at Old Station			Race traffic to use 'old station' car park										81
											9	4	10	

Llanfair Caereinion to Newtown										Caution Signs		Gun Cut Off Time (min) and place
10	Start 17:50		13.1 miles	Marshalling						c/o Mshls	Route Mkrs	
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required			
0.00	At Start		Traffic	17:35	17:55	48	Team Bath AC	3	Assist Timekeepers to control traffic at start.	2	3	
0.00	Start: Junction of Watergate Street/High Street (opposite Church) on B4389, signposted NEW MILLS,	Run up the hill and move to left hand side when directed.	Traffic	17:40	17:55	48	Team Bath AC	2	Marshal runners across to left hand side			

SY21 ORQ. Toilets available													
0.30	Boundary of Llanfair Caereinion	<u>Continue</u> on left hand side of B4389	Traffic	17:40	18:00					Position sign on 30mph sign		1	
1.10	Bryn-penarth: Crossroads	<u>Continue</u> on left hand 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 right hand 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	<u>Turn right</u> at junction Stay on right hand 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 left hand 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 left hand side of B4389	Junction	18:05	18:50	7	Stragglers	1		Marshal runners to turn left and run on left hand side		2	
8.00	The bridge at Bettws Cedewain (New Inn)	<u>Continue</u> on left hand 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	76
10.40	B4568 junction for Newtown	<u>Turn right</u> at junction and continue on left hand 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	99
11.70	Llanllwchaiarn church	<u>Continue</u> on left hand side of road	None	18:35	19:45	6	Neath Harriers	1		Marshal runners straight ahead			111
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			112
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			115

12.11	Low bridge	Tall runners beware low bridge	Low bridge	18:40	19:45	6	Neath Harriers	1	No action needed			115
12.17	Gate	Run on pedestrian section next to gate	People	18:40	19:45				No action needed			116
12.40	Track off to the right	<u>Stay on</u> cycle track next to river.	None	18:40	19:50				No action needed			118
12.55	Track off to the right	<u>Stay on</u> cycle track next to river.	None	18:40	19:50				No action needed			119
12.63	Track off to the right	<u>Stay on</u> cycle track next to river.	None	18:40	19:50				No action needed			120
12.82	Track meets road	<u>Turn right</u> and then go over footbridge.	Cyclists	18:40	19:55	62	Team Reassure	1	Marshal runners to turn right and then cross footbridge			122
12.83	End of footbridge	<u>Turn left</u> and then <u>loop right</u> on to footpath.	Cyclists	18:40	19:55	62	Team Reassure	2	Marshal runners to turn left down ramp and then loop right on to footpath			122
13.05	Ruined church	<u>Turn left</u> before church	People	18:45	19:55	62	Team Reassure	1	Marshal runners to turn left			124
13.10	Finish at end of churchyard, before meeting Crown St / rear exit from Elephant and Castle Hotel SY16 2BQ Toilets at Elephant and Castle			19:55					Support of Flying Marshal Team	2		124
								26		0	14	
								22:00				
Day 1 total								104.4				

Sunday, 9th June 2019

11	Newtown to Llanbadarn Fynydd	10.5 miles	*NOTE: Amended and slightly shortened stage for 2019*	Marshalling	Caution Signs	Gun Cut Off Time (min)
	Start 07:00					

Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	and place
0.00	Start: Outside New Inn, Toilets in Community Centre	Run on left hand side of A483 to Crossgates	Traffic	07:20	08:00	67	Buckley Runners Vets	3	Assist Timekeepers 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 left hand side of A483	Junction	08:05	08:40	67	Buckley Runners 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 left hand side of A483	Junction	08:20	09:10	16	Ealing Eagles Vets	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 left hand side of A483	Junction	08:25	09:15	16	Ealing Eagles Vets	1	Marshal runners to stay on left hand side		1	77
11.00	Roundabout, signposted A44 LEOMINSTER	<u>Turn left</u> at roundabout	Roundabout	08:40	09:40	16	Ealing Eagles Vets	1	Marshal runners to turn left and run on left hand side		1	105
11.20	At end	<u>Turn left</u> into school entrance	Traffic	08:40	09:45	16	Ealing Eagles Vets	2	Direct traffic to park neatly.	2		106
11.20	Finish near Knills Service Station (Nisa Local) Toilets in Service Station. LD1 6RE											106
10										2	6	

13	Crossgates to Builth Wells	10.6 miles	Start 08:50	Marshalling	Caution Signs	Gun Cut Off Time (min)
-----------	-----------------------------------	-------------------	--------------------	--------------------	----------------------	-------------------------------

Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	and place
0.00	Start: On A44 by Knills Service Station (SPAR), Toilets in Service Station. LD1 6RE	Run on left hand side up to roundabout with A483	Traffic	08:35	08:55	16	Ealing Eagles Vets	1	Assist Timekeepers to control traffic at start.	2	2	
0.20	Roundabout, junction with A483	<u>Turn left</u> , keep on left hand side of A483	Roundabout	08:40	09:00	10	Port Talbot Harriers AC	3	Marshal runners to turn left and run on left hand side (with support of Flying Marshal Team)		2	
2.40	Roundabout just before Llandrindod Wells	<u>Continue</u> on left hand side of A483	Roundabout	08:50	09:20	10	Port Talbot Harriers AC	3	Marshal runners to stay on left hand side		2	
3.00	Llandrindod Wells	<u>Continue</u> on left hand side of A483	Junction	08:55	09:25	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 on left hand side of A483</u>	Junction	09:05	09:40	61	Serpentine RC Ladies	3	Marshal at junction with traffic lights. Marshal runners to stay on left hand side		2	
3.60	TOM NORTON LIMITED "AIRCRAFT for sale"	<u>Continue</u> on left hand side of A483	Corner	08:55	09:30	61	Serpentine RC Ladies	2	Marshal runners to stay on left hand side		2	
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		2	
5.00	Howey: Crossroads. Road on left is No Entry. Right is for Red House.	<u>Continue</u> on left hand side of A483	Junction, emerging traffic	09:05	09:40	50	Sale Harriers Ladies	1	Marshal runners to stay on left hand side		2	48

8.00	Crossroads with road to Cwmbach	<u>Continue</u> on left hand side of A483		09:20	10:10	50	Sale Harriers Ladies	2	Prevent race traffic parking on the drive - LHS after Cwmbach junction(Blue sign for Trecoed Farm). No loud noises. Horses at risk of being startled.			76
10.30	Junction with A481, signed New Radnor	<u>Continue</u> on left hand side of A483	Junction	09:30	10:30	50	Sale Harriers Ladies	1	Marshal runners to stay on left hand side	2	2	98
10.60	At end	<u>Turn left</u> into car park	Vehicles	09:30	10:35	50	Sale Harriers Ladies	2	Keep runners and traffic apart.			101
10.60	Finish in Royal Showground coach park on left LD2 3NJ Toilets at Little Chef										101	
22										4	18	

14 <u>Builth Wells to Drovers Arms</u> 10.8 miles				Marshalling						Caution Signs		Gun Cut Off Time (min) and place
Start 09:45				Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
Stage mileage	Location	Runners Instructions	Hazard									
0.00	Start: In front of gate beside Jewsons yard next to A470 LD2 3NJ, Toilets in Little Chef	Run on left hand side down	Traffic	09:30	09:50	59	Right to Movement Palestine	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	09:35	09:55	59	Right to Movement Palestine	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	09:35	09:55	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	09:35	09:55	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 left hand side of A483	Junction	09:35	09:55	15	Serpentine RC	1	Marshal runners to stay on left hand side		2	
0.70	Roundabout	<u>Continue</u> on left hand side of A483	Roundabout	09:35	10:00	15	Serpentine RC	1	Marshal runners to stay on left hand side		2	
2.80	Cilmery: Prince Llywelyn	<u>Continue</u> on left hand side of A483 (signposted LLANDOVERY) to Garth	None	09:45	10:20				No action needed			
6.30	Garth: B4519 junction signposted UPPER CHAPEL	<u>Turn left</u> onto B4519 Run on left hand side of road up and over military range. Take care over cattle grids.	Junction	10:05	10:50	15	Serpentine RC	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 left hand side of B4519	Crossroads	10:10	10:55	15	Serpentine RC	1	Marshal runners to stay on left hand side		2	68
10.80	The end	<u>Bear left</u> into car park	Vehicles	10:25	11:30	27	South West RR Vets	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]. No Toilets. Check Grid Ref.- SN 986 451			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. Note. The finish of this stage is 1 mile from the start of Stage 15.								103
16										4	16	

15 Epynt Visitor Centre to Brecon				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 10:45		12.8 miles		Marshalling									
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs		
0.00	Start: Epynt Visitor Centre on B4519 Toilets may be	Run on left hand side of road to Upper Chapel.	Traffic	10:30	10:50	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		

open. Grid Ref - SN 992 437												
0.60	Cattle grid	Take care over cattle grid	Cattle grid	10:35	11:00					No action needed		
1.80	B4520 Junction	<u>Turn right</u> <u>Cross to left hand side when directed.</u>	Junction	10:40	11:10	17	Ealing Eagles	2		Marshal runners to turn right and then cross to left hand side with the help of a Flying Marshal Team	2	
6.40	Lower Chapel: Bridge over river Honddu, near toll gate house	<u>Continue on left hand side</u>	Bridge	11:05	11:50	63	Run4All Neath	2		Marshal runners to stay on left hand side	2	61
8.60	Llandefaelog: Minor road by church, signed Garthbreny.	<u>Continue on left hand side</u>	Junction	11:15	12:10	63	Run4All Neath	1		Marshal runners to stay on left hand side	2	82
9.60	Just before junction for 'Cradoc'.	Cross to right hand side when directed	Crossing	11:20	12:20	63	Run4All Neath	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 left hand side when directed.	Junction	11:20	12:20	63	Run4All Neath	3		Liaise with Flying Marshal Team at this tricky point. Turn runners right and then cross to left hand side. Marshal race traffic straight ahead to Brecon	2	92
10.75	T-junction at Cradoc	<u>Turn left</u> signposted Brecon (Phone box) Stay on left hand side of road	Junction	11:25	12:30	54	Chorlton Runners Vets	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	11:35	12:45	54	Chorlton Runners Vets	1		Marshal runners to stay on left hand side		118
12.65	T-junction with Maendy St	<u>Continue on left hand side</u>	Junction	11:35	12:45	41	White Rock Runners	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	11:35	12:45	41	White Rock Runners	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	11:35	12:45	41	White Rock Runners	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. LD3 9DH. Toilets at Shopping Precinct.			11:35	12:50	41	White Rock Runners	2	Marshal runners across to right hand side. Position signs by Castle Hotel and just beyond the finish.			122
25										4	18	

16 Brecon Canal Basin to Torpantau				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
12.5 miles				Marshalling						c/o Mshls	Route Mkrs	
Start	11:45			Start	End	Duty No	Team	No.	Duty Required			
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: Brecon Canal Basin. Start at school sign near bridge over canal. Toilets available in Canal Centre/Theatr Brycheiniog, LD3 7EW	Run on the left hand side passed play area.	Traffic	11:30	11:50	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 left hand side of road	Junction	11:35	11:55	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 on to canal path</u>	Bollards	11:35	11:55	18	Bitton RR Ladies	1	Protect runners from bollards			
0.20	Bollard	<u>Continue on to road</u>	Bollard	11:35	11:55	18	Bitton RR Ladies	1	Protect runners from bollards			
0.40	Bridge on left	Continue straight on	Junction	11:35	11:55	70	Brecon AC	4	Control runners passed bridge and cricket/rugby club car parks		4	

0.50	Gate to canal path	<u>Runners remain on road</u>	People and traffic	11:35	11:55	70	Brecon AC	1	Marshal runners along tarmac road		2	
0.60	At lime kilns (arches), take spur on left back towards the canal	<u>Bear left</u>	Junction	11:35	12:00	70	Brecon AC	1	Control runners and direct towards canal path			
1.00	Return to canal path	<u>Straight on</u>	People	11:40	12:00	70	Brecon AC		No action needed			
1.20	Under A40	<u>Caution low bridge</u>	Tunnel	11:40	12:05	70	Brecon AC	2	Control runners and warn public			
1.40		<u>Caution low bridge</u>	Tunnel	11:40	12:05	20	Islwyn RC	2	Control runners and warn public			
2.00	Canal footpath junction with B4558	<u>Cross road and remain on left hand side</u>	Junction	11:45	12:10	20	Islwyn RC	3	Marshal runners across road and to stay on left hand side , with the aid of a Flying Marshals Team		2	
3.00	Junction	<u>Continue on B4558 on left hand side of road.</u>	Junction	11:50	12:20	20	Islwyn RC		No action needed		3	
3.30	Bridge	<u>Straight on</u>	Traffic	11:50	12:20	20	Islwyn RC		Caution signs needed		2	
3.80	Start of Pencelli	<u>Straight on</u>	Road narrows	11:50	12:25	20	Islwyn RC		Caution sign needed		1	
4.00	S bend	<u>Straight on</u>	Traffic	11:55	12:30	20	Islwyn RC	1	Keep runners on left hand side		1	
4.20	End of Pencelli	<u>Straight on</u>	Traffic	11:55	12:30	20	Islwyn RC	1	Keep runners on left hand side		1	
5.40	Junction on right to Aber, Sustrans 8 (before memorial statue)	<u>Turn right when directed</u>	Junction	12:00	12:40	57	Sarn Helen Club	2	Control runners across the road to turn right. Race traffic to continue to the swing bridge in Talybont		3	51
6.10	T junction	<u>Turn right when directed</u>	Junction	12:05	12:45	57	Sarn Helen Club	2	Cross runners to left hand side		2	58
6.80	Aber	<u>Keep to the left over bridge</u>	Traffic	12:05	12:55	57	Sarn Helen Club	2	Keep runners on left hand side			65

7.10	Water works	<u>Straight on. Do not enter Water Works</u>		12:10	12:55	57	Sarn Helen Club		No action needed			67
7.50	Dam	<u>Turn left over dam</u>	Junction	12:10	13:00	57	Sarn Helen Club	1	Direct runners across dam.		1	71
7.80	At end of dam, take second turning on right. Water station provided.	Turn right when directed	People	12:10	13:05	57	Sarn Helen Club	1	Marshal runners to the right along trail			74
12.50	Finish just before gate at the top (Torpantau). No toilets. Grid Ref - GR 054 174. Very limited car park space. The start of Stage 17 is 0.5 miles towards Merthyr.			12:35	13:45	46	Pontypridd Roadents Vets	2	Marshals to control the finish area and the area near the tarmac road	2		119
								34		4	24	

17 Taf Fechan Railway Station, Torpantau to Cyfarthfa Castle										Caution Signs		Gun Cut Off Time (min) and place
Start 12:30				Marshalling								
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: Taf Fechan car park (railway station). Grid Ref - GR 049 167. Start at Sustrans 8 sign post. No toilets. Very limited car park. Nearest post code Barn Tea Room, CF48 2UT	Run on left hand side of A470 towards Merthyr	Traffic	12:15	12:35	46	Pontypridd Roadents Vets	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	12:20	12:40	46	Pontypridd Roadents Vets	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	12:20	12:45	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	12:20	12:45	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	12:25	12:55	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	12:35	13:10	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	12:40	13:15	69	Parc Bryn Bach RC Vets	1	Keep runners on Left hand side		2	38
4.20	End of dam	<u>Turn right, keep on left hand side</u>	Traffic	12:40	13:15	69	Parc Bryn Bach RC Vets	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	12:40	13:20	69	Parc Bryn Bach RC Vets	1	Marshal runners to stay on left hand side		2	44
5.00	Bridge tunnel	<u>Keep left through tunnel</u>	Traffic	12:45	13:20	69	Parc Bryn Bach RC Vets	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	12:45	13:25	39	Clevedon AC 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	12:55	13:50	39	Clevedon AC Ladies		No action needed			74
7.90	End of narrow path on Taff Trail. Trail	<u>Turn left</u>	Junction	12:55	13:50	39	Clevedon AC Ladies	1	Marshal runners to turn left and stay on left hand side		2	75

	meets New Church St/St John the Baptist Church, CF48 2PE												
8.00	Lane at end of Taff Trail meets A465, Lower Vaynor Rd	<u>Turn right and cross when directed by marshals</u>	Junction	13:00	13:50	39	Clevedon AC Ladies	2	Marshal runners to turn right and runners cross road when directed with the help of a Flying Marshals team		2		76
8.00	Turning at A4050	<u>Continue</u> on left hand side of road.	Corner	13:00	13:50	39	Clevedon AC Ladies	1	Marshal runners to continue on the left hand side		2		76
8.40	Mini roundabout	<u>Continue</u> on left hand side of road.	Roundabout	13:00	13:55	56	South West RR	1	Marshal runners to continue on the left hand side		1		80
8.50	Junction signed Prince Charles Hospital	<u>Turn left</u> and cross to park side of road.	Junction	13:00	13:55	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 right hand side of lake.	Traffic	13:00	13:55	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	13:00	13:55		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 CF47 8RE Toilets in café	Note: The finish of this stage is about 1½ miles from the start of stage 18.										83	

28

2

31

18	Rhydyar LC to Navigation Park			9.1 miles	Note: The start of this stage is about 1½ miles from the finish of stage 17.					Caution Signs		Gun Cut Off Time (min) and place
	Start	13:30			Marshalling							
Stage mileage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs

0.00	Start: Rear of Rhyd-y-Car leisure centre CF48 1UT, Toilets in LC	Run on cycle track following Taff Trail signs	Cyclists/ Walkers	13:15	13:35					Lead cyclist to go ahead of runners to warn other cyclists and pedestrians. Trail cyclist for back up	2		
<i>Cyclists</i>													
2.40	Dynevor Arms, near Troedyrhiw	<u>Bear left</u> down lane to B4285 Run on right hand side of lane	Corner	13:30	14:00	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	13:30	14:00	9	Brackla Harriers	1	Marshal runners to stay on right hand side				
2.47	After B4285 Junction	<u>Cross to left hand</u> side when directed Continue on left hand side of B4285 towards Aberfan.	Crossing	13:30	14:00	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	13:35	14:10	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	13:35	14:15	9	Brackla Harriers	1	Marshal runners to keep to the left hand pavement				
4.50	Roundabout	Keep to the left	Turning	13:40	14:20	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	13:40	14:20	3	Bridgend AC	1	Marshal runners left		2		44
4.60	Junction with Wesley Place	<u>Cross road</u>	Junction	13:40	14:20	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	13:40	14:20	3	Bridgend AC	1	Direct runners to keep to right hand pavement		2		44
4.75	Turn right onto A4054	<u>Continue on pavement on right hand side</u>	Junction	13:40	14:20	3	Bridgend AC	1	Marshal runners to stay on right hand side		2		45

7.40	Quakers yard	Entrance to narrow bridge Take the first track over the bridge	Junction	13:55	14:45	60	Aberdare VAAC	1	Marshal runners to turn right		2	70	
7.42	After narrow bridge	<u>Cross to left hand side when directed</u>	Turning	13:55	14:45	60	Aberdare VAAC	1	Marshal runners across to left hand side		2	70	
7.46	Junction with Taff Trail	<u>Turn left just before sign for Goitre Coed Road</u> along Taff Trail (marked 8,47). Continue on left hand side of Taff Trail which becomes a road in 0.3 mile	Corner	13:55	14:45	60	Aberdare VAAC	1	Marshal runners to turn left		2	71	
8.80	B4275 junction	<u>Turn left</u> on to B4275. Cross to right hand side when directed	Junction	14:00	14:55	60	Aberdare VAAC	2	Marshal runners across to right hand side		2	84	
8.90	Junction with St Martins Terrace	<u>Bear right</u> and run behind houses	Turning	14:00	15:00	60	Aberdare VAAC	1	Marshal runners to turn right		2	85	
9.00	End of terrace	<u>Continue right</u> and then <u>turn left</u> towards the park	Corner	14:05	15:00	60	Aberdare VAAC	1	Marshal runners to turn left			86	
9.10	At end	Stop when advised	Traffic	14:05	15:00		Changeover marshals		Keep runners and traffic apart	2		86	
9.10	Finish Inside Navigation Park industrial park. CF45 4SN											86	
										18	2	24	

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 14:15				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	Follow Taff Trail	Pedestrians	14:00	14:20		Changeover marshals		Assist Start Umpire to escort runners to start.	2		

CF45 4SN, No toilets												
	Start on Taff Trail near children's play area				44	Pontypridd Roadents	1					
0.40	Spur footpath to Navigation Park (Ynys y Dwr Farm)	<u>Straight ahead on Taff Trail</u>	Junction	14:05	14:25	44	Pontypridd Roadents	1	Marshal runners to keep straight ahead			
1.10	Gate on Taff Trail	<u>Turn left up hill. Run up right hand side</u>	Junction	14:10	14:30	44	Pontypridd Roadents	1	Marshal runners to turn left and run on right hand side			
1.30	Junction at top of hill	<u>Cross to opposite side to cross A470 bridge when directed</u>	Crossing	14:10	14:35	44	Pontypridd Roadents	2	Marshal runners across to left hand side			
1.40	Cilfynydd, Junction with A4054	<u>Turn Right at junction with A4054</u>	Parked vehicles	14:10	14:35	44	Pontypridd Roadents	1	Marshal runners to stay on right hand side		2	
2.70	Junction (Doddington Pl., Trallwng)	<u>Continue straight on</u>	Junction	14:15	14:45	44	Pontypridd Roadents	2	Marshal runners to stay on right hand side		2	
3.10	Junction (Common Road)	<u>Continue straight on</u>	Junction	14:20	14:50	12	Lliswerry Runners	4	Marshal runners to stay on right hand side		4	
3.80	Approaching Glyntaff	<u>Cross to left hand side when directed</u>	Crossing	14:20	14:55	12	Lliswerry Runners	4	Marshal runners across to left hand side		2	
3.90	Glyntaff traffic lights	Turn left at traffic lights and follow signs to Glyntaff Crematorium and Taff Trail sign	Junction	14:20	15:00	23	San Domenico RC	1	Marshal runners to bear left		2	
4.10	Junction	<u>Cross junction to terrace houses.</u>	Junction	14:25	15:00	23	San Domenico RC	2	Marshal runners across junction		2	39

4.10	End of terrace	<u>Cross to right hand side</u>	Road	14:25	15:00	23	San Domenico RC	1	Marshal runners across road			
4.10	Campus roundabout	<u>Cross campus road to Taff Trail</u>	Roundabout	14:25	15:00	23	San Domenico RC	2	Marshal runners across roundabout to Taff Trail.			
4.80	Dyffryn Road	<u>Continue</u> along the Trail	Junction	14:25	15:05	23	San Domenico RC	1	Marshal runners to continue along cycle track			46
5.00	Lane off Oak Street	<u>Continue</u> along the Trail	Housing	14:35	15:15	65	Team Bath Vets	1	Marshal runners to continue on trail passed triangular grassed area			48
5.20	DYNEA Road CF37 5DN	<u>Continue</u> along the Trail	Junction	14:30	15:10	65	Team Bath Vets	1	Marshal runners to continue along cycle track			49
7.60	<u>Under Second</u> bridge to finish.	<u>Continue along trail to the finish</u>	Pedestrians	14:40	15:30	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	<u>Stop when advised</u>	Pedestrians	14:40	15:30	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
29										2	15	

--	--	--	--	--	--	--	--	--	--	--	--	--

Caerphilly to Cardiff										Caution Signs		Gun Cut Off Time (min) and place	
20		Start 14:50		9.9 miles		Marshalling							c/o Mshls
Stage mileage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required			
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				14:35	14:55		Changeover marshals		Assist Timekeepers to control traffic at start.	2		

of the footpath from car park to Nant Ddu. No parking in Nant Ddu.												
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	14:40	14:55	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 left hand side	Traffic	14:40	15:00	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	14:40	15:00				No action needed			
0.30	Junction on left	<u>Turn left. Run on left hand side</u>	Traffic	14:40	15:00	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	14:40	15:00	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	14:40	15:00	49	Penarth & Dinas Runners	2	Marshal runners across road		2	
0.70	T junction with Ffordd Traws Cwm	<u>Turn right</u> , stay on right hand side	Public	14:40	15:05	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 right hand side	Traffic	14:40	15:05	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	14:45	15:05	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	14:45	15:05	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	14:45	15:10				Directional Arrows			
2.00	Cycle track	<u>Continue</u> straight on	Gateway	14:50	15:15				No action needed			
3.50	Taff's Well Railway station	Run on left hand side towards traffic lights.	Junction	14:55	15:30	14	Run4All Ladies	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 pavement on left hand side	Crossing	14:55	15:30	13	Meirionnydd RC	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 left hand side into Tongwynlais	Junction	14:55	15:35	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 right hand side when directed	Crossing	15:00	15:35	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	15:00	15:40	38	Les Croupiers Vets	1	Marshal runners to turn right			
4.60	A470 Bridge	<u>Turn right</u> after bridge then bear left, follow cycle path, signed CARDIFF CASTLE	Turning	15:00	15:40	38	Les Croupiers Vets	1	Marshal runners to turn right Lead and trail cycles to Cardiff Castle.			44
4.90	Iron Bridge	<u>Turn left, stay on cycle path</u>	Cyclists/ Public	15:00	15:40	38	Les Croupiers Vets	1	Marshal runners to continue on Taff Trail			47
5.00	M4 Motorway	<u>Stay on cycle path under motorway and turn right towards weir</u>	Turning	15:05	15:40	11	Les Croupiers RC Ladies	2	Marshal runners to turn right after motorway, towards weir			48
5.80	Radyr Bridge	<u>Straight ahead</u>							No action needed			55
5.90	Forest farm	<u>Straight ahead on right hand side of road</u>	Junction	15:20	16:05	11	Les Croupiers RC Ladies	1	Marshal runners to stay on right hand side			56
6.40	Local road	<u>Take footpath on right at start of hill</u>	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	<u>Bear right staying on cycle path</u>	Barrier	15:25	16:10	11	Les Croupiers RC Ladies	1	Marshal runners to bear right			66
9.10	Blackweir Suspension bridge	<u>Keep right beside river</u> <u>Keep to metalled path adjacent to river</u>	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	<u>Turn left and run to finish</u>	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	<u>Run to finish</u>	Pedestrians	15:25	16:25	11	Changeover marshals		Guide runners to finish with the aid of a Flying Marshals Team.	2		94
								39		2	18	
Day 2 total				103.8								
Grand total				208.2								

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 on 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 (especially in rural areas) so please use maps and do not rely solely on sat-nav.

Day 1

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

Day 2

Leg	Start	Landranger map reference at start + approximate postcode	Landranger map reference at finish + approximate postcode	Route	Distance (miles)
11	Newtown	SO 100 904 SY16 1LH	SO 099 777 LD1 6YH	Local road A483	3.4 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 CF48 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.	No parking at finish. 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.	No parking allowed 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.	Parking is limited <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.	Parking is limited <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. Servicing runners at this point is strictly forbidden.
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. Servicing runners on this stage is strictly forbidden.
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		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Lay-by at eastern end of village	
		Parking is limited. No toilets, no refreshments. 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		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Junction of Watergate 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 (Amended stage for 2019)		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
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.	
0.8	A483 roundabout	Race traffic must keep on the A483 out of Newtown and not follow the new (and narrow) race route along Middle Dofor Road
10.8	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 are available to the Community Centre which is just after The Finish - breakfast will also be available at the Community Shop which is just before The Finish.

Stage 12: Llanbadarn Fynydd to Crossgates		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Outside New Inn	
		Park tidily past New Inn. Make sure you do not block the road for the runners of this stage. Toilets are available to the Community Centre which is just after The Start of Stage 12
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		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start: Knills Service Station	
		Park with consideration at Knills Service Station in order to keep the forecourt and road in front of garage clear. Toilets and refreshments are available here.
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). Public toilets are available in the car park in the town centre. Toilets and refreshments are also available for customers using the Little Chef café 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	Cilmery	Note the monument to Prince Llywelyn, Wales' last native prince.
6.3	Garth	This road is narrow and hilly. Please respect the runners and pull off the road when stopping.
10.8	Finish: At isolated building on cross road (Drovers Arms [Not a real pub]).	Parking is limited Park in car parks near Drovers Arms. One toilet at Epynt Centre. Under no 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.	Parking is limited. No parking before or in the Epynt Visitor Centre. Park as directed by the marshals. Under no 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	No turning right for you. Go straight to Brecon and park up.
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. Take care along narrow lanes.
3.8	Pencelli	Road narrows and S bend. Drive carefully
5.4	Junction on right to Aber	Race traffic must not use this turning. Talybont on Usk has parking, toilets and café. 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. Continue to take great care on this narrow stretch of road.
7.5	Talybont Reservoir	Runners only to cross the dam. 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.	This area must only be used to drop off/pick up runners. No toilets or refreshments.

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.	Drop off point only. No parking. No toilets. 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 Penticill.	Take care along narrow lanes.
3.7	Junction at approach to Penticill.	Turn left and follow sign for Mountain Railway.
5.1	Access to Taff Trail on right	Runners only. 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 (politely) 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 Referee (Jeff Aston 07814 879927).**

- 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.

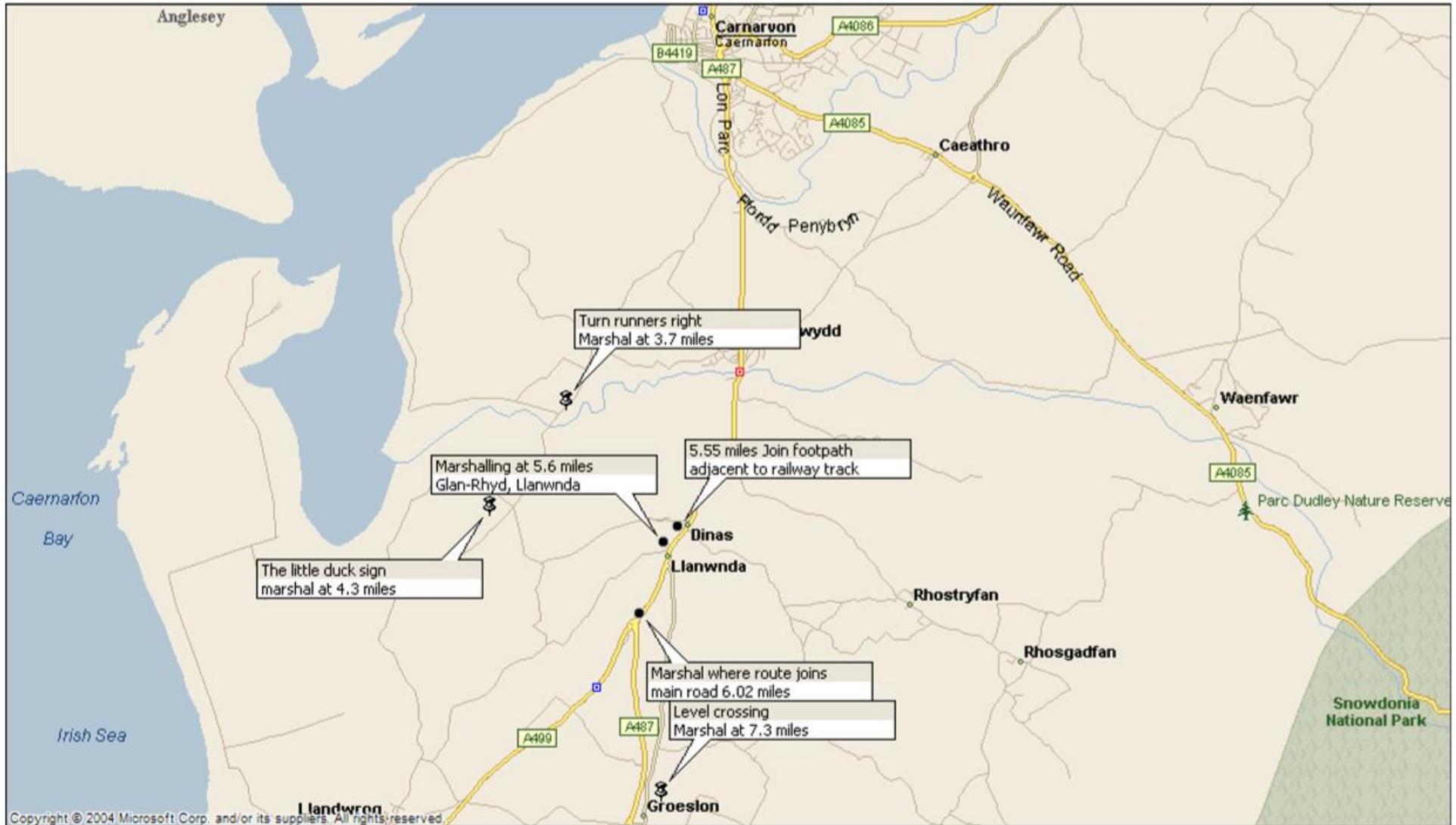
Team Marshalling Duties 2019

Duty No	Competing club	Stage	No of marshals	stage	No of marshals
60	Aberdare VAAC	18	7		
29	Abergele Harriers	1	5	8	3
5	Athletau Aberystwyth AC	6	6	Includes Water Station duties at 3 and 8.6miles	
21	Altrincham & District AC	3	6		
43	Bitton RR	2	6		
9	Brackla Harriers	18	6		
70	Brecon AC	16	8		
3	Bridgend AC	18	5		
42	Bromsgrove & Redditch AC	1	4	6	3
24	Buckley Runners	6	8		
53	Chorlton Runners	10	5	6	2
37	Clevedon AC	3	7		
17	Ealing Eagles	15	6		
1	Eryri Harriers	8	2	9	5
20	Islwyn RC	16	7		
45	Les Croupiers RC	20	12		
12	Liswerry Runners	19	8		
55	Lytham St Annes	2	5		
13	Meirionnydd RC	6	6	20	2
6	Neath Harriers	19	4	10	4
68	Parc Bryn Bach RC	17	6		
49	Penarth & Dinas Runners	20	7		
44	Pontypridd Roadents	19	8		
2	Poole Runners	7	6		
10	Port Talbot Harriers AC	13	6		
4	Prestatyn RC	1	6		
59	Right to Movement Palestine	14	5		
63	Run4All Neath	15	8		
58	Sale Harriers	5	6		
23	San Domenico RC	19	7		
57	Sarn Helen Club	16	8		
15	Serpentine RC	14	7		

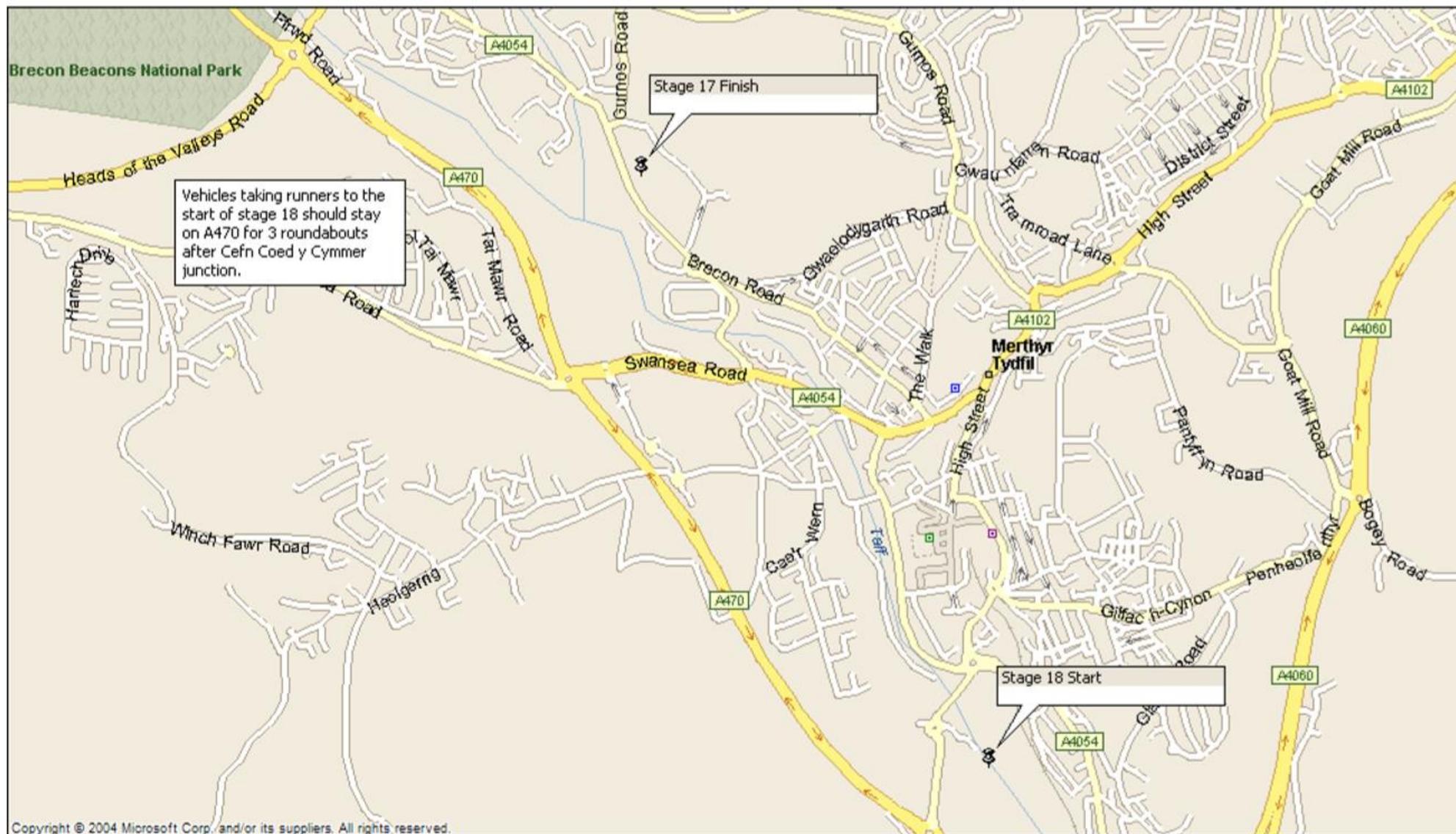
56	South West RR	17	6		
7	Stragglers	10	7		
48	Team Bath AC	10	6		
35	Telford Harriers	7	7		
28	TROT's	1	6		
22	West Cheshire AC	1	7		
41	White Rock Runners	15	8		
32	Winchester & District AC	3	5		
33	Wirral AC	4	7		
40	3M Gorseinon	11	7		
18	Bitton RR Ladies	16	7		
8	Chorlton Runners Ladies	3	4	16	2
39	Clevedon AC Ladies	17	6		
31	Ealing Eagles RC Ladies	5	6		
11	Les Croupiers RC Ladies	20	9		
36	Lliswerry Runners Ladies	3	4	7	3
14	Run4All Ladies	4	5	20	2
50	Sale Harriers Ladies	13	8		
61	Serpentine RC Ladies	13	7		
25	Aberdare VAAC Vets	2	7		
67	Buckley Runners Vets	11	2	12	5
54	Chorlton Runners Vets	9	4	15	3
16	Ealing Eagles Vets	12	5	13	1
38	Les Croupiers Vets	6	3	20	3
69	Parc Bryn Bach RC Vets	17	5		
46	Pontypridd Roadents Vets	16	2	17	5
27	South West RR Vets	14	4	11	2
65	Team Bath Vets	4	5	19	2
47	Winchester & District Vets	5	7		
26	Burges Salmon LLP	8	6	Water station duties at 4.8m and 7.9m	
52	Environment Agency Harriers	8	5	Water station duties at 1.75m	
51	South Wales Police	7	4	20	4
62	Team Reassure	10	4		

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

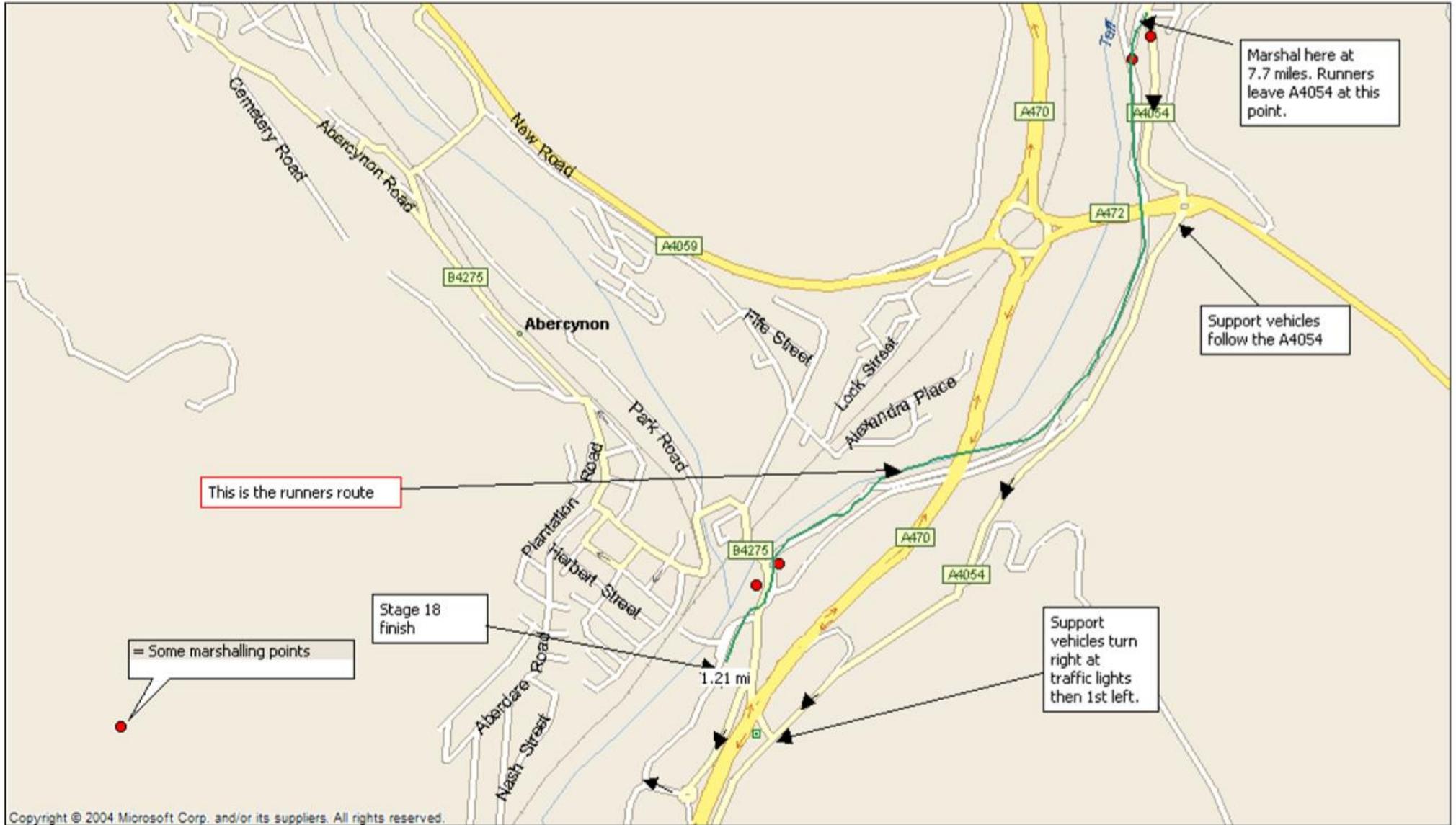
Stage 1: Middle Section



Stage 17: Finish and Stage 18 Start



Stage 18: Approach to finish



Stage 19: Glyntaff and Rhydyfelin marshalling points

