

29th ANNUAL BRITISH FELL AND HILL RUNNING RELAY CHAMPIONSHIPS

SUNDAY 15TH OCTOBER 2017

LLANBERIS, GWYNEDD, NORTH WALES



EVENT INFORMATION (v1.4 11/10/17)

See also www.britishfellrelay.org.uk

WELCOME

Eryri Harriers are delighted to welcome all competitors and supporters to the 2017 UKA British Fell and Hill Running Relay Championships held in Llanberis, North Wales, and hope that you enjoy your visit to magnificent Snowdonia.

Llanberis sits in the heart of the Snowdonia (Eryri) National Park and perhaps most famously at the foot of the highest mountain in Wales, Snowdon (Yr Wyddfa). Llanberis can most certainly stake a claim for being the Outdoor Capital of the UK with activities such as climbing, mountaineering, mountain biking, scuba diving and sailing all within easy reach, and of course fantastic running in the Snowdonia mountains. Within the village a range of tea rooms, public houses, hotels, hostels, camp sites, outdoor shops, craft centres and museums await visitors. Highlights include Pete's Eats, a cafe steeped in history, The Heights public house, Electric Mountain - a visitor centre that takes you inside a mountain, and of course the mountain railway to Yr Wyddfa's summit.

The hills surrounding Llanberis are a history lesson in themselves from the ubiquitous quarries, to Mallory and Irvine's training venues for their fateful trip to Everest and many classic mountain races such as the mighty Pedol Peris, laced with legend, which take place here every year.

The courses for this year's Relay make the most of the local area. Moel Cynghorion and Foel Goch feature on the longest leg, with Moel Eilio being visited on Leg 1. The running here provides grassy ridges, steep climbs and sweeping fast descents. There will be running through quarries, a 'natural' feature of the Llanberis hills and all in the shadow of Snowdon.

TRAVEL

- Llanberis is 12 miles from Bangor and the A55 in the North and 16 miles from Betws-y-Coed in the South
- Llanberis can be reached by the 85/86 service from Bangor and the 88/89 service from Caernarfon.

EVENT CENTRE

The Event Centre is at Glyn Rhonwy Business Park – LL55 4EL - (Grid Ref. 572 608) just a short distance from Llanberis with its range of shops and eating places. This gives perfect access to the hills to be used for the Relay. Parking will be at the Event Centre so please follow the signs and marshals. From the parking area a short walk (3 minutes) will take you to the main arena (see map below).

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ACCOMMODATION AND SERVICES

As mentioned earlier a variety of local businesses offering accommodation, food, drink and other activities are available in the local area. Follow the links below for information:

For Camping:

Llwyn Celyn Bach
Capel Coch Road
Llanberis
Gwynedd
LL55 4SR
Tel: 01286 870923 or 07877 376423

<http://www.snowdonia-active.com/>

<http://www.snowdonia.org.uk/>

<http://www.snowdoniagreenkey.co.uk/>

<http://www.llanberis.org/>

RACE DAY PARKING

The event car park is contained within the Glyn Rhonwy site so just follow the signs and then parking marshals will guide you in.

£2 per car

£5 per minibus

Please have the correct change ready for collection by the marshals.

The car park is a short 3 minute walk from the Arena but toilets and recycling facilities will be available in both locations.

There is no overnight camping at the site.

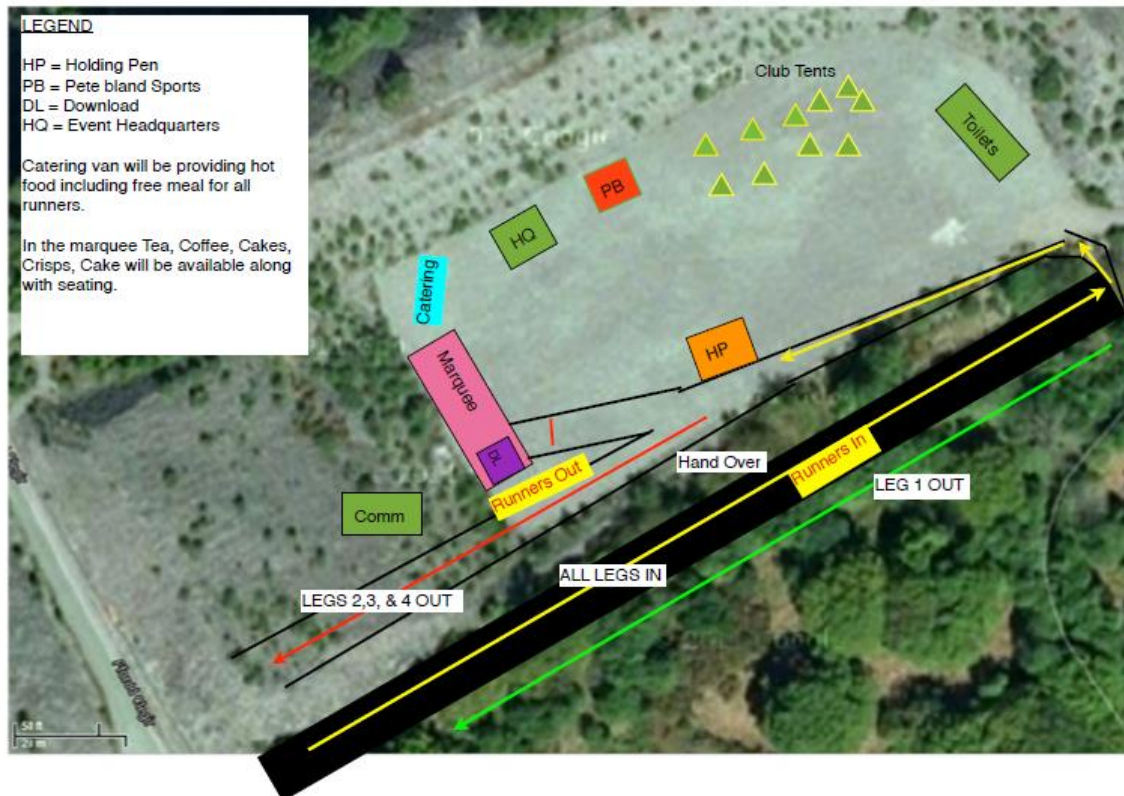
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EVENT ARENA

The Event Arena will contain registration, race changeovers and holding pen, finish, toilets, refreshments, Pete Bland Sports, first aid, communications, race referee and officials, results, emergency vehicles and commentary box.



The Arena should comfortably accommodate everyone so feel free to bring a club tent or gazebo. We don't want to be pessimistic about the weather but best to be prepared, this is Wales in October! Note that the Arena has a slate chipping floor, not grass.

Our commentary team will be able to keep everyone up to date as the event progresses since we should have a live data feed from ALL of the check points. Our commentators will attempt to give outgoing runners about a 5 minute warning of the impending arrival of their incoming runner, so keep your ears pinned back! Note that during busy periods the commentators may not be able mention every approaching runner, so keep an eye on the run in too.

The route into the Arena should give everyone a great view of the incoming runners, and a stiff start to Legs 2, 3 & 4 will make sure your thighs are warmed up before heading on to the mountain.

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TOILETS

There will be toilets located in the event arena as well as the car park, there will also be a toilet in the holding pen for nervous runners! Please use them.

SHOWERS

Unfortunately there are no shower facilities at the event site.

CATERING

A hot meal will be available to each runner on production of his/her meal voucher at the catering van. We have the fantastic services of Marc McCauley Catering, who will be providing competitors' meals along with a range of sandwiches for purchase, and on Sunday morning a limited supply of bacon butties – get in early they won't last long!

In the marquee the magnificent ladies of Eryri will be providing tea, coffee, cake (Bara Brith at the top of the list!), crisps, chocolate and water. They will be opening at 8am on Sunday morning and will keep the urns topped up until the last runner completes their leg.

In addition Llanberis can also provide a range options so please support our local community.

REGISTRATION

Registration will be held in the Marquee in the main event arena.

Registration will be open:

- Saturday 14th October 2pm – 5pm
- Sunday 15th October 7:30am – 9am

A Team Captain from each team must collect the team registration bag and confirm that the details for each runner are correct. That individual will then be asked to hand in their signed disclaimer form on behalf of the team. This form is available on the website.

Registration bags will include:

- Maps
- 4 Timing wristbands which will be numbered and must be worn for the corresponding leg as specified by the label on the bag. These will be handed in at the end of each leg. There will be a £2 charge applied for any lost wristbands. **Please hand your wristband back to the download team even if you retire.**
- Race numbers for each runner. The numbers will be prefixed with letters A for leg 1, B for leg 2, C for leg 3 and D for leg 4.
- Meal voucher
- Pins

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- Pre-ordered t-shirts

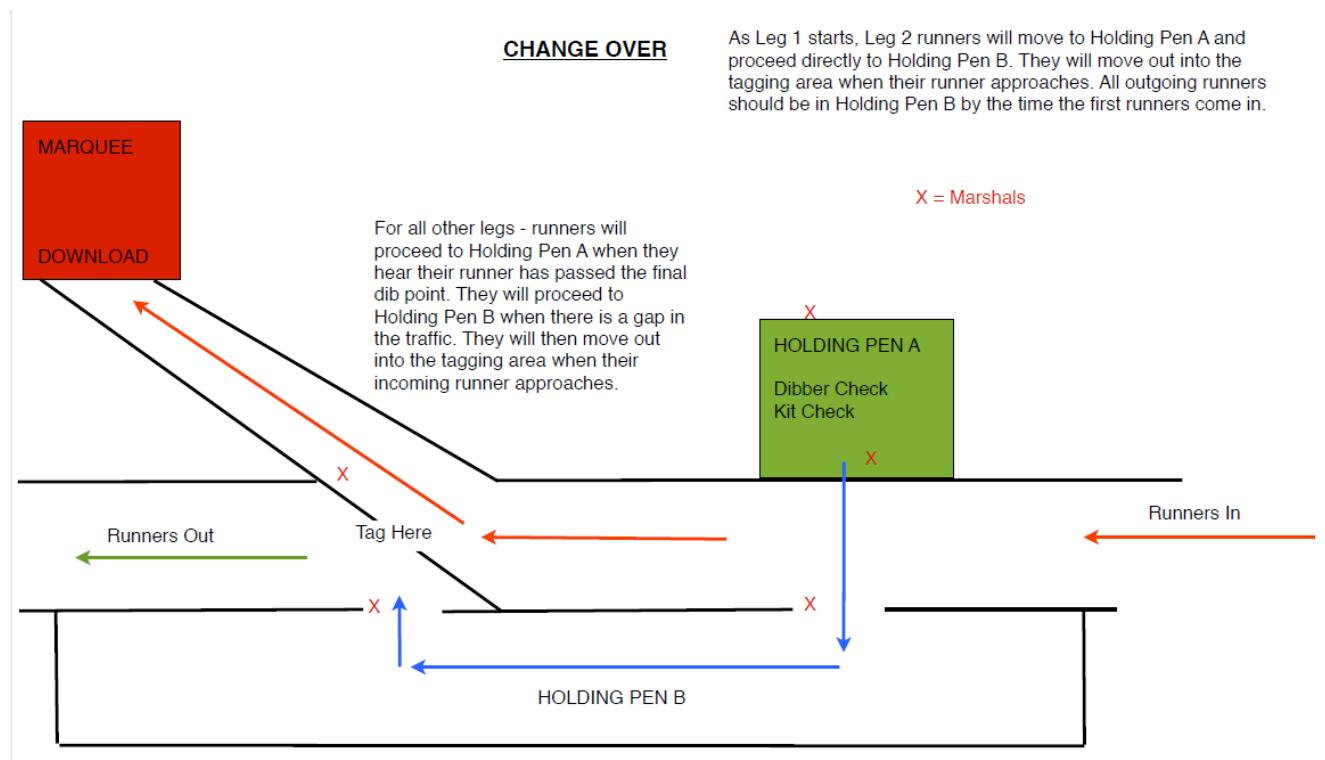
PLEASE NOTE: Numbers, timing bands and maps are specific to each leg. The Team Captain must ensure each runner has the correct equipment and number. Failure could result in disqualification.

THE COURSES

The maps are printed using the 1:25000 scale with course routes printed over.

Leg 1 leaves the arena along the access road returning the same way. Legs 2, 3 & 4 all leave the arena up the 'Slate Bank', returning along the access road.

Incoming runners will tag the outgoing runner before peeling off to the finish control and proceeding into the marquee to hand in their wristband (this is absolutely essential for every runner).



Navigation (leg 3) runners will collect their maps (1 each i.e. 2 per pair) from marshals positioned at the bottom of the hill before the run out of the arena. ('Slate Bank')

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Course Summaries		
Leg 1	8.9km: 707m ascent	3 x dib checkpoint controls
Leg 2	14.9km: 900m ascent	5 x dib checkpoint controls
Leg 3		6 x dib checkpoint controls
Leg 4	8.35km: 512m ascent	3 x dib checkpoint controls

Course maps are available on the website in advance for Legs 1, 2 & 4 for information and recce purposes. If you wish to recce then please respect our landowners who have given permission for us to use their land.

You must visit the controls in order and must follow instructions from any marshal. Sections of the courses will be taped and these should also be followed.

Please note that there are small road sections used so please take care in respect of vehicles and other road users.

A reminder of the race rules:

- All competing clubs must be affiliated to UK Athletics.
- Each team will consist of six runners:
Leg 1 –Solo, Leg 2 –Pairs, Leg 3 –Pairs (navigation leg), Leg 4 –Solo
- Runners can only compete in a single leg (no ‘doubling up’).
- Runners should be the ones declared (i.e. no unauthorised substitution).
- Team members must be first claim members for their club and wear the club vest.
- For Legs 2 and 3, pairs must remain in contact at all times and finish together.
- Team members must be experienced fell runners who have run in at least two category ‘A’ fell races.
- The organisers reserve the right to refuse entry to any club failing to fulfil these criteria. Experience of team members may be checked against available results databases.
- This event is a senior competition for athletes aged 18 and over, but following consultation with the race referee, team captains may enter a suitably experienced 16-17 year old runner on Leg 4 which will be flagged and marshalled to the standard required for junior races.
- Navigation skills will be required on Leg 3, and may be required in poor weather on Legs 1 and 2.
- Team Captains are responsible for ensuring that ALL team members are suitably qualified and experienced to compete in their respective leg.
- FRA rules for competition and the FRA safety requirements for fell races will apply throughout the event.
- Full FRA kit requirements will apply irrespective of weather conditions, though late October in Llanberis can see anything from weak sunshine to blizzard conditions.
- Each team member is responsible for dibbing (punching) the RaceTek unit at each control point. Teams failing to punch the correct set of controls will be disqualified.

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After placing the wristband against the RaceTek unit it must be held there until 1 flash is seen and 1 beep is heard.

Removing the wristband too quickly will result in a failed reading and subsequent team disqualification.

The same punching mechanism will be used on exit from the holding pen, at the pre-start control, so that runners can familiarise themselves with the process.

Be aware that other control units at the same control site will also be beeping as they are punched.

UKA CHAMPIONSHIPS TEAM CATEGORIES

A - Male Open

B - Male Vet 40

D - Female Open

E - Female Vet 40

Championship medals will be awarded by UKA for the first three teams in categories A, B, D and E. Eryri Harriers will award medals for category C - Male Vet 50 and category F - Mixed Any Age (3M/3F). There are no prizes for category G - Mixed (any combination).

ONLINE TEAM DECLARATION CLOSERS MIDNIGHT THURSDAY 12TH OCTOBER

Online Team Declaration - If you have not already declared your team(s) then please do so ASAP using the Fabian4 [Amend Entry](#) function. You will need the DoB of all 6 runners. You will be able to make amendments to your declaration online up until midnight on Thursday 12th October. **We will assume that any team failing to fully declare online by the cut-off time will not be turning up and all such teams will be removed from the start list.**

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THE RACE

Fabian4/RaceTek will be providing timing and results services. Each runner should make sure they are happy with the way the wristbands work – please ask if you are unsure.

Leg 1 will start at the bottom of the estate access road and finish in the Event Arena.

Legs 2, 3 & 4 start and finish in the Event Arena.

09:20-09:40 Leg 1 Runners to proceed to holding pen for kit and wristband check.

09:45 Briefing

09:55 Leg 1 Runners exit the holding pen and proceed through the pre-start check

10:00 **START**

RUN-IN, CHANGEOVER, NEXT LEG

- Tape markers to be followed through the wood to the road (Leg 1) or down through the quarry (Legs 2, 3 & 4) to the top of the event arena.
- Proceed down the access road entering the event arena platform at the lower end (marked). There will be a sharp turn at this point so care may be needed.
- Continue along marked/barrier section towards handover.
- Touch outgoing runner and peel off to the right as directed towards the marquee.
- Finish controls will be sited just outside the marquee.
- Dib at one of the finish controls and proceed into the marquee for a kit check.
- NOTE: Outgoing runner does NOT need to dib to start, incoming runner dibs after handover.
- Kit must NOT be passed from incoming to outgoing runner, there will be kit checks on leaving the finish area.
- On entering the marquee you will surrender your wristband.

13:30 (TBC subject to conditions) **Mass Start** for all remaining leg 3 runners.

15:30 (TBC subject to conditions) **Mass Start** for all remaining leg 4 runners.

17:00 **Presentation**

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RACE REFEREE

The Race Referee will be located in the commentator's van close to the marquee. If you have any race/competition issues you wish to raise please make contact at this location.

SAFETY, KIT AND KIT CHECKS

Please follow all instructions from officials, marshals and helpers. This is to ensure your safety and that you are ready to run especially in adverse conditions.

Minimum full kit must be carried by each runner:

- Windproof whole body cover
- Other body cover appropriate for the weather conditions
- Map (as provided) and compass suitable for navigating the course
- Whistle

The organisers reserve the right to require additional mandatory kit, such as waterproof cover, should conditions determine this to be appropriate. Please keep an eye on the website and weather forecast as the event approaches. Final details will be available at registration.

Please be aware that as the event is held in October the conditions could range from heat wave to blizzard, please arrive with appropriate kit. No marshal wants to disqualify a runner based on poor kit selection.

It is the responsibility of each Team Captain to ensure that their team members aware of this rule and comply with it. Failure to comply will lead to disqualification.

Kit checks can/will be:

- Random.
- Before a leg (in the holding pen) – please ensure you are there in time to get your wristband and kit checked.
- After a Leg (in the marquee) – marshals will be on hand.
- All class leading positions will automatically have their kit checked.

AND FINALLY.....

We hope everyone enjoys their trip to North Wales, the mountains around Llanberis and the Relay event held in their midst.

See you on the 15th!