

Llangollen Fell Race Pre-briefing

Thank you for entering the race; this is your race briefing which will be emailed to all entrants with a week to go and again with a day to go.

Registration: Llangollen Leisure Centre, Dinas Bran School, Dinbren Road, Llangollen, LL20 8TG. At registration you will collect your wrist band, race number, safety pins and a memento.

Car park at Llangollen Pavilion Abbey Road, Llangollen LL20 8SW, 5 minute walk from registration.

When: Registration TBC nearer the race Full kit to be carried. Limit of 300 runners. Map of the route is on the race website. www.llangollenfellrace.co.uk

Start: TBC nearer the race It would be appreciated if slower runners use the earlier start time if there is one.

Wrist band: Each runner will be given a wrist band to wear. They will register at the mass start and then at two marshal stations on the route and again at the finish, to give a very accurate race time and help with race safety. We recommend you wear it on the opposite wrist to your watch. Please return at the end of the race as they cost £10 each.

Marshalls and route marking: There will be a hand full of marshals on the route, mostly at road crossings. Two of these points will be dibber points for your wrist band. . The route is partially marked with red and white tape and black arrows on yellow signs.

Cut off: there is no cut off in the race but we would ask slower runners to enter the earlier start at if there is one There will be a sweeper following the later start .

Facilities: there will be toilets at registration hall. At the end of the race once you have handed in your wrist band, make your way back into the registration hall. If you hand in your race number you will be given a free hot drink and a slice of cake. You can also buy a hot drink and cake if one is not sufficient, which we hope won't be as all race profits go to the local mountain rescue team. Last year we donated over £1,000 from our three races to them.

Aid Station/Refreshments: there is a water station at about 10 miles after you leave Llandegla forest where you hit the road again, you will need to bring some form of cup/holder to drink from. If you also have a thermos cup, or camping mug please bring this (you don't need to run with this one) for the hot drink post race it's both environmentally and economically better than us providing disposable cups there, though we will have a few.

Terrain: typical fell race route. The first and last few hundred meters are on the road and then you are on the fell, mostly on good tracks.

Maps: of the route is on the race website. The route is on OS Explorer 256 (Wrexham and Llangollen)

Kit: Check the weather forecast before you arrive. Full kit should be carried; the high point is at 550m and often in the mist, if you get lost or injured you will get cold quickly.

Safety: Carry a map and compass and full kit. Note my mobile number below and ring me in the event of an incident. Each marshal has a first aid kit and the local mountain rescue team are in attendance

Merchandise: RFFR will be selling race t shirts, mugs and buffs at the finish along with home baked cakes.

Prizes: There are prizes for first man and woman in each age category up to and including 60 years old.

Prize giving presentation: will take place in the hall at approximately 12.30

Most importantly enjoy the event, stay safe and buy some cake!

Howard Jones 07917197912

Records: Tom Adams 1.49.42 2022 Catrin Smith 2.22.13 2022

Organiser: Howard Jones 07917197912 howardjjones@hotmail.co.uk
<http://www.llangollenfellrace.co.uk/>. See also Run Free Fell Runners Facebook page.