

Tour de Llyn Llydaw Race January 1st 2022: Information Sheet updated 27/12/21

Race Entry	Pre entry on-line at http://www.gorphwysfa.org/ preferred. On-line entry closes 10am Friday December 31 st or earlier if safe limit reached.
Registration	Payment and bib collection outside Pen-y-Pass Youth Hostel from 9:30 on the day.
Clothing dump	No facility in the Youth Hostel. Space available outside (unsupervised). Bring your own waterproof bags.
Car Parking	Check https://www.snowdonia.gov.wales/visiting/local-information/car-parking .
Toilets	Available at Warden Centre and Youth Hostel.
Refreshments	Soup and Roll available for competitors after the race in the Mallory Café and Bar area. Seated customers only, maximum numbers apply.
Start time	Staggered starts from 10am. We request that slower runners or walkers come early so that all competitors complete the course by 12noon.
Distance	8km / 5miles
Ascent	181m / 594ft
Category	CS
Juniors	Minimum age for full race 16 years on the day. Short race 1.8 miles / 300ft, juniors over 12 years on the day, adults welcome
Route description	From Pen Y Pass Youth Hostel up to and clockwise around the entire shore of Llyn Llydaw (no crossing the causeway!) and back to the hostel.
Checkpoints	Give your number to the marshal when you pass the Green Hut on the edge of Llyn Llydaw on the way out, and again after completing the circuit of the lake, before descending the Miners Track to return to Pen-y-Pass Hostel.
Bad weather	There is no bad weather alternative route.
Maps	Landranger No 115
Type of terrain / severity of route / unusual characteristics / restricted areas	<p>The terrain ranges from good but rocky track to rough marsh, steep banks, slippery rock and boulder fields.</p> <p>Take care crossing road at beginning and end of race. Follow the well-made Miners Track climbing 70m to the Green Hut on the edge of Llyn Llydaw.</p> <p>Take care at points along the track where there are steep drops. After dishing at the Green Hut, turn left along the Lliwedd track to begin a circumnavigation of Llyn Llydaw in a clockwise direction. After crossing the lake outflow over a small bridge, do LEAVE the Lliwedd track bearing right to find a faint track around the lake. The route is NEVER more than 50 yards from or 50 feet above the lake.</p> <p>Take care at a rocky promontory.</p> <p>Take care crossing the stream at the far end of the lake especially after heavy rain. Turn right when re-joining the Miners Track near the Old Crushing Mill. Continue along the good track near the lake edge to the Causeway.</p> <p>DO NOT cross the Causeway but continue round the lake (no discernible path) to again reach the Miners Track.</p> <p>You must show your number to the marshal at the Green Hut a second time before returning to Pen-y-Pass via the Miners Track.</p>
First aid / emergency response	There is no Paramedic cover at this race. Marshals at green hut and causeway have radio link to contact race registration in case of emergency.
Minimum personal safety kit	The race is run under WFRA rules and appropriate kit must be carried as required by the Organiser e.g. cagoule / hat / gloves /leg cover dependent on conditions on the day.
Navigational skills / course marking	The route is not way-marked. If you have no local knowledge you are advised to carry an appropriate map (eg Landranger No 115) and compass and know how to use them.
Competitor monitoring and timing:	Competitors will be issued with numbers. Numbers must be shown to Marshals at the Start & Finish, and at the Green Hut. Marshals have radio communication with event start / finish. Timing by Stop watch.
Prizes	No prizes, but soup and a roll will be available in the hostel at the end of the race. Social distancing rules and number limits apply.
Organiser	Harvey Lloyd 01865 750067 (01286 870428 during New Year holiday) harveyrichlloyd@gmail.com 37 Stockleys Road, Headington, Oxford
Supporters	Supported by Clwb Gorphwysfa Club www.gorphwysfa.org