

Llydaw Race January 1st 2016 Information Sheet

Race registration:	At Pen-y-Pass Youth Hostel on the day. Maximum 100 competitors.
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 12years 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 marshal when you touch 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-Pas Hostel.
Bad weather:	There is no bad weather alternative route.
Maps:	Landranger No 115
Type of terrain / severity of route / unusual characteristics / restricted areas	The terrain ranges from good but rocky track to rough marsh, steep banks, slippery rock and boulder fields. 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. Take care at points along the track where there are steep drops. After touching 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. Take care at a rocky promontory. Take care crossing the stream at the far end of the lake especially after heavy rain. Turn right when re-joining the Miner's Track near the Old Crushing Mill. Continue along the good track near the lake edge to the Causeway. DO NOT cross the Causeway but continue round the lake (no discernible path) to again reach the Miner's Track. You must touch the Green Hut a second time before returning to Pen-y-Pass via the Miner's track.
First aid / emergency response	A Marshal at the Green Hut will be first aid qualified. There is no Paramedic cover at this race.
Minimum personal safety kit	The race is run under WFRA rules and appropriate kit must be carried as required by the Organiser e.g. Cagoules / 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:	Competitors will be issued with numbers and timing tags at registration. Numbers must be shown to Marshals at Green Hut. Marshals have radio communication with event start / finish.
Prizes:	No prizes, but soup and a roll may be available at the end of the race.
Organiser:	Harvey Lloyd 01865 750067 (01286 870428 during New Year holiday) harvey@richlloyd.fsnet.co.uk 37 Stockleys Road, Headington, Oxford Deputy Organiser Judith Holt 07946482899 judith.holtcooke@btinternet.com
Supporters:	Supported by Clwyb Gorphwysfa Club - www.gorphwysfa.org

