

Welsh Castles Relay



Caernarfon to Cardiff

Welsh Castles Relay Reference Book 2023

Version: V ②



10th - 11th June 2023

Les Croupiers Running Club

Welsh Athletics Race Licence applied for

Burges
Salmon


Tinopolis

BRECON
CARREG

 *Les Croupiers*
Running Club

Updates

Date	Version	Update
03 May 2023	v ①	Released
10 May 2023	v ②	Updated Page 65 with column showing total number of marshals for each team
10 May 2023	v ②	Updated page 62 - miles 3.7 & 3.8 marshal duties

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Introduction

Welcome to the Welsh Castles Relay. This event had its pilot run in 1982 and has been running since then missing 2001 (Foot & Mouth) and 2020, 2021 (COVID Pandemic). This year will be the 39th running of the event which is a remarkable achievement for an event of such complexity and wouldn't happen without your full cooperation to help the event run smoothly and safely.

Please read through this document in full as information can change year on year to it contains essential information required by team captains, marshals, drivers. It is the responsibility of team captains to ensure that all relevant information is relayed to marshals, drivers, runners and supporters.

For the safety of all, please stress to your runners and supporters that they must comply with the instructions of marshals and officials at all times. These instructions are issued for the safety of everyone and as such adhering to them is mandatory.

We will not hesitate to apply a penalty or disqualification if any runner endangers themselves or others by ignoring the race rules or instructions from marshals and race officials.

The Welsh Castles Relay is organised by the WCR Sub Committee of Les Croupiers Running Club. They are assisted by many officials and marshals, whom we thank for their continued support and dedication.

Good luck everyone and enjoy the race!

Race team contact information:

John Griffin Event Manager 07891 453972	Marcus Meyrick Race Director 07484 755292	Firouz Mal Marshal C.Ord 07552 219331	Dave Hodges Marshal C.Ord 07816 649817	Dave E. Williams Marshal C.Ord 07779 087335
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Website: www.lescroupiersrunningclub.uk/info/races/welsh-castles-relay

Email: wrc.lcrc@gmail.com

Twitter: [@wcrelay](https://twitter.com/wcrelay)

Facebook: www.facebook.com/welshcastlesrelay/

WCR 2023 Race Line-up

OPEN	
Team No.	Club
1	Aberdare VAAC
2	Altrincham & District AC
3	Bitton Road Runners
4	Brackla Harriers
5	Brecon AC
6	Bridgend Athletic Club
7	Bromsgrove and Redditch AC
8	Buckley Runners
9	Caerleon RC
10	CDF Runners
11	Chepstow Harriers
12	Cheshire Dragons
13	Chorlton Runners
14	Clevedon AC
15	Ealing Eagles Running Club
16	Ellesmere Port Running Club
17	Griffithstown Harriers
18	Highgate Harriers
19	Islwyn RC
20	Kent AC
21	Les Croupiers
22	Lliswerry Runners
23	Lytham St Annes Road Runners Club
24	Merthyr Triathlon Club
25	Neath Harriers
26	Ogmore Phoenix Runners
27	Parc Bryn Bach Running Club
28	Penarth and Dinas Runners
29	Pontypridd Roadents
30	Pont-y-Pwl & District Runners
31	Port Talbot Harriers
32	Porthcawl Runners
33	Run4all Neath
34	Sale Harriers
35	Salford Harriers AC
36	San Domenico RC

Team No.	Club
37	Sarn Helen Club
38	Serpentine Running Club
39	South West Road Runners
40	Stroud & District
41	Team Bath AC
42	The Stragglers Running Club
43	Winchester & District AC
44	Wirral AC

VETERANS	
45	Aberdare VAAC
46	Bitton Road Runners
47	Chorlton Runners
48	Ealing Eagles Running Club
49	Les Croupiers
50	Parc Bryn Bach Running Club
51	Pontypridd Roadents
52	South West Road Runners
53	Winchester & District AC

LADIES	
54	Chorlton Runners
55	Ealing Eagles Running Club
56	Les Croupiers
57	Lliswerry Runners
58	Pontypridd Roadents
59	Port Talbot Harriers
60	Run4all Neath
61	Sale Harriers
62	Team Bath AC

BUSINESS	
63	Burges Salmon
64	Environment Agency and DEFRA Harriers
65	South Wales Police
66	The Phoenix Group

Race information

1. General race information

This section contains information for the team captains and outlines the entry rules, risk management rules including the safety of runners and the public, insurance information and other information about the event for team captains.

1.1. Entry information:

- Each team must have 20 runners. Additional runners as reserves are recommended.
- 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.
- Mixed teams of male and female athletes are permitted for the Open, Veteran and Business House teams.
- Only **first claim** runners may run for affiliated teams, with **no exceptions**.
- Runners must wear identical club or team vest/shirt with the appropriate team number clearly identifiable.
- 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.
- Veterans are **males aged 40+ and females 35+** on the day of the race.
- 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.
- Runners aged 17 years upwards may run any stage. Runners aged 16 years (age on race day) may only run stages that are less than 9.32 miles.
- 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 1.6 and the cut off times shown on table at 3.8.

1.2. 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.

1.3. Risk management

The organisers follow the requirements specified in the Run Britain 'Road Race Handbook' and the Home Office 'Good Practice Safety Guide'.

The route is checked several times in advance from March onwards, including one final 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
Advanced signing on approach to course	Warning signs will be posted to warn traffic at all changeovers.
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.
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.
Safety briefing to all marshals	<p>There are three categories of marshals:</p> <ol style="list-style-type: none"> 1. Full-time marshals 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. 2. 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. 3. One-time marshals These marshals will be on duty at each of the stated marshalling points along the route and are drawn from the competing teams. <p>Important: It is the responsibility of Team Managers/Captains to fully brief them on their responsibilities and duties prior to race day and provide them with copies of the relevant documentation.</p>
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 only start when there is an appropriate break in the traffic.
All marshals to wear hi-vis clothing	All marshals will be supplied with a high visibility tabard.
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 incorporated.
Event vehicles to be identifiable	All official vehicles will be clearly marked. All teams MUST display team identification on their support vehicles.

1.4. 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.

If you perceive that some action by a person associated with the race may compromise safety, please act and inform a race official.

The marshals fulfil an important role in ensuring the safety of all who take part in the event and that the event can run smoothly. Each team will be allocated a section of the race to provide the marshals on, full details of the locations of each marshal point for each leg of the course can be found in this handbook.

Please note the following points:

- It is the responsibility of the team captain to ensure their team fully understands **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.

Team transport arrangements: The event is run over the length of Wales and we understand that teams will need to use transport to ensure that their runners and marshals are in the right place at the right time. However, to ensure the safety of everyone taking part in the event and keep race traffic and disruption to a minimum please use shared transport.

1.5. 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. Please bear in mind that there are spots along the route where there is no mobile phone signal.

1.6. 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:

Infringement	Penalty
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.	Cut off time plus 15 minutes (see 3.8).
Runner failing to finish within stage cut off time.	Cut off time (see 3.8).
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).	5 minutes on each occasion, cumulative, and disqualification on 3rd occasion. This will be added to the penalty shown above.
Runner failing to complete in the identifying club vest with the team number on both back and front.	5 minutes per runner, per stage.
Marshals failing to turn up for allocated duties or leaving their duties early.	5 minutes per marshal, per stage.

Not complying with marshals' or any officials' instructions.	5 minutes on each occasion, cumulative, and disqualification on 3rd occasion
Runner cutting corners or crossing road (unless instructed to do so by police or marshal)	5 minutes on each occasion, cumulative, and disqualification on 3rd occasion
The wearing of any music devices, that includes in-ear and bone-conducting types as the event takes place on live roads.	Disqualification or cut-off plus 15 minutes
Training or cycling on any stage of the race that has started and not finished.	5 minutes for each occasion
Feeding a runner from a moving vehicle	15 minutes for each occasion
Feeding a runner on stage 8	15 minutes for each occasion
Pacing	5 minutes for each occasion
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 3.8) and 15 minutes

1.7. Results

The results of each stage will be recorded via barcode scanning – as seen at parkrun events. Results will be available on-line as soon as possible after each stage, the link will be shared via the WCR social media and at the race briefing. Team captains should notify officials with any corrections or queries with regards to the results as soon as possible.

1.8. Pre-race briefing and race start

All team captains or their deputy/team manager must attend the race briefing at Arfon Leisure Centre, Caernarfon at 8:30 on Saturday morning.

At the briefing we issue your team's marshalling bibs and event t-shirts (as ordered), we will also inform you of any last-minute race changes. Please be there as the pre-race briefing is important.

Thereafter we move on to the start of Stage 1 at Caernarfon Castle for the race start at 10:00.

1.9. Presentation ceremony and awards

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.

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
- 2nd ladies team – 20 individual awards

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

Mountain stages: the shortest cumulative time over the six designated mountain stages.

- 1st team: Kings of the Mountains (open to all categories)
- 1st ladies team: Queens of the Mountains (ladies category only)
- 1st 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

Please note:

- The rule about multiple prizes again applies.
- The first veteran may of course be male or female.
- Everyone 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

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). Jeff was 55 Years old.

The 'Jeff Wood' Memorial Award is given every year to the first Vet runner (Male or Female) who is over the age of 50 in the nominated 'Jeff Wood stage' (non-mountain stage) as Jeff didn't like hills!

This year's nominated stage for Jeff Wood Award will be Stage 13.

You may wish to consider the above criteria when choosing your Vet runner for this stage.

2. The responsibilities of the team captain

This section sets out the responsibilities of the team captains, it is recommended that teams also recruit a vice-captain or a team manager to assist with these responsibilities. However, ultimate responsibility rests with the team captain.

2.1. Pre-race

The team captain is responsible for:

- All communication with the Race Administrator and their team
- Establishing a team and reserves and ensuring all the team and their deputy who they are.
- Be aware of the race rules and the penalties that apply for infringements (See 1.6)
- Ensure the registration of the team via the spreadsheet and the selection of runners for each stage using the online system.
- Distributing all relevant information from this handbook to the runners and the reserves, including the route description information for the stages each runner is going to run.
- Distribution of the relevant sections of this handbook including details of the stages for which the team is responsible for to their marshals and that they are briefed in advance.
- Ensure that team officials meet for the race briefing at Arfon Leisure Centre, 0830 on the Saturday of the race.

2.2. During the race

The team captain is responsible for:

- Ensuring that runners for each leg:
 - Know what to do at the start of their stage, including where to be and what time to be there.
 - Know the race rules and penalties that apply.
 - Can make the cut off time for their leg (See 3.8).
 - Know their team number.
 - Know the route of their stage.
- Ensuring that marshals are:
 - Fully briefed of their duties and responsibilities in advance.
 - Competent to perform their marshalling duties and are over 18 years of age.
 - Remain in place for the duration of the stage until officially released.
 - Aware of the penalties that apply if they don't turn up on time or if they leave early.
- Ensuring that all members of the team, including those helping the team, use shared transport.
- Ensuring that the drivers of the shared transport:
 - Display the team number/identification in the windows of the vehicles.
 - Are aware of the routes, stage start times and likely finish times.
 - Are using or have access to maps as well as Sat-Nav, which may not be accurate in rural areas.
 - Allow sufficient time to get runners to and from the stages on time.
 - Can collect any runner who is not able to complete their stage.
 - Park in a responsible and considerate manner.
- The behaviour of their runners and team supporters during the event, this includes those using the facilities of those using the facilities at the leisure centres and campsite.
- Ensuring all supporters comply with the race rules, including the strict no feeding of runners on stage 8.
- Communication with race officials during the event.
- Checking stage results and notifying officials of any corrections or queries ASAP.

2.3. Registration of squads

Team captains will be issued with an Excel spreadsheet to capture the details of each team's squad.

For a club that has more than one team entered, the squad members for all teams should be entered into the 'open' team. This will make the checking process simpler.

Team captains should check each of their squad members details against the UK athletics database to ensure that:

- their runner number is correct
- their date of birth is correct
- they are registered as a current member of your club
- they are registered as first claim for your club
- their registered athlete status is shown as 'yes'

Squad members should be checked using either of the web links below:

[Athlete Registration Check \(englandathletics.org\)](http://englandathletics.org)

[Athlete Registration Check \(uka.org.uk\)](http://uka.org.uk)

If any of these conditions are not met then they will have to be rectified with your athletics union before they will be eligible to take part in the race.

Once the squad spreadsheets have been returned, the runners will also be checked against the UK athletics database by WCR to ensure the conditions above have been met.

2.4. Team and stage selection

After runners have been checked and cleared by the race administrator, team captains will receive a weblink per team. This will list stages 1 to 20 with drop-down boxes, allowing captains to select which runner from their squad will be running each stage.

Captains will be able to change their selections and team orders via the online system, up until **8pm on the Friday 9th June.**

Note Finishers T shirts will NOT be changed at this stage

3. Information for runners

We want everyone taking part in the event to have the opportunity to perform their best, to enjoy their race and above all to be safe throughout the event.

The safety of everyone involved in the event is our foremost concern, to that end we ask that all runners listen to the instructions from marshals and race officials and show consideration for the public and other road users.

The race team will not hesitate to apply penalties to a runner or team where they endanger their own life or the lives of others as a result of ignoring the race rules or the instructions of marshals and race officials.

3.1. Stage safety and etiquette

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 in the route description
- As instructed by the race marshals.
- 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.

3.2. Penalties

Penalties will be strictly applied, full details can be found in section 1.6.

3.3. Race numbers

Each number has a barcode printed on it to identify your team when scanning at the end of each stage, this must be clearly visible, one fixed on the front and one on the back.

It is important that the race numbers are not cut or modified in any way.

3.4. Stage start

Please make yourself known to the Starter at the stage start area, giving them your team number.

Once all runners have been registered the Starter will call out the name of each team, please make yourself heard when your team's name is called. When the Starter is happy and it is safe to do so, the stage will commence.

Please note: We will not delay the start if you are late, and you will not be permitted to join the race if you miss the start.

3.5. The stage route

The runner is responsible for ensuring they follow the correct route, there is no lead vehicle on any stage of the race. Maps of routes are shown online www.lescroupiersrunningclub.org.uk/wcrstage-maps/ Each runner must make themselves familiar with their stage.

For safety reasons cyclists will lead on off road sections to warn pedestrians that a race is coming their way. There should be marshals at all points where there is a need to cross a road as indicated in the route description.

Every attempt will be made to put prominent route markers at significant locations in the form of green painted arrows. There are no mile markers, though where possible a '1 Mile' to go sign will be placed on the stages.

When runners reach the finish line, the Timekeepers will record your time and number. To ensure that all finish times and position remain accurate we ask that you 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.

3.6. Hydration and water stations

Water will not be provided on every stage and so teams are encouraged to hand out water to all runners, though on some stages access can be difficult so if in doubt, please run on a self-sufficient basis. All runners will be given water at the finish of each stage.

Stage 6: Two water stations will be provided, the first at 3 miles and the second at 8.5 miles.

Stage 8: Three water stations will be available 1.75, 4.8 and 7.9 miles.

For safety reasons there must be no unofficial feeding of runners on Stage 8

3.7. Medical support and major incidents

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 Event Manager - John Griffin 07891 453972.

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 Event Manager/Race Director in order to complete an 'Incident Form'.

3.8. Late finishers and stage cut off times

Every stage has a cut-off time and 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 3.2). It is the responsibility of your team to collect you.

3.9. The end of the race

This year the finish of Stage 20 and the presentations area will once again 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.

Information for marshals

4. Duties of the marshals

Team Captains must provide marshals with a copy of the route description for the stage to which you have been allocated in advance so that marshals will know their responsibilities.

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.

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

Marshalling bibs are issued to each club's representative at the pre-race briefing which is held in Arfon Leisure Centre, Caernarfon. Marshals must always wear bibs whilst marshalling. At the end of all of their club's marshalling duties, give the bibs to the driver of the backup vehicle, or hand them to one of the officials.

If marshals fail to show or leave early then their team will incur a penalty (given to each offending marshal per stage), see 1.6.

4.1. Arriving at marshalling points

Marshals are expected to arrive at their marshalling point at the time set out in the table in section 4.2 below. The arrival time for each marshalling point is timed so that marshals arrive 10 minutes before the lead runner, this is to allow marshals to familiarise themselves with the location.

4.2. During the stage

Above all else, safety is the first responsibility of the marshals. This may require a runner to stop on a marshal's instruction to avoid a potential accident. Runners must never cross the road or a junction without the guidance of marshals. It is important that marshals act clearly to both runners and motorists alike.

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.

Start and Finish areas:

Marshals will also be allocated to the Start/Finish Locations to assist the Timekeeping Teams. Their role is to ensure race traffic flows and parks correctly (Not blocking private driveways), to ensure the safety of

the runners finishing a stage and those waiting to start the next stage, to alert members of the public and pedestrians of the approach of runners and to keep the approach to the finish clear.

Flying Marshals:

In addition to course marshals there are 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.

4.3. Stage descriptions and information for both runners and marshals

4.3.1. Stage one: Caernarfon to Penygroes - 9.1 miles - Start 10:00

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.											
Runner information				Marshalling information						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
0.00	Start: Caernarfon Square by statue. LL55 2AU. Toilets available	Follow road clockwise around Castle	Traffic	09:45	10:05	21	Les Croupiers	5	Assist Time Keeping Team at the roundabout. 50 metres from start, stop traffic, warn pedestrians and direct runners (with support of Flying Marshals Team D) particularly at junctions with Castle/Market Square.		
0.10	Swingbridge entrance	Turn left across swing bridge	Turning	09:45	10:10	07	Bromsgrove & Redditch AC	1	Ensure that the footbridge over the harbour is clear. Warn public		
0.11	Swingbridge exit	Turn right along coastal road. Run on right hand side	Junction/ pedestrians	09:50	10:10	07	Bromsgrove & Redditch AC	1	Ensure that the footbridge over the harbour is clear. Warn public		
0.15	Coast Road	Cross to left hand side when directed Follow coast road beside the estuary. Run on left hand side	Crossing	09:50	10:10	07	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	16	Ellesmere Port Running Club	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	16	Ellesmere Port Running Club	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	16	Ellesmere Port Running Club	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	16	Ellesmere Port Running Club	2	Marshal runners across to left hand side	2	
4.30	Cross roads	There is a signpost with a picture of a duck. Turn left to Dinas, runners go over 'weak bridge.'	Junction	10:10	10:45	16	Ellesmere Port Running Club	1	Marshal runners to stay on left hand side	2	
4.70	Lane on right	Keep left past school.	None	10:10	10:50				No action needed		
5.40	Lane on left	Keep on the road.	None	10:15	10:55				No action needed		
5.50	Roads forks	Bear left and join cycle track (Lôn Eifion) adjacent to the railway line. N.B. Thus avoiding running over the railway bridge.	Junction	10:15	10:55	10	CDF Runners	1	Marshal runners to bear left to join cycle track	2	
5.55	Gate by Dinas Station	Turn right and run along the cycle track.	Cyclists	10:15	10:55	10	CDF Runners	1	Direct runners through gate and turn right down cycle track.	2	53
5.60	Glan-Rhyd, former level crossing	Continue on the cycle track over the minor road.	Road	10:15	11:00	10	CDF Runners	1	Marshal runners across road	2	53
									Access via Glan Rhyd church. (See map)		0
6.00	Approach zebra crossing	Roundabout		10:20	11:00	10	CDF Runners	1	Flying Marshals (Teams A, B & C) assist other Marshalls. Marshal runners to cross as instructed and follow footpath		57

6.02	Crossing	Light Controlled crossing	Crossing	10:20	11:00	01	Aberdare	4	Marshal runners to across the road using the traffic lights and turn left onto the bike path	3	57
7.30	Groeslon, former level crossing	Continue, past Tafarn Pennionyn, on cycle track over minor road	Road	10:25	11:15	01	Aberdare	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 Penygroes Railway station	Turn left over footbridge	Turning/ cyclists/ pedestrians	10:35	11:30	10	CDF Runners	2	Marshal runners to turn left Control cyclists/pedestrians		86
9.10	Finish at Penygroes side of footbridge, near Wynnstay Stores LL54 6NR, Limited parking at Public Car Park LL54 6LY										86
								28		21	

4.3.2. Stage two: Penygroes to Criccieth - 10.7 miles - Start 11:00

Stage notes: None.											
Runners information				Marshalling information						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
0.00	Start: Cycle track (Lôn on Criccieth side of roundabout on A487. Toilets available at car park in Penygroes)	Run on cycle track towards Criccieth	Cyclists/ Pedestrians	10:45	12:15	03	Time Keeping Team Cyclists Bitton RR	3	Stop parking on main road, direct them to carparks. Lead cycles to Bryncir opening gates on way. Trail cyclist follows the last runner and locks gates. Liaise & assist Time Keeping Team to stop parking on main road		
2.70	Former level crossing at TG Group Cefn Graianog quarry	Continue on cycle track.	Lorries	11:00	11:30	03	Bitton RR	1	Marshal runners across road Access for marshals off A487, signed TG Quarry. (2.9 miles by road from start)	2	
4.15	Pant Glas crossing	Continue on cycle track.	Cattle/vehicles	11:10	11:45	03	Bitton RR	2	Marshal runners to continue as specified		
5.10	Derwyn Fawr Crossing	Continue on cycle track.	Cattle/vehicles	11:15	11:55	12	Cheshire Dragons	1	Marshal runners to continue as specified		
5.80	Derwin Bach Crossing	Continue on cycle track.	Cattle/vehicles	11:15	12:00	12	Cheshire Dragons	1	Marshal runners to continue as specified		
6.00	Bryncir, at end of track	Turn left towards A487	People	11:20	12:00	12	Cheshire Dragons	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	12	Cheshire Dragons	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	45	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	45	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	45	Aberdare VAAC Vets	1	Marshal runners onto pavement (opposite Y Maes road)	2	99
10.60	Top of the green opposite	Bear left and run down the green Y Maes junction	Bumps	11:40	12:45	45	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						Time Keeping Team		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.		102
								18		10	

4.3.3. Stage three: Criccieth to Maentwrog - 12.3 miles - Start 11:55

Stage notes: None											
Runner information				Marshalling information						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location:	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
0.00	At start			11:40	12:25		Time Keeping Team		Direct race traffic into designated car park.		
0.00	Start: on A497, at the end of green LL52 0HB. Toilets available, Car Park Charge	Run on left hand side of A497 towards Porthmadog	Traffic	11:40	12:00	43	Winchester & District AC	4	Assist Timekeepers to control traffic.	2	
1.80	Pentrefelin	Continue on the left hand side of A497.	Minor road on left, just after 30mph sign	11:50	12:20	43	Winchester & District AC	1	Marshal runners to continue on the left hand side	2	
3.80	A497/A498	Turn left onto A498. Continue on the left hand side to the roundabout. Do not cross over	Junction, signposted Beddgelert A498	12:00	12:35	2	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 the left hand side.	Roundabout	12:05	12:40	2	Altrincham & District AC	3	Marshal runners across A487 and continue on left hand side of A498 (with support of a Flying Marshal Team A)	2	
4.60	Tremadog	Continue on left hand side of A498 (Signed BEDDGELERT)	Traffic	12:05	12:45	2	Altrincham & District AC	1	Marshal runners to continue on the left hand side.	2	
5.90	Portreuddyn Castle	Keep on the left hand side and take care around S-bends.	S bends	12:10	12:55	14	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	Cross to right hand side when directed	Crossing	12:15	13:00	14	Clevedon AC	2	Marshal runners across to right hand side	2	63
6.80	Prenteg: B4410 junction	Turn right on to B4410, signposted GARREG, LLANFROTHEN 2. Cross to the left hand side when directed.	Junction/ Crossing	12:15	13:05	14	Clevedon AC	3	Marshal runners across to left hand side	2	65
8.60	A4085 Junction at Garreg	Cross A4085 when directed. Follow B4410 signposted LLANFROTHEN, RHYD. Continue on left hand side	Cross roads	12:25	13:20	54	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 C)	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	Continue 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	57	Lliswerry Runners Ladies	4	Liaise with Time Keeping Team and 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					57	Time Keeping Team with Assistance from Lliswerry		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	117
								26		25	

4.3.4. Stage four: Maentwrog to Harlech - 9.5 miles - Start 13:00

Stage notes: none											
Runner information				Marshalling information						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
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 available in Oakley Arms, LL41 3YU	Run on left hand side along A496 towards Harlech	Traffic	12:45	13:0	59	Port talbot Ladies	3	Assist Timekeepers to guide runners down to start and control traffic at start. Position signs before and after bridge at start	2	
4.10	Llandecwyn: Crossroads to Porthmadog.	Continue on A496.	Junction	13:10	13:45	59	Port talbot Ladies	2	Marshal runners to continue on the left hand side	2	
5.20	Talsarnau	Continue on A496	Village	13:15	13:55	44	Wirral AC	2	Marshals at bend in the middle of the village. Signs at each end of the village.	2	49
6.00	B4573/A496 Junction	Turn right along A496 (signposted HARLECH) as directed. [Ignore B4573 to Harlech] Continue on left hand side.	Junction	13:20	14:00	44	Wirral AC	2	Marshal runners to turn right and run on the left hand side. Ensure no corner cutting. Ensure all runners stay on left hand side (with support of a Flying Marshal Team B)	2	57
6.30	Level Crossing	Continue over level crossing.	Trains	13:20	14:05	44	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	Continue along A496.	Nasty bend	13:20	14:10	44	Wirral AC	1	Marshal runners to continue on the left hand side	2	64
9.30	Texaco Garage	Cross to right hand side when directed.	Junction	13:35	14:30	41	Team Bath	2	Marshal runners across to right hand side		88
9.50	At end	Turn right into school	Pedestrians	13:35	14:35	41	Team Bath	3	Prevent traffic using the 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		10	

4.3.5. Stage five: Harlech to Barmouth - 9.5 miles - Start 13:50

Stage notes: None											
Running information				Marshalling information						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time 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	55	Ealing Eagles RC Ladies	4	Assist Timekeepers to control traffic at start. Note. A train is due about the start time.	2	
0.50	B4573 junction	Continue on A496 Run on left hand side to Barmouth	Junction	13:40	14:00	55	Ealing Eagles RC Ladies	2	Marshal runners to continue on the left hand side	2	
1.40	Sign Llanfair	Continue on A496	None						No action needed		
1.60	Junction signed for Llanfair	Continue on A496	Junction	13:45	14:10	34	Sale Harriers	2	Marshal runners to continue on the left hand side		
2.70	Start of Llanbedr	Continue on A496	Village traffic	13:50	14:20				Position sign at start of village	1	
3.20	Bridge in Llanbedr	Continue on A496	Traffic	13:55	14:25	34	Sale Harriers	2	Marshal runners at narrow bridge		
3.50	End of Llanbedr	Continue on A496	Village traffic	13:55	14:30				Position sign at end of village	1	
4.70	Start of Dyffryn Ardudwy	Continue on A496	Village traffic	14:00	14:40				Position sign at start of village	1	

5.50	In Dyffryn Ardudwy, FOX's Village store.	Continue on A496	Village traffic	14:05	14:45	34	Sale Harriers	1	Marshal in village, 50yds before FOX's Store		52
5.70	Just beyond the SPAR shop	Continue on A496	Village traffic	14:05	14:50	34	Sale Harriers	1	Marshal in village, 50yds beyond SPAR Store		54
5.90	End of Dyffryn Ardudwy	Continue on A496	Village traffic	14:05	14:50				Position sign at end of village	1	56
6.00	Start of Talybont	Continue on A496	Village traffic	14:10	14:50				Position sign at start of village on 30mph sign	1	57
6.50	Bridge in Talybont	Continue on A496	Narrow bridge	14:10	14:55	53	Winchester & District Vets	2	Marshals at bridge, to route runners along path next to bridge		62
6.70	End of Talybont	Continue 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, stay on left hand side pavement.	Stay on A496 Marshal Runners to stay on the pavement - No crossing	None	14:25	15:20	53	Winchester & District Vets	4	Marshal runners to remain on the left hand side by and finish outside Jesuit House. Marshal race traffic Not to stop. NO RACE or Team Buses to Park outside entrance to Jesuit House. Flying Marshals Team A	2	88
9.50	Finish - Left Hand side - Outside Jesuit House	Temporary Finish for 2023 Event				53	Winchester & District Vets	2			91
								20		12	
Below information in RED is NOT applicable to the 2023 Race											

9.50	Lane entrance	Turn right down narrow lane (cycle track [8]) Steep downhill and sharp bend.	Turning	14:25	15:25			1	Marshal runners to turn right		90
9.55	Corner in lane	Take care down lane	Pedestrians	14:25	15:25			1	Marshal runners to bear left		91
9.60	At end	Bottom of the lane.	None	14:25	15:25			1	One marshal each side of level crossing to ensure safe rail crossing.		91
9.60	Finish at entrance to private parking area. LL42 1BX Toilets in car park										91
								19		12	

4.3.6. Stage six: Barmouth to Dolgellau - 9.0 miles - Start 14:40

Stage notes: 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											
Runner information				Marshalling information						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
Below information in RED is NOT applicable to the 2023 Race											
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		Cyclists		Lead and trail cycles to guide runners down promenade, across bridge and lead/follow all the way to the finish.	2	
1.40	Left bend at end of promenade	Turn left but remain on right hand side of road.	Corner	14:35	15:00			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			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			3	Marshal runners to turn right and stay on right hand side with the help of Flying Marshals	2	
Temporary Start for 2023 Race											
0.0	Start - In the Lane below the Metal railings, Entrance to	Runners run across the bridge. Be mindful of	None	14:25	15:05	13	Chorlton Runners	4	Guide runners towards the entrance to the estuary crossing - Control Parking where possible. Runners drop off across the road from the race start position close to the Hotel Bae Abermaw.	2	

	footpath across estuary	members of the public							Flying Marshal C		
0.10	Toll booth	Straight on. Be mindful of members of the public.	None	14:25	15:05	13	Chorlton Runners	1	No need to pay bridge toll Turn left onto the footpath after crossing the bridge.		
1.1	Morfa Mawddach railway station	Continue on cycle track	None	14:30	15:15				No action needed There are no access points for support vehicles until George III		
1.3	Gate where track meets road.	Continue straight ahead on cycle route 8. (Mawddach Trail)	None	14:35	15:15	11	Chepstow Harriers	1	Marshal runners across road For marshal access see note above*		
2.1	Gates	Negotiate two gates then cross bridge.	Junction	14:35	15:20	11	Chepstow Harriers	1	Marshal runners to continue along cycle track		
6.5	Gate	Continue straight ahead.	None	15:00	16:00				No action needed		62
6.7	George III hotel in Penmaenpool	Continue straight ahead watchful of vehicles parking.	Hotel	15:00	16:05	11	Chepstow Harriers	2	Flying Marshal Team D - Cars Have priority - Runners to give way to cars intending to cross the toll bridge. Priority given to all vehicles using Hotel Car Park - Marshal runners across road	2	64
6.8	Gate	Continue straight ahead still on cycle route 8. Water Station	Junction	15:00	16:05	11	Chepstow Harriers	2	Marshal runners to continue along cycle track also Set up a Water Station	1	65
7.2	Gate	Continue straight ahead on cycle path.	None	15:00	16:10				No action needed		69
8.0	Cattle grid/gate	Continue straight ahead to main road.	Cattle grid	15:05	16:15	08	Buckley Runners	1	Marshal runners to continue along cycle track		76

		Take care when crossing grid.									
8.1	Junction with A493	Cross to opposite side when directed. Continue on cycle route 8.	Junction	15:05	16:15	08	Buckley Runners	5	Marshal runners across road	2	77
8.2	Gate	Continue straight ahead on cycle path	None	15:05	16:15				No action needed		78
8.6	Bridge	Turn right over river.	None	15:10	16:20	08	Buckley Runners	1	Mark with arrow. Marshal runners over bridge.		82
8.7	Bridge	Turn left to follow cycle route to finish.	None	15:10	16:20	08	Buckley Runners	1	Mark with arrow.		83
9.0	Finish in field before car park			15:10	16:25	49	Les Croupiers VETS	3	Marshal spectators from finish line. Use cones to keep finish clear.		86
								22		13	

4.3.7. Stage seven: Dolgellau to Dinas Mawddwy - 10.1 miles - Start 15:35

Stage notes: none											
Runners information				Marshalling information						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
0.00	At start		Car park traffic	15:20	16:10		Time Keeping Team		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	20	Kent AC	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	
0.10	Road bridge.	Turn right at end of bridge. Keep on right hand side of road.	Turning	15:25	15:45	20	Kent AC	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	20	Kent AC	1	Marshal runners on right hand side of road.	1	
0.25	Entrance to Recycling Centre	Keep on right hand side	Junction	15:25	15:45	20	Kent AC	1	Marshal runners on right hand side of the road.	1	
0.70	Junction with A494	Turn right and cross junction when Start 15:35 instructed. Keep on left hand side.	Junction	15:25	15:50	65	South Wales Police	2	Marshal runners across to left hand side (with support of a Flying Marshal Team B + Stop Go signs)	3	
1.10	Roundabout with A470	Keep on left hand side of road	Turning	15:30	15:50	65	South Wales Police	2	Marshal runners to stay on left hand side	2	

1.80	Junction with entrance to Dolgun Uchaf	Keep on left hand side of A470	Junction	15:30	16:00	26	Ogmore Phoenix	1	Marshal runners to stay on left hand side	2	
2.90	Junction with B4416 (Brithdir)	Keep on left hand side of A470	Junction	15:35	16:10	26	Ogmore Phoenix	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	27	Parc Bryn Bach	1	Marshal runners to stay on left hand side. No servicing of runners at Summit. Extra Caution signs needed	3	*52 min (5.2 miles) at approach
6.20	Difficult bends on hill	Continue on left hand side of road	Bends	15:55	16:40	27	Parc Bryn Bach	2	Marshal runners to stay on left hand side. Extra Caution signs needed	3	62
6.30	End of steep slope	Continue on left hand side of road	Traffic	15:55	16:40	27	Parc Bryn Bach	1	Marshal runners to stay on left hand side. Extra Caution signs needed	3	63
10.00	Junction signposted DINAS MAWDDWY	Turn left to DINAS MAWDDWY Run on left hand side down hill	Junction	16:15	17:10	27	Parc Bryn Bach	1	Marshal runners to turn left		95
10.10	Bend on hill	Cross to right hand side of road to finish down slate driveway.	Crossing	16:15	17:15	27	Parc Bryn Bach	2	Marshal runners across to right hand side		96
10.10	Finish 20yds after entrance to slate driveway. Toilets available in village										96
								20		24	

4.3.8. Stage eight: Dinas Mawddwy to Foel - 10.8 miles - Start 16:25

Stage notes: 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.											
Runner information				Marshalling information						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
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	18	Highgate 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	18	Highgate Harriers	1	Marshal to signal start to marshals at junction with A470		
0.50	A470 Junction	Keep left and follow A470 to Brigands Inn Run on left hand side of road.	Junction	16:10	16:35	18	Highgate Harriers	2	Stop traffic entering village and marshal runners to turn left on A470 and stay on left hand side	2	
1.70	Brigands Inn Roundabout	Turn left on A458 signposted WELSHPOOL Continue on left hand side of road	Roundabout	16:20	16:50	64	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	64	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	63	Burges Salmon LLP	3	Set up a Water Station	1	46
7.90	Lay-by	Water Station	None	16:50	17:45	63	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	66	Phoenix Group	2	Stop traffic parking in vicinity of finish	2	103
10.80	Finish in Lay-by on left hand side just before 40 mph sign SY21 ONS. No Toilets										103
								18		11	

4.3.9. Stage nine: Foel to Llanfair Caereinion - 8.5 miles - Start 17:10

Stage notes: New start at layby at the far end of the village											
Runners instructions				Marshalling instructions						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
0.00	At start No Toilets. SY21 ONS			16:30	17:15		Time Keeping Team		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	66	Phoenix Group	4	Assist, as above. Stop race personnel from entering Holiday Park. Also assist Timekeepers to control traffic at start.	2	
1.20	B4395 Junction, Signed to Llanfyllio	Continue on left hand side of A458.	Junction	17:05	17:30	66	Phoenix Group	1	Marshal runners to stay on left hand side	2	
2.90	Start of Llanerfyl	Continue on left hand side of A458.	None	17:10	17:45				Position sign at start of village	1	
3.40	End of Llanerfyl	Continue on left hand side of A458.	None	17:15	17:50				Position sign at end of village	1	32
6.80	A495 junction	Continue on left hand side of A458 to Llanfair Caereinion.	Junction	17:30	18:20	47	Chorlton Runners Vets	2	Marshal runners to stay on left hand side	2	65
8.40	Llanfair Caereinion, turn to Leisure Centre	Bear left up steep hill Continue on left hand side	Junction	17:40	18:35	47	Chorlton Runners Vets	2	Marshal runners to turn left and stay on left hand side Marshals to direct traffic to 'old station' car park	2	80
8:50	At end	Stay on left hand side	None	17:40	18:35	47	Chorlton Runners Vets	1	Assist Time Keeping Team		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
								10		10	

4.3.10. Stage ten: Llanfair Caereinion to Newtown - 13.1 miles - Start 17:50

Stage notes: none											
Runners instructions				Marshalling instructions						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
0.00	At Start		Traffic	17:35	17:55	42	The Stragglers	3	Assist Timekeepers to control traffic at start.	3	
0.00	Start: Junction of Watergate Street/High Street (opposite Church) on B4389, signposted NEW MILLS, SY21 0RQ. Toilets available	Run up the hill and move to left hand side when directed.	Traffic	17:40	17:55	42	The Stragglers	2	Marshal runners across to left hand side		
0.30	Boundary of Llanfair Caereinion	Continue on left hand side of B4389	Traffic	17:40	18:00				Position sign on 30mph sign	1	
1.10	Bryn-penarth: Crossroads	Continue on left hand side of B4389	Junction	17:45	18:05	42	The Stragglers	1	Marshal runners to stay on left hand side		
3.85	50 metres before junction with B4390	Cross to right hand side when directed	Crossing	17:55	18:30	09	Caerleon RC	2	Marshal runners across to left hand side	2	
3.90	T junction with B4390, signposted NEWTOWN B4389	Turn right at junction Stay on right hand side.	Junction	17:55	18:35	09	Caerleon RC	2	Marshal runners to turn right and run on right hand side (with support of a Flying Marshal Teams D & C)		
3.95	Shortly after T junction with B4390	Cross to left hand side when directed Go through Tregynon.	Crossing	17:55	18:35	09	Caerleon RC	2	Marshal runners across to left hand side	2	
5.90	Left turn, signposted NEWTOWN	Turn left and continue on left hand side of B4389	Junction	18:05	18:50	09	Caerleon RC	1	Marshal runners to turn left and run on left hand side	2	

8.00	The bridge at Bettws Cedewain (New Inn)	Continue on left hand side of road	Traffic on Bridge	18:20	19:10	21	Les Croupiers	2	Marshal runners to stay on left hand side. One marshal each side of bridge (with support of a Flying Marshal Team A)	2	76
10.40	B4568 junction for Newtown	Turn right at junction and continue on left hand side	Crossing	18:30	19:30	21	Les croupiers	3	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.	2	99
11.70	Llanllwchaiarn church	Continue on left hand side of road	None	18:35	19:45	52	South West Road Runners VETS	1	Marshal runners straight ahead		111
11.80	Gateway onto cycle track.	Turn left and then turn right on to cycle track, formerly a canal.	Cyclists/ pedestrians	18:35	19:45	52	South West Road Runners VETS	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	52	South West Road Runners VETS	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	52	South West Road Runners VETS	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	Stay on cycle track next to river.	None	18:40	19:50				No action needed		118
12.55	Track off to the right	Stay on cycle track next to river.	None	18:40	19:50				No action needed		119
12.63	Track off to the right	Stay on cycle track next to river.	None	18:40	19:50				No action needed		120
12.82	Track meets road	Turn right and then go over footbridge.	Cyclists	18:40	19:55	39	South West Road Runners	1	Marshal runners to turn right and then cross footbridge		122

12.83	End of footbridge	Turn left and then loop right on to footpath.	Cyclists	18:40	19:55	39	South West Road Runners	2	Marshal runners to turn left down ramp and then loop right on to footpath		122
13.05	Ruined church	Turn left before church	People	18:45	19:55	39	South West Road Runners	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 B		124
								26		14	

4.3.11. Stage eleven: Newtown to Llanbadarn Fynydd - 10.5 miles - Start 07:00

Stage notes:											
Runners instructions				Marshalling instructions						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
0.00	Start: Newtown (Maldwyn) Sports Centre SY16 1LH, toilets in LC	Head towards A483	Parked cars	06:45	07:05				Flying Marshal teams C & D to ensure camp site is clean and clear None required. Timekeepers to remind teams that Race Traffic will not be allowed up the Middle Dolfor Road.	2	
0.20	A483 Junction	Turn right and cross to left hand side when directed Continue to run on left hand side of A483	Junction	06:50	07:10	32	Porthcawl R	2	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.	2	
0.50	A483 Roundabout Junction with Middle Dolfor Rd	Keep left, take first exit at r'bout - under viaduct on Middle Dolfor Road (No entry accept for access sign)	R'bout junction	06:50	07:10	32	Porthcawl R	3	Marshal runners to turn left and run on left hand side. Marshals must also ensure that Race Traffic does not use the Middle Dolfor Road. Support of Flying Marshals Team A	2	
2.50	Lane (Middle Dolfor Road) Junction with A483	Turn left and continue to run on left hand side of A483. The Vicarage.	Junction	07:00	07:30	23	Lytham St A	2	Marshal runners to stay on left hand side	2	
2.90	Dolfor (20mph sign)	Continue to run on left hand side of A483.	Two roads joining on left	07:00	07:35	23	Lytham St A	2	Marshal at both junctions to stay on LHS	2	50 min at 5 miles, 7 miles to top.
10.50	Finish just before New Inn in Llanbadarn Fynydd. Toilets			07:40	8:40	58	Pontypridd Ladies	2	Caution signs needed just before Community Shop	2	100

	available in Community Centre										
								11		12	

4.3.12. Stage twelve: Llanbadarn Fynydd to Crossgates - 11.2 miles - Start 07:55

Stage note:											
Runners instructions				Marshalling instructions						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time 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	58	Pontypridd Ladies	3	Assist Timekeepers to control traffic at start and keep the road clear at all times. Caution signs needed just after Village Hall	2	
4.30	Llanbister: B4356 Junction	Continue on left hand side of A483	Junction	08:05	08:40	58	Pontypridd Ladies	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 Llanddewi Hall.	Continue on left hand side of A483	Junction	08:20	09:10	48	Ealing Eagles Vets	1	Marshal runners to stay on left hand side	1	73
8.10	Llanddewi Ystradenni: Second road on left for Llanddewi Hall	Continue on left hand side of A483	Junction	08:25	09:15	48	Ealing Eagles Vets	1	Marshal runners to stay on left hand side	1	77
11.00	Roundabout, signposted A44 LEOMINSTER	Turn left at roundabout	Roundabout	08:40	09:40	48	Ealing Eagles Vets	1	Marshal runners to turn left and run on left hand side	1	105
11.20	At end	Turn left into school entrance	Traffic	08:40	09:45	48	Ealing Eagles Vets	2	Direct traffic to park neatly.		106
11.20	Finish near Knills Service Station (Nisa Local) Toilets in Service Station. LD1 6RE										106
								10		6	

4.3.13. Stage thirteen: Crossgates to Builth Wells - 10.6 miles - Start 08:50

Stage notes: Jeff Wood Stage											
Runners instructions				Marshalling instructions						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time 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	48	Ealing Eagles Vets	1	Assist Timekeepers to control traffic at start.	2	
0.20	Roundabout, junction with A483	Turn left, keep on left hand side of A483	Roundabout	08:40	09:00	31	Port Talbot Harriers AC	3	Marshal runners to turn left and run on left hand side (with support of Flying Marshal Team B)	2	
2.40	Roundabout just before Llandrindod Wells	Continue on left hand side of A483	Roundabout	08:50	09:20	31	Port Talbot Harriers AC	3	Marshal runners to stay on left hand side	2	
3.00	Llandrindod Wells	Continue on left hand side of A483	Junction	08:55	09:25	62	Team Bath 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)	Continue on left hand side of A483	Junction	09:05	09:40	62	Team Bath Ladies	3	Marshal at junction with traffic lights. Marshal runners to stay on left hand side	2	
3.60	TOM NORTON LTD AIRCRAFT for sale	Continue on left hand side of A483	Corner	8.55	9.30	62	Team Bath Ladies	2	Marshall runners to stay on left hand side	2	
3.80	Wellington Rd junction, signed 'the lake'	Continue on left hand side of A483	Junction	9.05	9.45	61	Sale Harriers Ladies	2	Marshall runners to stay on left hand side	2	

5.00	Howey Crossroads, road on left is no entry, right is red house	Continue on left hand side of A483	Junction, emerging traffic	9.05	9.40	61	Sale Harriers Ladies	1	Marshall runners to stay on left hand side	2	48
8.00	Crossroads with road to Cwmbach	Continue on left hand side of A483		9.20	10.10	61	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	Continue on left hand side of A483	Junction	9.30	10.30	61	Sale Harriers Ladies	1	Marshall runners to stay on left hand side	2	98
10.60	At end	Turn left into car park	Vehicles	9.30	10.35	61	Sale Harriers Ladies	2	Keep runners and traffic apart		101
10.60	Finish in Royal Showground Coach Park on left LD2 3NJ										101
								22		18	

4.3.14. Stage fourteen: Builth Wells to Drovers Arms - 10.8 miles - Start 09:45

Stage notes: none											
				Marshalling						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
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	17	Griffithstown Harriers	3	Assist Start Umpire to control traffic at start with support of Flying Marshal Team C	2	
0.10	A470	Run on left hand side of road into Builth.	Traffic	09:35	09:55	17	Griffithstown Harriers	2	Marshal runners to stay on left hand side	2	
0.30	After bridge over River Wye	Continue through Builth on A483	Junction	09:35	09:55	38	Serpentine RC	2	Marshal runners to stay on left hand side	2	
0.40	Junction with B4520 (Upper Chapel)	Continue through Builth on A483	Junction	09:35	09:55	38	Serpentine RC	1	Marshal runners to stay on left hand side	3	
0.50	Greyhound Pub	Follow A483 past the Greyhound Pub Continue on left hand side of A483	Junction	09:35	09:55	38	Serpentine RC	1	Marshal runners to stay on left hand side	2	
0.70	Roundabout	Continue on left hand side of A483	Roundabout	09:35	10:00	38	Serpentine RC	1	Marshal runners to stay on left hand side	2	
2.80	Cilmerly: Prince Llywelyn	Continue 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	Turn left onto B4519 Run on left hand side of road up and over military range. Take care over cattle grids.	Junction	10:05	10:50	38	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	Continue on left hand side of B4519	Crossroads	10:10	10:55	38	Serpentine RC	1	Marshal runners to stay on left hand side	2	68
10.80	The end	Bear left into car park	Vehicles	10:25	11:30	35	Salford Harriers	4	Liaise with Time keeping Team to ensure orderly parking.		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		17	

4.3.15. Stage fifteen: Epynt Visitor Centre to Brecon - 12.8 miles - Start 10:45

Stage note: The start of this stage is 1.0 mile from the finish of stage 14.

Runners instructions				Marshalling instructions						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
0.00	Start: Epynt Visitor Centre on B4519 Toilets may be open. Grid Ref - SN 992 437	Run on left hand side of road to Upper Chapel.	Traffic	10:30	10:50	15	Ealing Eagles	4	Assist Time Keeping Team to control traffic at start. Flying Marshals Team D to ensure No parking before or in the Epynt Visitor Centre. Direct vehicles to lay-by beyond start.	2	
0.60	Cattle grid	Take care over cattle grid	Cattle grid	10:35	11:00				No action needed		
1.80	B4520 Junction	Turn right Cross to left hand side when directed.	Junction	10:40	11:10	15	Ealing Eagles	2	Marshal runners to turn right and then cross to left hand side with the help of a Flying Marshal Team A	2	
6.40	Lower Chapel: Bridge over river Honddu, near toll gate house	Continue on left hand side	Bridge	11:05	11:50	33	Run4All Neath	2	Marshal runners to stay on left hand side	2	61
8.60	Llandefaelog: Minor road by church, signed Garthbreny.	Continue on left hand side	Junction	11:15	12:10	33	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	33	Run4All Neath	2	Marshal runners across to right hand side No race traffic to use Cradoc road. Liaise with Flying Marshal Team C	2	91
9.65	Junction for 'Cradoc'	Turn right	Junction	11:20	12:20	33	Run4All Neath	3	Liaise with Flying Marshal Team C at this tricky point.	2	92

		Cross to left hand side when directed.							Turn runners right and then cross to left hand side. Marshal race traffic straight ahead to Brecon		
10.75	T-junction at Cradoc	Turn left signposted Brecon (Phone box) Stay on left hand side of road	Junction	11:25	12:30	47	Chorlton Runners Vets	2	Marshal runners to turn left and run on left hand side	2	102
12.40	Junction with Cradoc Close	Continue on left hand side	Junction	11:35	12:45	47	Chorlton Runners Vets	1	Marshal runners to stay on left hand side		118
12.65	T-junction with Maendy St	Continue on left hand side	Junction	11:35	12:45	5	Brecon AC	2	Marshal runners to stay on left hand side	2	120
12.70	Junction with Castle Square	Turn left, Continue on left hand side	Traffic	11:35	12:45	5	Brecon AC	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	Cross road when directed to Finish before pedestrian bridge	Traffic	11:35	12:45	5	Brecon AC	2	Marshal runners across to right hand side. Position signs by Castle Hotel and just beyond the finish.		121
12.80	Finish at the entrance to the river bridge. LD3 9DH. Toilets at Shopping Precinct.			11:35	12:50	5	Brecon AC	2	Marshal runners across to right hand side. Position signs by Castle Hotel and just beyond the finish.		122
								25		18	

4.3.16. Stage sixteen: Brecon Canal Basin to Torpantau - 12.5 miles - Start 11:45

Stage note: The start of this stage is 0.5 mile from the finish of stage 15. No access for vehicles at the start											
Runners instructions				Marshalling instructions						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
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 past play area.	Traffic	11:30	11:50	54	Chorlton Runners Ladies	4	At the instruction of the Time Keeping Team Control runners at start		
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	46	Bitton VETS	5	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.	2	
0.10	Bollards	Continue on to canal path	Bollards	11:35	11:55	46	Bitton VETS	1	Protect runners from bollards		
0.20	Bollard	Continue on to road	Bollard	11:35	11:55	46	Bitton VETS	1	Protect runners from bollards		
0.40	Bridge on left	Continue straight on	Junction	11:35	11:55	30	Pont-y-Pwl & District Runners	4	Control runners passed bridge and cricket/rugby club car parks	4	
0.50	Gate to canal path	Runners remain on road	People and traffic	11:35	11:55	30	Pont-y-Pwl & District Runners	1	Marshal runners along tarmac road	2	
0.60	At lime kilns (arches), take spur on left back towards the canal	Bear left	Junction	11:35	12:00	30	Pont-y-Pwl & District Runners	1	Control runners and direct towards canal path		

1.00	Return to canal path	Straight on	People	11:40	12:00				No action needed		
1.20	Under A40	Caution low bridge	Tunnel	11:40	12:05	30	Pont-y-Pwl & District Runners	2	Control runners and warn public		
1.40		Caution low bridge	Tunnel	11:40	12:05	19	Islwyn RC	2	Control runners and warn public		
2.00	Canal footpath junction with B4558	Cross road and remain on left hand side	Junction	11:45	12:10	19	Islwyn RC	3	Marshal runners across road and to stay on left hand side, with the aid of a Flying Marshals Team B	2	
3.00	Junction	Continue on B4558 on left hand side of road.	Junction	11:50	12:20				No action needed	3	
3.30	Bridge	Straight on	Traffic	11:50	12:20	19	Islwyn RC	1	Caution signs needed	2	
3.80	Start of Pencelli	Straight on	Road narrows	11:50	12:25	07	Bromsgrove	1	Caution sign needed	1	
4.00	S bend	Straight on	Traffic	11:55	12:30	07	Bromsgrove	1	Keep runners on left hand side	1	
4.20	End of Pencelli	Straight on	Traffic	11:55	12:30	07	Bromsgrove	1	Keep runners on left hand side	1	
5.40	Junction on right to Aber, Sustrans 8 (before memorial statue)	Turn right when directed	Junction	12:00	12:40	37	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	Turn right when directed	Junction	12:05	12:45	37	Sarn Helen Club	2	Cross runners to left hand side	2	58
6.80	Aber	Keep to the left over bridge	Traffic	12:05	12:55	37	Sarn Helen Club	2	Keep runners on left hand side		65
7.10	Water works	Straight on. Do not enter	Water Works	12:10	12:55				No action needed		67
7.50	Dam	Turn left over dam	Junction	12:10	13:00	37	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	37	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	51	Pontypridd Roadents Vets	2	Marshals to control the finish area and the area near the tarmac road		119
								38		24	

4.3.17. Stage seventeen: Taf Fechan Railway Station, Torpantau to Cyfarthfa Castle - 8.7 miles - Start 12:30

Stage note: Finish in Cyfarthfa Castle Lake side as per pre Pandemic course											
Runners instructions				Marshalling instructions						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
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	51	Pontypridd Roadents Vets	3	Assist Time Keeping Team to control runners and traffic at start. Liaise, using radios, with marshals at Owl's Grove car park	2	0
0.40	Owl's Grove car Park (30 spaces)	Keep left	Traffic	12:20	12:40	51	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)	Keep left	Traffic	12:20	12:45	27	Parc Bryn Bach RC	1	Marshal runners to stay on left hand side	2	
0.70	Turn left at junction after climb	Keep left	Junction	12:20	12:45	27	Parc Bryn Bach RC	2	Marshal runners to stay on left hand side	3	
1.90	T junction turn right	Turn right, cross road and keep left	Junction	12:25	12:55	27	Parc Bryn Bach RC	2	Marshal runners across road to stay on left hand side	2	
3.70	Turn left signposted Mountain Railway	Turn left, keep on left hand side	Junction	12:35	13:10	27	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	Keep on Left hand side	Traffic	12:40	13:15	50	Parc Bryn Bach RC Vets	1	Keep runners on Left hand side	2	38
4.20	End of dam	Turn right, keep on left hand side	Traffic	12:40	13:15	50	Parc Bryn Bach RC Vets	1	Marshal runners to keep on left hand side	2	40
4.60	junction with road to Ponsticill	Bear left, keep on left hand side	Traffic	12:40	13:20	50	Parc Bryn Bach RC Vets	1	Marshal runners to stay on left hand side	2	44

5.00	Bridge tunnel	Keep left through tunnel	Traffic	12:45	13:20	50	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	Cross road to Taff Trail when advised by marshals	Traffic	12:45	13:25	24	Merthyr Tri	2	Marshal runners across road	2	48
7.50	Approach to Cefn Coed on Taff Trail 2023 Temporary route	Follow narrow path until reaching dead end Diversion sign	People	12:55	13:50	24	Merthyr Tri	1	No action needed		74
7.50	End of narrow path on Taff Trail and Exit 2023 Temporary route	Turn right, follow Diversion path up the hill and onto the main road- Bus Stop	Pavement- Bus Stop	13:05	14:00	24	Merthyr Tri	1	Marshal runners to turn left and stay on left hand side	2	75
7.6	Turning left at the end of Diversion Path 2023 Temporary route	Turn LEFT and run on the pavement down the hill - VAYNOR ROAD - Follow Diversion signs	Junction	13:10	14:00	**	Merthyr RC	1	Marshal runners to turn left and runners to run and remain on pavement as directed with the help of Flying Marshals team	2	76
8.0	Approach to end of Diversion 2023 Temporary route	<u>Continue on left hand</u> side of the road, follow Diversion signs to the left , run over the temporary pedestrian footbridge	Corner -	13:10	14:00	**	Merthyr RC	2	Marshal runners to cross the footbridge continue on the left hand side. Flying Marshals Team B	2	76
8.0	Exit temporary footbridge 2023 Temporary route	<u>Turn Left</u> - Run on the left hand side down High Street	Corner - High Street			**	Merthyr RC	1	Marshal runners to run on the left hand side of the High Street		76
8.40	Mini Roundabout	<u>Continue on left hand</u> side the road	Roundabout	13:10	14:05	**	Merthyr RC	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 the road	Junction	13:10	14:05	**	Merthyr RC	3	Marshal runners to turn left, Cross to right hand side(with support of Flying Marshal team D)	3	81
8.60	Park entrance (Small Side gate)	<u>Enter Park and turn sharp right</u> along Right Hand side (Outer side) of Lake	Traffic	13:10	14:05	**	Merthyr RC	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	13:10	14:05		Timekeeping Team		Marshals at Main Gate to direct traffic to lower car park	32	83
8.70	Finish at the end of the lake , adjacent to wooden steps leading to the car park. CF47 8RE Toilets in cafe								NOTE: The finish of this stage is about 1½ miles from the start of stage 18		
	** Merthyr RC have Volunteered to marshal from 8.00 Miles to the end of the stage even though they are NOT participating in this year's event **							30			

4.3.18. Stage eighteen: Rhydyar LC to Navigation Park - 9.1 miles - Start 13:30

Stage note: The start of this stage is about 1½ miles from the finish of stage 17.

Runners instructions				Marshalling instructions						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
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		Cyclists		Lead cyclist to go ahead of runners to warn other cyclists and pedestrians. Trail cyclist for back up		
2.40	Dynevor Arms, near Troedyrhiw	Bear left down lane to B4285 Run on right hand side of lane	Corner	13:30	14:00	4	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	4	Brackla Harriers	1	Marshal runners to stay on right hand side		
2.47	After B4285 Junction	Cross to left hand side when directed Continue on left hand side of B4285 towards Aberfan.	Crossing	13:30	14:00	4	Brackla Harriers	2	Marshal runners across to left hand side	2	
3.80	Footbridge over road	Under footbridge, bear left on pavement (opp. Day's Civils and Lintels) continue on footpath passing Ynysowen school entrance on LHS.	Turning	13:35	14:10	4	Brackla Harriers	1	Marshal runners to turn left and on to footpath signed Riverside Walk	2	
3.90	Outside Ynysowen Primary	Follow B4285	Corner	13:35	14:15	4	Brackla Harriers	1	Marshal runners to keep to the left hand pavement		
4.50	Roundabout	Keep to the left	Turning	13:40	14:20	6	Bridgend AC	1	Marshal runners to keep to the left hand pavement	2	43
4.60	Junction with Station Square	Turn Left into Station Square opp. Merthyr Vale Sta.	junction	13:40	14:20	6	Bridgend AC	1	Marshal runners left	2	44

4.60	Junction with Wesley Place	Cross road	Junction	13:40	14:20	6	Bridgend AC	1	Direct runners to cross road to Wesley Place		44
4.60	Junction with Wesley Place	Run on right hand pavement	Junction	13:40	14:20	6	Bridgend AC	1	Direct runners to keep to right hand pavement	2	44
4.75	Turn right onto A4054	Continue on pavement on right hand side	Junction	13:40	14:20	6	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	1	Aberdare VAAC	1	Marshal runners to turn right	2	70
7.42	After narrow bridge	Cross to left hand side when directed	Turning	13:55	14:45	1	Aberdare VAAC	1	Marshal runners across to left hand side	2	70
7.46	Junction with Taff Trail	Turn left just before sign for Goitre Coed Road 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	1	Aberdare VAAC	1	Marshal runners to turn left	2	71
8.80	B4275 junction	Turn left on to B4275. Cross to right hand side when directed	Junction	14:00	14:55	1	Aberdare VAAC	2	Marshal runners across to right hand side	2	84
8.90	Junction with St Martins Terrace	Bear right and run behind houses	Turning	14:00	15:00	1	Aberdare VAAC	1	Marshal runners to turn right	2	85
9.00	End of terrace	Continue right and then turn left towards the park	Corner	14:05	15:00	1	Aberdare VAAC	1	Marshal runners to turn left		86
9:10	At end	Stop when advised	Traffic	14:05	15:00		Time Keeping Team		Keep runners and traffic apart		86
9:10	Finish Inside Navigation Park industrial park. CF45 4SN										
								18		24	

4.3.19. Stage nineteen: Navigation Park to Nantgarw - 7.7 miles - Start 14:15

Note: Runners are on cycle track from miles 0 to 1.10 and 3.80 to 7.60, so allow extra time to find location. Stage ends at Nantgarw											
Runners instructions				Marshalling instructions						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time (min) and place
0.00	Car park inside Navigation Park CF45 4SN, No toilets Start on Taff Trail near children's play area	Follow Taff Trail	Pedestrians	14:00	14:20	29	Time Keeping Team Pontypridd Roadents	1	Assist Start Umpire to escort runners to start.		
0.40	Spur footpath to Navigation Park (Ynys y Dwr Farm)	Straight ahead on Taff Trail	Junction	14:05	14:25	29	Pontypridd Roadents	1	Marshal runners to keep straight ahead		
1.10	Gate on Taff Trail	Turn left up hill. Run up right hand side	Junction	14:10	14:30	29	Pontypridd Roadents	1	Marshal runners to turn left and run on right hand side		
1.30	Junction at top of hill	Cross to opposite side to cross A470 bridge when directed	Crossing	14:10	14:35	29	Pontypridd Roadents	2	Marshal runners across to left hand side		
1.40	Cilfynydd, Junction with A4054	Turn Right at junction with A4054	Parked vehicles	14:10	14:35	29	Pontypridd Roadents	1	Marshal runners to stay on right hand side	2	
2.70	Junction (Doddington Pl., Trallwng)	Continue straight on	Junction	14:15	14:45	29	Pontypridd Roadents	2	Marshal runners to stay on right hand side	2	
3.10	Junction (Common Road)	Continue straight on	Junction	14:20	14:50	22	Llswerry Runners	4	Marshal runners to stay on right hand side	4	
3.80	Approaching Glyntaff	Cross to left hand side when directed	Crossing	14:20	14:55	22	Llswerry Runners	4	Marshal runners across to left hand side	2	
3.90	Glyntaff traffic lights	Turn left at traffic lights and follow signs to	Junction	14:20	15:00	36	San Domenico RC	1	Marshal runners to bear left	2	

		Glyntaff Crematorium and Taff Trail sign									
4.10	Junction	Cross junction to terrace houses.	Junction	14:25	15:00	36	San Domenico RC	2	Marshal runners across junction	2	39
4.10	End of terrace	Cross to right hand side	Road	14:25	15:00	36	San Domenico RC	1	Marshal runners across road		
4.10	Campus roundabout	Cross Campus Road to Taff Trail	Roundabout	14:25	15:00	36	San Domenico RC	2	Marshal runners across roundabout to Taff Trail		
4.80	Dyffryn Road	Continue along the Trail	Junction	14:25	15:05	36	San Domenico RC	1	Marshall runners to continue along cycle track		46
5.00	Lane off Oak Street	Continue along the Trail	Housing	14:35	15:15	41	Team Bath	1	Marshal runners to continue on trail past triangular grassed area		48
5.20	DYNEA Road CF37 5DN	Continue along the Trail	Junction	14:30	15:10	41	Team Bath	1	Marshal runners to continue along cycle track		49
7.60	Under second bridge to finish	Continue along the Trail to the bridge to finish	Pedestrians	14:40	15:30	25	Neath Harriers	2	Marshal runners to turn right and run on left hand side. Ensure no corner cutting		72
7.70	At end	Stop when advised	Pedestrians	14:40	15:30	25	Neath Harriers	2	Guide runners through finish		73
7.70	Finish at end of footpath. No toilets.						Time Keeping Team		Ensure no parking at finish, direct race traffic to park in Old Nantgarw Road (turn left at lights and immediate left)		73
								29		14	

4.3.20. Stage twenty: Caerphilly to Cardiff - 9.9 miles - Start 14:50

Stage notes: None											
Runners instructions				Marshalling instructions						Caution Signs	Gun Cut Off Guideline
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty	Team	No	Duty Required	Route Mkrs	Time and place
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 of the footpath from the car park to Nant Ddu. No parking in Nant Ddu.			14:35	14:55	28	Time Keeping Team Penarth & Dinas	1	Time Keeping team to instruct Marshals to control traffic at start.		
0.00	Start at the end of the footpath from Crescent Rd car park. No parking in Nant Ddu.	Run on left hand side	Traffic	14:40	14:55	28	Penarth & Dinas Runners	2	Marshal runners at start		
0.10	T Junction	Turn left into St. Christopher's Drive (Cycle Route 4) Stay on left hand side	Traffic	14:40	15:00	28	Penarth & Dinas Runners	2	Marshal runners to turn right and stay on right hand side		
0.20	Junction with St. Clears Close	Continue straight on	Junction	14:40	15:00				No action needed		
0.30	Junction on left	Turn left. Run on left hand side	Traffic	14:40	15:00	28	Penarth & Dinas Runners	1	Marshal runners to turn left	2	
0.30	T junction with Lon-y-Llyn	Turn left, up hill towards St. Martins Road	Public	14:40	15:00	28	Penarth & Dinas Runners	1	Marshal runners to turn left		
0.30	Road crossing point before St Martin's Road	Cross to opposite side of Lony-Llyn. Continue on footpath adjacent to Hospital	Traffic	14:40	15:00	28	Penarth & Dinas Runners	2	Marshal runners across road	2	
0.70	T junction with Ffordd Traws Cwm	Turn right, stay on right hand side	Public	14:40	15:05	49	Les Croupiers VETS	1	Marshal runners to turn right and stay on right hand side	2	

0.80	Roundabout. Cae Groes Heol	Straight ahead. Stay on right hand side	Traffic	14:40	15:05	49	Les Croupiers VETS	3	Marshal runners to stay on right hand side	2	
1.10	T junction with A469	Cross to opposite side, when directed, to join cycle path.	Junction	14:45	15:05	49	Les Croupiers VETS	5	Marshal runners across road (with support of Flying Marshal Team C and Stop /Go signs)	2	
1.10	Start of cycle track	Turn left through gateway, straight on	Junction	14:45	15:05	49	Les Croupiers VETS	3	Marshal runners to turn left		
1.20	Remains of railway arches	Turn right through gateway, then immediately turn left.	Junction	14:45	15:10				Directional Arrows		
2.00	Cycle track	Continue straight on	Gateway	14:50	15:15				No action needed		
3.50	Remaining On Cycle Track/Taff Trail	Turn Right at the Gate	Path	14:55	15:30	60	Run4All Ladies	2	Marshal runners to stay follow the path	2	
3.60	Remaining On Cycle Track/Taff Trail	Turn Left and follow the path. Pass the Allotments. Stay on Tarmac Path (Robert Price on your Right Hand Side). Running on the pavement.	Path	14:55	15:30	60	Run4All Ladies	2	Marshal runners across road and stay on left hand side (with support of Flying Marshal Team B)	2	v ②
3.70	AT the end of Cycle Track/Taff Trail (T Junction with Cemetery Road	Crossing - Turn right into Cemetery Road - Stay on the right hand side pavement. Cross the road as instructed	Crossing	14:55	15:30	60	Run4All Ladies	2	Marshal runners to remain on the pavement. Marshal runners to cross the road and onto the pavement. 2 x Teams of Flying Marshals - Teams D		v ②
3.90	A470 Exit Slip Road	Cross the road when directed. Run on left hand side into Tongwynlais.	Junction	14:55	15:35	65	South Wales Police	2	Marshal runners across road and stay on left hand side (with support of Flying Marshals Team A)	2	

4.20	A4054	Cross to right hand side when directed	Crossing	15:00	15:35	65	South Wales Police	2	Marshal runners across to right hand side (near pinch-point)	2	
4.50	Iron Bridge Road	Turn right down Iron Bridge road.	Junction	15:00	15:40	40	Stroud & District	1	Marshal runners to turn right		
4.60	A470 Bridge	Turn right after bridge then bear left, follow cycle path, signed CARDIFF CASTLE	Turning	15:00	15:40	40	Stroud & District	1	Marshal runners to turn right Lead and trail cycles to Cardiff Castle.		44
4.90	Iron Bridge	Turn left, stay on cycle path	Cyclists/ Public	15:00	15:40	40	Stroud & District	1	Marshal runners to continue on Taff Trail		47
5.00	M4 Motorway	Stay on cycle path under motorway and turn right towards weir	Turning	15:05	15:40	56	Les Croupiers RC Ladies	2	Marshal runners to turn right after motorway, towards weir		48
5.80	Radyr Bridge	Straight ahead							No action needed		55
5.90	Forest farm	Straight ahead on right hand side of road	Junction	15:20	16:05	56	Les Croupiers RC Ladies	1	Marshal runners to stay on right hand side		56
6.40	Local road	Take footpath on right at start of hill	Junction	15:20	16:05	56	Les Croupiers RC Ladies	1	Marshal runners to turn right and stay on right hand side		61
6.90	Park entrance	Bear right staying on cycle path	Barrier	15:25	16:10	56	Les Croupiers RC Ladies	1	Marshal runners to bear right		66
9.10	Blackweir Suspension bridge	Keep right beside river Keep to metalled path adjacent to river	Junction	15:35	16:30	56	Les Croupiers RC Ladies	1	Marshal runners to keep right beside the river.		86
9.70	Cross roads in park	Turn left and run to finish	Pedestrians	15:35	16:35	56	Les Croupiers RC Ladies	3	No action needed		92
9.90	Finish on the path just before the Changing Rooms, CF10 3DX. Toilets in Changing Rooms. Limited parking available in North Road	Run to finish	Pedestrians	15:25	16:25	56	Time Keeping Team All Hands On deck		Guide runners to finish with the aid of a Flying Marshals Teams A, B, C & D.(Pending		94

									completion of each team's last duty.		
								43		18	

4.4. At the end of stage

The end time listed in tables in 4.2 is an estimate of the time the last runner will pass each marshalling point on the stage.

Marshals must not leave before the last runner has gone through, marshals will know when the last runner goes by as they 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.

Leave the signs where they are (unless otherwise requested) because the route marking team will collect them.

4.5. Team marshalling duties

②

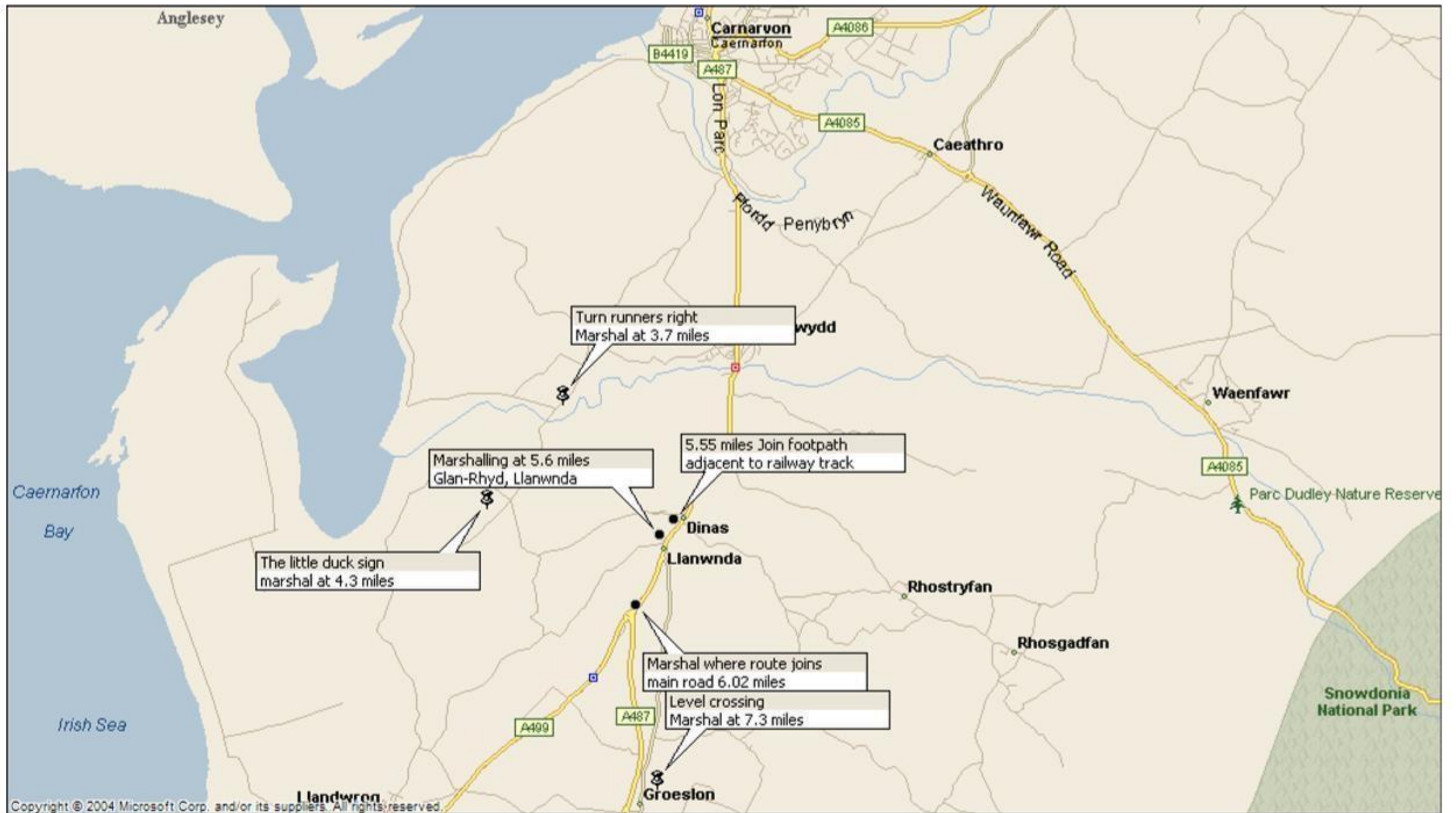
Duty No	Competing club	Stage	No of Marshals	Stage	No of Marshals	Total No of Marshals
1	Aberdare Valley	18	7	1	6	13
2	Altrincham & District	3	6			6
3	Bitton	2	6			6
4	Brackla Harriers	18	6			6
5	Brecon	15	8			8
6	Bridgend	18	5			5
7	Bromsgrove & Redditch	1	4	16	3	7
8	Buckley	6	8			8
9	Caerleon	10	7			7
10	CDF	1	6			6
11	Chepstow Harriers	6	6			6
12	Cheshire Dragons	2	5			5
13	Chorlton	6	4			4
14	Clevedon	3	7			7
15	Ealing Eagles	15	6			6
16	Ellesmere Port	1	7			7
17	Griffithstown Harriers	14	5			5
18	Highgate Harriers	8	5			5
19	Islwyn	16	6			6
20	Kent	7	6			6
21	Les Croupiers	1	5	10	5	10
22	Lliswerry	19	8			8
23	Lytham St Annes	11	4			4
24	Merthyr Triathlon	17	4			4
25	Neath Harriers	19	4			4
26	Ogmore Phoenix	7	3			3
27	Parc Bryn Bach	17	6	7	7	13
28	Penarth & Dinas	20	9			9

29	Pontypridd Roadents	19	8			8
30	Pont-y-Pwl & District	16	8			8
31	Port Talbot Harriers	13	6			6
32	Porthcawl	11	5			5
33	Run4all Neath	15	8			8
34	Sale Harriers	5	6			6
35	Salford Harriers	14	4			4
36	San Domenico	19	7			7
37	Sarn Helen	16	8			8
38	Serpentine	14	7			7
39	South West	10	4			4
40	Stroud & District	20	3			3
41	Team Bath	4	5	19	2	7
42	The Stragglers	10	6			6
43	Winchester & District	3	5			5
44	Wirral	4	7			7
45	Aberdare Valley (V)	2	7			7
46	Bitton (V)	16	7			7
47	Chorlton (V)	9	5	15	3	8
48	Ealing Eagles (V)	12	5	13	1	6
49	Les Croupiers (V)	6	3	20	12	15
50	Parc Bryn Bach (V)	17	5			5
51	Pontypridd Roadents (V)	16	2	17	5	7
52	South West (V)	10	4			4
53	Winchester & District (V)	5	8			8
54	Chorlton (L)	3	4	16	4	8
55	Ealing Eagles (L)	5	6			6
56	Les Croupiers (L)	20	9			9
57	Lliswerry (L)	3	4			4
58	Pontypridd Roadents (L)	11	2	12	5	7
59	Port Talbot Harriers (L)	4	5			5
60	Run4all Neath (L)	20	6			6
61	Sale Harriers (L)	13	8			8
62	Team Bath (L)	13	7			7
63	Burges Salmon (B)	8	6		Water Station Duties @ 4.8 & 7.9	6
64	EA/Defra Harriers (B)	8	5		Water Station Duties @ 1.75	5
65	South Wales Police (B)	7	4	20	4	8
66	The Phoenix Group (B)	8	2	9	5	7
**	Merthyr RC	17	10			10

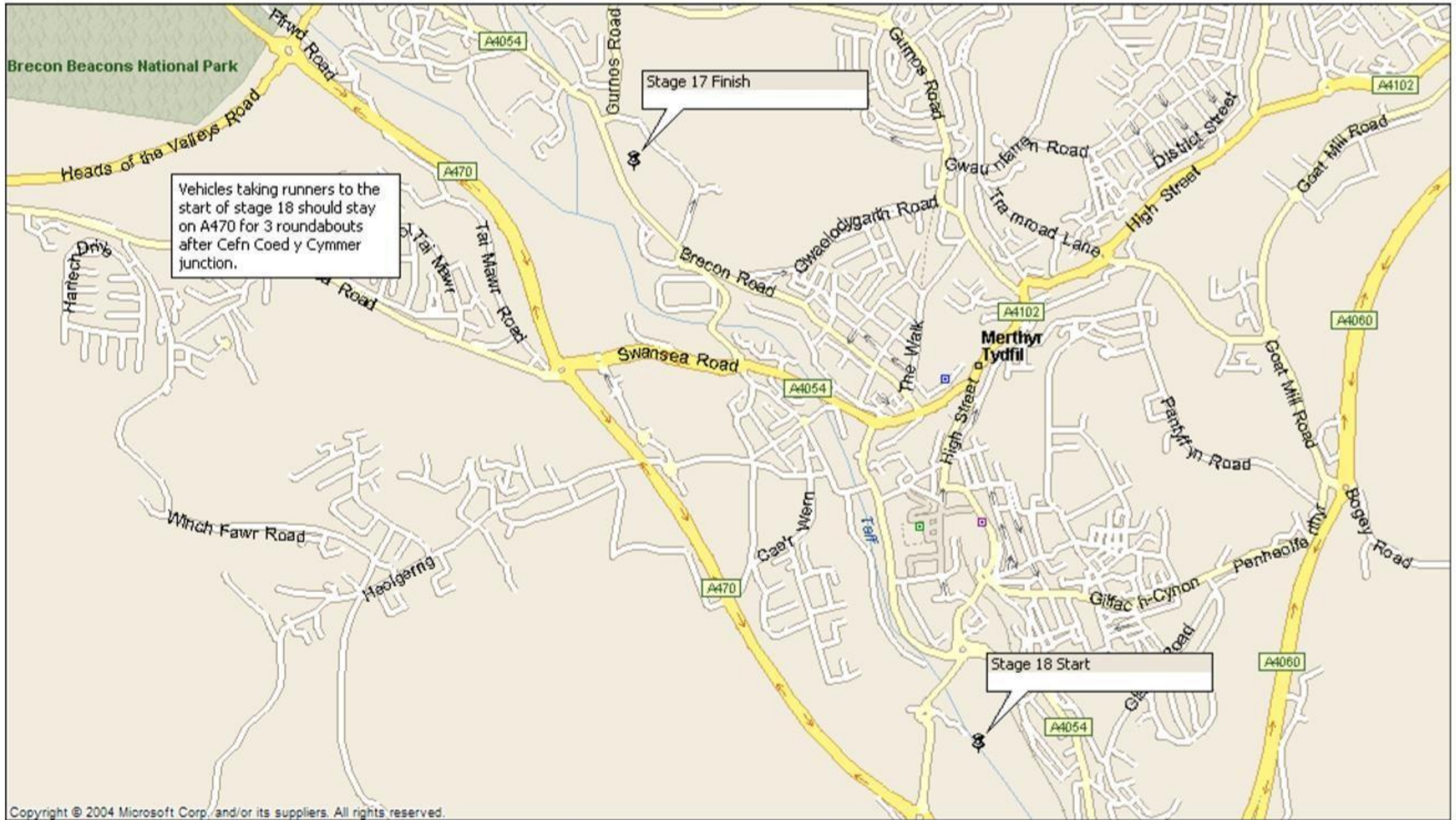
** Merthyr RC are not participating but providing marshals.

4.6. Maps for hard to locate marshalling points

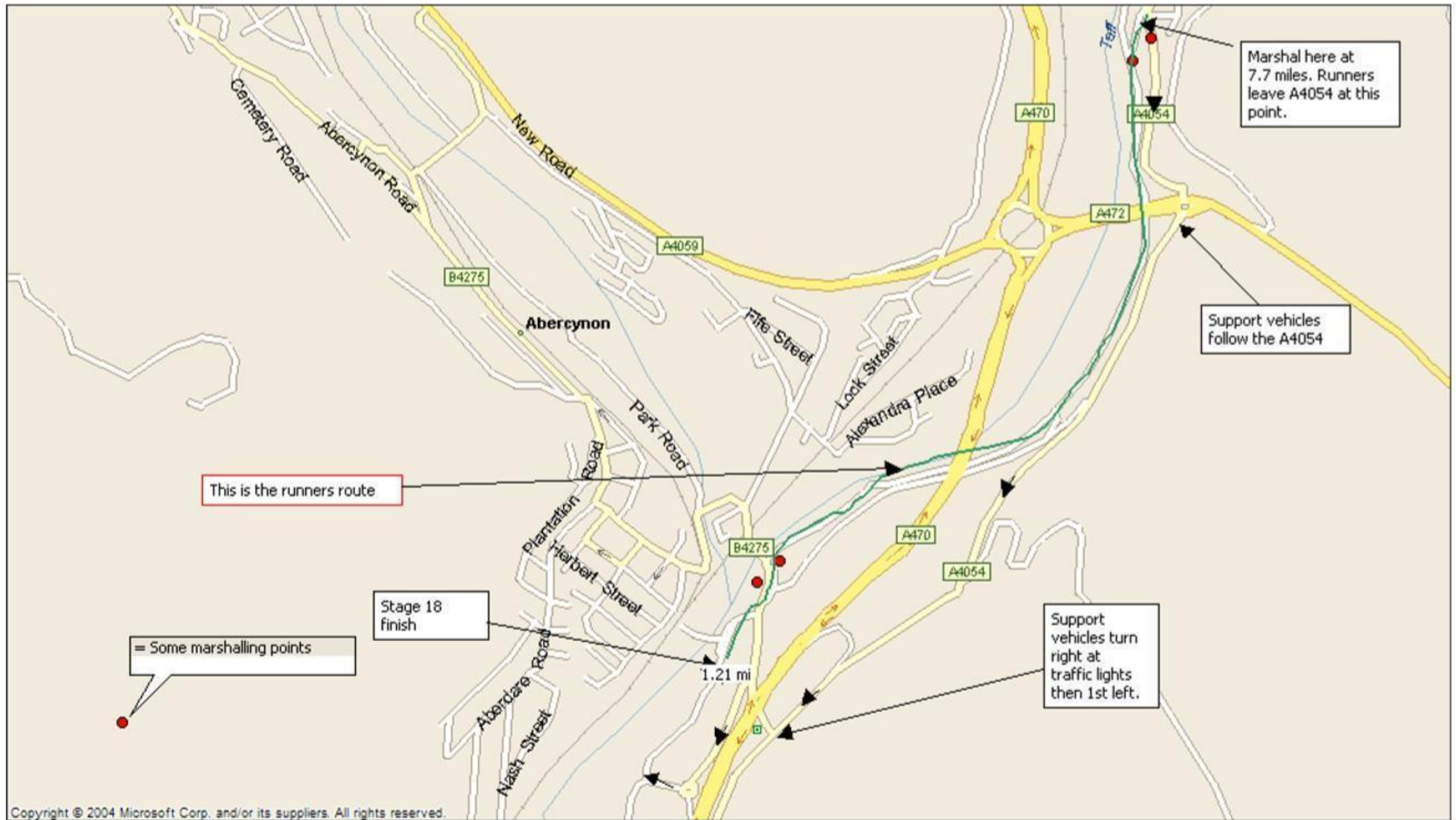
4.6.1. Stage one middle section



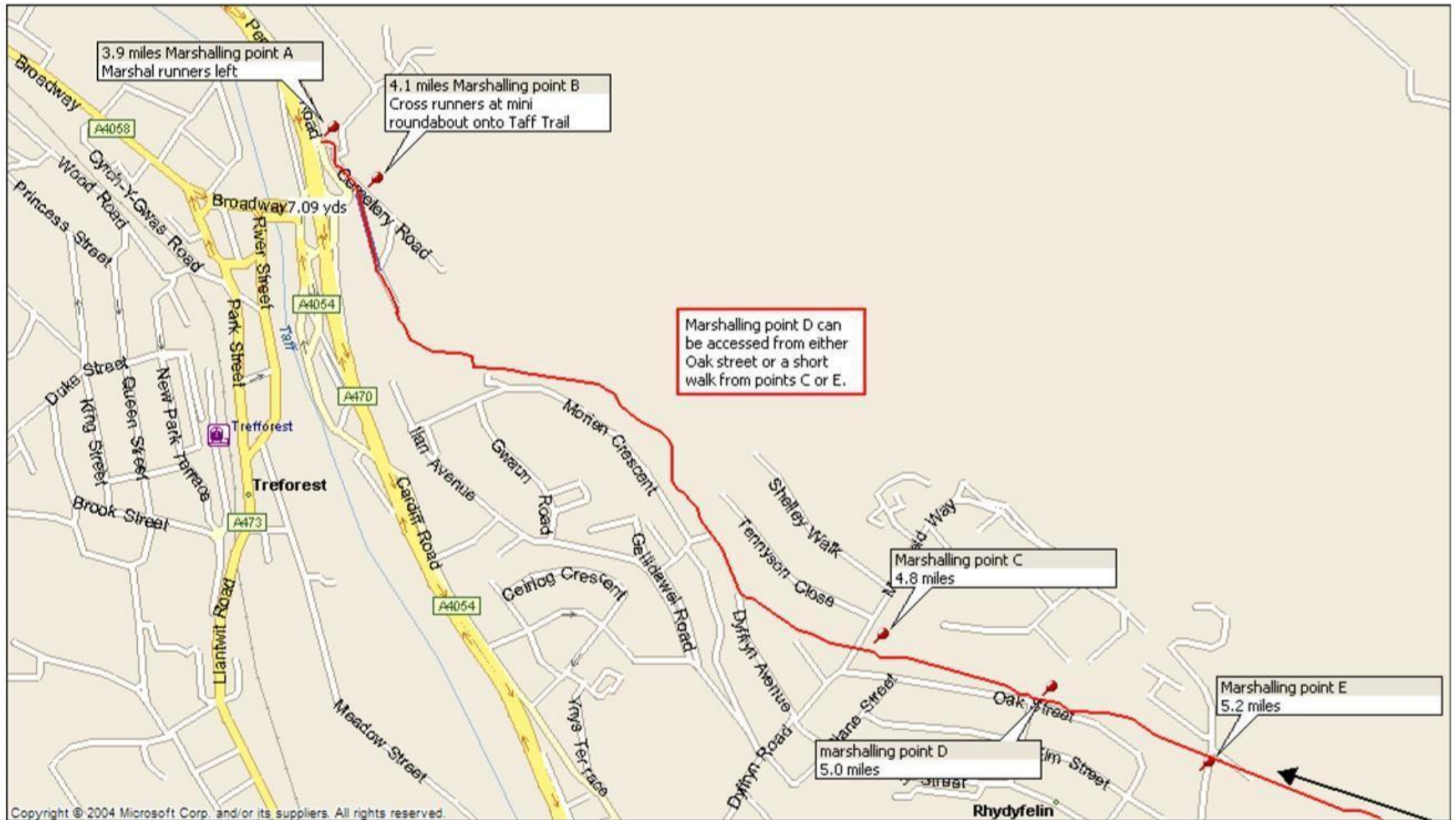
4.6.2. Stage seventeen finish and Stage eighteen start



4.6.3. Stage eighteen approach to finish



4.6.4. Stage nineteen Glyntaff and Rhydyfelin marshalling points



Team support and general information

5. Information for team support

This information should be shared with those supporting your race team, including those driving the shared vehicles.

5.1. General safety information for all

Please ensure everyone, no matter what their role, acts in a responsible way with concern equally for the safety of the 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.

5.2. Information for team support drivers and race traffic

Safety is the most important concern across the race and as such there are specific instructions for those driving team support and shared vehicles. Team captains should share this information with those driving team vehicles.

Penalties will be applied to those who breach safety rules or ignore instructions from officials or marshals.

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 and/or identification.

Traffic congestion problems are guaranteed, we ask for your cooperation in minimising them. At those locations where parking is limited please ensure:

- No more than one vehicle parks close to the start or finish areas. This might NOT be applicable to some stages
- Once runners are dropped-off 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, "what 3 words" and use alternative routes where possible.
- All support vehicles are to display a visible race team number/identification 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, blockage for other road users

Dropping off teams course marshals: When dropping off marshals to their duty locations please do so promptly, late arrivals at marshalling points could endanger the lives of the runners on that stage. Do not stop to support until you have delivered your marshals.

5.3. Route information for drivers

Please note, postcodes in rural Wales are not always accurate and so Sat-Nav may not be reliable. We recommend that you have access to a map to supplement your Sat-Nav.

This table outlines the information for the start and end points for each stage across the two days.

What3words references are also listed below for additional assistance.

Day one					
Leg	Start	Landranger map reference at start + approx. postcode + what3words	Landranger map reference at finish + approx. postcode + what3words	Route	Approximate distance (miles)
1	Caernarfon	SH 477 627	SH 467 530	Coastal road	2.8
		LL55 2AU	LL54 6NR	Minor roads	2.7
		///chats.with.glass	///awoke.worms.conned	Cycle track	3.6
2	Penygroes	SH 467 527	SH 499 382	Cycle track	6.0
		LL54 6NE	LL52 0HB	A487	0.3
		///multiples.steaming.snowy	///slightly.plank.skimmers	B4411/Green	4.4
3	Criccieth	SH 500 381	SH 660 409	A497	3.8
		LL52 0HB	LL41 3YU	A498	3.0
		///strapping.molars.secrets	///wells.coconuts.showed	B4410	5.3
4	Maentwrog	SH 665 407	SH 580 314	A496	9.5
		LL41 4HL	LL46 2UL		
		///acrobats.spark.tasters	///then.bystander.zeal		
5	Harlech	SH 579 312	SH 603 173	A496	9.5
		LL46 2UB	LL42 1BX	Lane	
		///heat.chatting.group	///realm.into.teardrop		
6	Barmouth	SH 602 171	SH 728 179	A496	0.0
		LL42 1BX	LL40 1DH	Footbridge/lane	1.3
		///servers.eggshell.heavy	///growth.scowls.rich	Mawddach Trail	7.7
7	Dolgellau	SH 728 179	SH 858 148	Local road	0.9

		LL40 1DF ///straying.chap.entrust	SY20 9JD ///episodes.tickets.swatting	A470 Local road	8.8 0.4
8	Dinas Mawddwy	SH 858 148 SY20 9JA ///together.slyly.yesterday	SH 989 115 SY21 0NS ///thunder.strategy.serenade	Local road A470 A458	0.5 1.2 9.1
9	Foel	SH 990 115 SY21 0NS ///else.slot.cackling	SJ 103 066 SY21 0SE ///marsh.included.random	A458 Local road	8.4 0.1
10	Llanfair Caereinion	SJ 103 063 SY21 0RQ ///warping.chin.tabs	SO 108 918 SY16 2BQ ///desktops.cyber.lakes	B4389 B4568 Cycle track & footpath	10.4 1.4 1.3

Day two					
Leg	Start	Landranger map reference at start + approx. postcode + what3words	Landranger map reference at finish + approx. postcode + what3words	Route	Approximate distance (miles)
11	Newtown	SO 100 904 SY16 1LH ///words.balloons.endlessly	SO 099 777 LD1 6YH ///deals.memo.bonfires	Local road A483	3.4 7.1
12	Llanbadarn Fynydd	SO 099 777 LD1 6YH ///deals.memo.bonfires	SO 089 649 LD1 6HN ///remission.rips animator	A483 A44	11.0 0.2
13	Crossgates	SO 089 649 LD1 6HN ///chart.springing.frosted	SO 045 516 LD2 3NJ ///protect.fronted.helped	A44 A483	0.2 10.4
14	Builth Wells	SO 043 514 LD2 3SS ///growth.operation.jigsaw	SN 986 451 LD2 3HT ///items.palettes.moguls	A470 A483 B4519	0.1 6.2 4.5
15	Epynt Visitor Centre	SN 992 437 LD2 3HY ///blast.mistaken.breathing	SO 044 289 LD3 9DH ///stopwatch.prelude.zebra	B4519 B4520 Local roads	1.8 7.8 3.2

16	Brecon Canal Basin	SO 045 285 LD3 7EW ///suitably.spit.cheered	GR 054 174 CF48 2UT ///handyman.incursion.tradition	B4601 A40 B4558 Local Roads	1.4 0.8 3.5 8.0
17	Taf Fechan Station, Torpantau	GR 049 167 CF48 2UT ///sizing.slap.backhand	SO 039 072 CF47 8RE ///fired.spaces.safe	Local Roads Taff Trail A4054 Path in park	5.1 2.5 0.7 0.3
18	Rhyd-y-Car Leisure Centre, Merthyr Tydfil	SO 050 055 CF48 1UT ///slower.trial.broom	ST 082 945 CF45 4SN ///satellite.moods.crumble	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 ///regaining.wallet.reclaimed	ST 126 856 CF15 7TE ///drops.unless.former	Cycle Track A4054 Cycle track	1.4 2.5 3.8
20	Caerphilly	ST 152 869 CF83 1AB ///cups.shot.kind	ST 175 776 CF10 3DX ///fall.bunny.hedge	Local roads A469 Cycle track A4054 Cycle track & Bute Park	1.2 0.1 2.4 0.6 5.6

5.4. Stage by stage driver directions

In order to ensure smooth running of the event at each stage all team captains and their drivers and support vehicles follow directions given below for each stage. It is essential that runners drop-off and pick up does not hinder the flow of both Non race & race traffic.

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 the 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 the 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.
12.3	Finish: Oakeley Arms Hotel.	Take A4085 and A487 to finish, via Penrhyndeudraeth. Parking is limited Do not park at the 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 the old bridge on right hand side of A487.	
		Parking is limited Do not park at the 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 a narrow village.
9.5	Finish: Ysgol Ardudwy	Park behind Ysgol Ardudwy as directed. Parking is 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 is also available in Beach car Park, about ¼ mile down side road.
4.7	Dyffryn Ardudwy	Drive carefully through a narrow village.
6.0	Talybont	Drive carefully through a narrow village and over a narrow bridge.
9.5	Llanaber Road - A496	Temporary Finish for 2023 - Follow traffic along the main Road Finish on the pavement outside Jesuit House
BELOW IN RED NOT APPLICABLE TO 2023 EVENT		
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 an extremely large promenade car park. Walk over level crossing to see the finish. Take great care, this railway line is in use. Refreshments available in the town.

Stage 6: Barmouth to Dolgellau		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
0.0	Start at northern end of sea wall (promenade)	
		Park in the large promenade car park adjacent to start.
ABOVE IN RED NOT APPLICABLE TO 2023 EVENT		
0.0	Entrance to footpath over railway bridge 2023- Temp Start Point	Stay on A496 to join A493 later. There is a small road that turns off (Sign posted) to the right leading to the toll bridge, for which a small fee is payable, which gets you to the George III Hotel, Penmaenpool.
6.7	George III hotel in Penmaenpool	The runners should pass the pub here. Traffic flow across the toll bridge and in & out of George Hotel have priority. Do not obstruct or hinder above. You <u>can</u> drive back as far as Arthog railway station but you'll only get a glimpse of the runners because they use the Mawddach trail.
8.1	Junction A493 and A470	You can either take the back road into town then take the one-way system and park in the car park (last left before the river) or take the A470 to Dolgellau.
9.0	Finish: In a field adjacent to the car park.	Drive through the first car park (pay & display), park in the large car park near the rugby ground. This one is free of charge. Refreshments in the town.

Stage 7: Dolgellau to Dinas Mawddwy		
<i>Miles</i>	<i>Location</i>	<i>Support vehicle driver's instructions</i>
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 the steep hill into Dinas Mawddwy.
10.1	Finish: At the drive entrance, and a bit further down the hill is the Red Lion Pub.	Park in the 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 the Car Park at the end of the 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 is available in the small car park on the right. Do not enter or block access to the Twin Rivers Holiday Park.

Stage 9: Foel to Llanfair Caereinion		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Lay-by at eastern end of village	
		Parking is limited. No toilets, no refreshments. Some parking is available in the small car park on the right. Do not enter or block access to the Twin Rivers Holiday Park.
8.4	Llanfair Caereinion	Vehicles must not follow runners up the hill.
8.5	Finish: Opposite entrance to School/Leisure Centre	Vehicles must not park on the main road – use the large car park at 'old station'. Walk back a short distance to see the finish near the school.

Stage 10: Llanfair Caereinion to Newtown		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Junction of Watergate Street/High Street (opposite Church) on B4389, signposted NEW MILLS	
		Vehicles must not park on the main road – use the 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 Elephant & Castle and just around the corner. There is on street parking throughout the town.

Stage 11: Newtown to Llanbadarn Fynydd		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Newtown (Maldwyn) Sports Centre. As it's early in the morning please keep the noise down so as not to disturb local residents.	
0.8	A483 roundabout	Race traffic must keep on the A483 out of Newtown and <u>not follow the new (and narrow) race route along Middle Dolfor Road</u>
10.5	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		
Miles	Location	Support vehicle driver's instructions
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 the forecourt and road in front of the garage clear of race vehicles. Toilets & refreshments available.

Stage 13: Crossgates to Builth Wells		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Knills Service Station	
		Park with consideration at Knills Service Station in order to keep the forecourt and road in front of the 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 the 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 Burger King 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 the left. Be very careful of finishing runners. <u>Do not</u> go out the way you came in. Exit via the 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 an isolated building on a cross road (Drovers Arms [Not a real pub]).	Parking is limited Park in car parks near Drovers Arms. One toilet at the 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 a 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 car park near Co-op (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 a 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.
12.5	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 Cyfarthfa 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 Pensticill.	Take care along narrow lanes.
3.7	Junction at approach to Ponsticill.	Turn left and follow the sign for Mountain Railway.
5.1	Access to Taff Trail on right	Runners only on Taff Trail Race Traffic warning - Road works around Merthyr, bottom of Vaynor Road, No through Traffic between Upper High Street & High Street. Traffic straight on, initially towards Pant. At the junction, turn right at Tal-yr Efail. At the next roundabout (access road to Heads of the Valleys) follow signs towards Merthyr, Prince Charles Hospital and Cyfarthfa Castle.

8.7	Finish	Finish at the end of the lake, adjacent to wooden steps leading to the car park. CF47 8RE . Toilets in cafe.
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Stage 18: Rhyd-y-Car to Navigation Park		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Behind Rhyd-y-Car Leisure Centre	
		Use the car park at the Leisure Centre. Toilets and refreshments available.
		Vehicles unable to follow runners. Support vehicles should follow A4054.
2.4		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 the roundabout to turn right at the first set of traffic lights then left at the next set, to the finish.
9.1	Finish: Inside Navigation Park Business Network	Park in the very large car park inside Navigation Park Business Network. No refreshments nor toilets.

Stage 19: Navigation Park to Nantgarw		
Miles	Location	Support vehicle driver's instructions
0.0	Start: At the 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 Nantgarw Rd.) No toilets, no refreshments

Stage 20: Caerphilly to Cardiff Bute Park		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Assemble In the Crescent road public car park.	Park in the car park at the end of Crescent Road. No parking in Crescent Road itself. No toilets, no refreshments
0.3	Caerphilly District Miners Hospital, Lon-y-Llyn Rd	Runners exit via the far end of the car park to cross St Martin's road to join the 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 Taffs 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 the finish area and local Blackweir Tavern.

5.5. Accommodation information

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 08:00 am. 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.