

# Welsh 1000m Peaks

## Information for Competitors

### 2017



1/8/17



*Sponsored by First Hydro*

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## **Race overview**

Founded in 1971, the long course starts at the sea and after crossing the windswept wilderness of the Carneddau and the rocky moonscape of the Glyderau, it finishes on Yr Wyddfa the highest mountain in England and Wales. The route takes in the five peaks of Snowdonia exceeding one vertical kilometre.

Are **you** ready to face this grueling challenge which at 30 km and 2500 metres of climb is a tremendous test of strength, endurance and navigational skills? If you're not sure, we have the shorter “half” route starting in the Ogwen valley and visiting three 1000m peaks and **new this year** our exciting **Relay** event over the long course for teams of three.

### **Major changes this year**

- Introduction of short and long Challenge races (replacing 2 and 4 peak routes)
- Introduction of a Relay event over the long course
- Competitors will be provided with a 1:40000 weatherproof Harveys Ultra map included in cost of entry

## **Race description**

The long course route starts at sea level near at Abergwyngregyn, GR 652728, near the foreshore of Conwy Bay, and goes via the summits of Carnedd Llewelyn, Carnedd Dafydd and Glyder Fawr, Pen- y- Pass Youth Hostel, the summit of Garnedd Ugain to finish on the summit of Yr Wyddfa (Snowdon, 1085m) that is, the ascent of the five 1000 metre peaks of Snowdonia.

The short course starts at Ogwen Cottage, GR 650604 and goes via the summit of Glyder Fawr, Pen-y-Pass Youth Hostel, the summit of Garnedd Ugain to finish on the summit of Yr Wyddfa (Snowdon).

If you are an experienced fell runner, capable of navigation and **running** confidently over rocky and rugged terrain, the fell races are for you. Other competitors should consider the challenge events, choosing short or long to suit your fitness and experience. The Long Fell race is for runners able to complete the long course within 8 hours.

- The Long Fell Race is for runners able to complete the long course within 8 hours
- The Long Challenge Race covers the same route, allowing 9½ hours
- The Short Fell Race is for runners able to complete the short course within 4 hours
- The Short Challenge Race competitors should be able to complete the short course within 5 hours.
- The Relay Race takes place over the long course; teams of three competitors, each team member doing one of three sections of the route. The leg times should be within 4 hours, 3 hours and 2 hours respectively.

Challenge competitors are required to carry additional equipment. Pairs may enter the Challenge Races.

## Maps and terrain

This event takes place over some of the most rugged terrain in Britain. There are significant risks of injury or loss which can arise from:

1. Steep and rocky ground (including cliffs and ravines) where a slip or fall could result in serious injury or death.
2. Weather extremes (wind /precipitation or hot sun) leading to hypothermia or heat exhaustion
3. Crossings of major roads

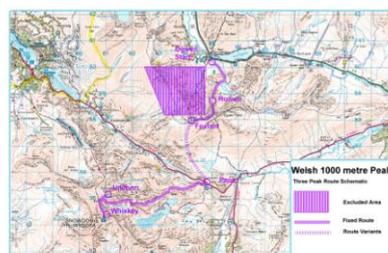
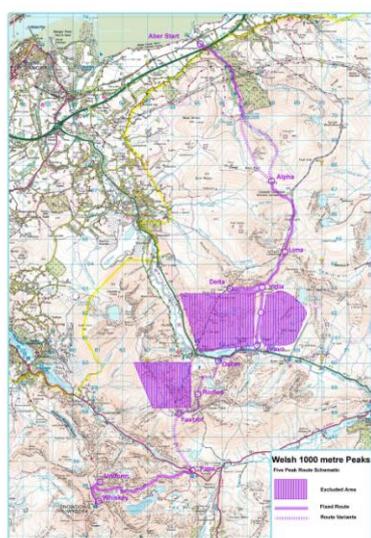
Whilst the race organisers take all reasonable measures to ensure your safety, you must only enter this race with a full knowledge and understanding of the risks involved.

### *Course markings*

This is a navigational race so, for the most part, route selection is up to the competitor to decide. However, some areas are out of bounds. Certain sections of the course are waymarked for safety. Please follow these.

OOB and waymarking will be displayed on maps at Registration and are be marked on the schematic route description maps below.

### *Schematic route description maps*



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***Gribin Ridge***

All courses ascend the Gribin Ridge in the Ogwen Valley. This section of the route requires a head for heights and use of hands for support; it is a short section of a grade 1 (easiest grade) scramble. Part of this section is waymarked.

***Control and Details***

<b>Description</b>	<b>Control Call Sign</b>	<b>Grid Ref</b>	<b>Type</b>	<b>Note for Runner</b>	<b>Open</b>	<b>Close</b>
Start Field next to A55	<b>ABER START</b>	653728	DIB	Dib at entry to Start Pen	06:30	09:00
Yr Aryg	ALPHA	681674	DIB	Dib	08:30	11:00
Carnedd Llewelyn	LIMA	684644	DIB	Dib	09:00	12:00
Carnedd Dafydd	DELTA	663630	DIB	Dib	09:30	12:30
Carneddau Ridge – derelict wall	INDIA	676631	PUNCH	At this Safety control, Race number must be punched in Box “India”	09:00	12:45
Mountain Rescue Post at Bryn Poeth	BRAVO	674607	DIB	Dib	09:30	13:15
Road Crossing at Car Park	OSCAR	659602	NO ACTION	Dib	09:30	13:30
Bend on path to Llyn Idwal	<b>OGWEN START</b>	652602	DIB	Only used by the 3 Peak Course	10:30	11:00
Gribin Ridge	ROMEO	650586	NO ACTION		11:00	14:00
Glyder Fawr Summit	FOXTROT	643579	DIB	Dib	11:15	14:00
Pen y Pass	PAPA	648556	DIB	Dib	11:00	15:00
Carnedd Ugain	UNIFORM	611552	DIB	Dib	12:30	16:45
Snowdon Summit	WHISKEY	610544	DIB	Dib both Readers	12:30	17:00

A “PUNCH” control means one with an orienteering-style pin punch.

The 3 Peak course starting at “Ogwen Start” is accessed from Idwal Cottage

## **Safety**

### *How we track you*

Competitors are identified by their race number. This is printed on waterproof paper and displayed on your electronic tag - both issued at registration. The paper number must be displayed on the competitor's front throughout the race.

The tag must be placed against the tag reader the start and at control points throughout the race. Tags will be collected at the finish or on retirement at roadside check points.

Most controls are linked, via the Internet, to Race Control, to enable us to monitor your progress during the race. This provides accurate timing and improves safety.

One control uses pin punches. You **MUST** show you have visited this control by punching your number in the space provided.

### *Safety*

Competitors are encouraged to carry mobile phones. In the event of accident or emergency, ring Race Control who will co-ordinate emergency/mountain rescue services. The phone number is printed on your race bib.

First Aid cover and emergency response are available at the event. Further information in Final Details.

### *Bad weather*

In the case of a severe weather forecast, we may cancel the race or change to a defined Bad Weather Route. Any route changes/cancellation will be posted on the website and Facebook and a phone message will be left on 01286 871595.

Details of bad weather routes will be published at a later date.

The weather forecast can be found on :

<http://www.metoffice.gov.uk/public/weather/mountain-forecasts/snowdonia#?tab=mountainWarnings>

### *Retirement procedures*

Competitors needing to retire must do so at Ogwen or Pen-y-Pass where their race bib and tag must be given to a race official.

If circumstances force you to stop at a mountain top control, seek advice from a marshal.

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In all other circumstances you must contact Race Control at the earliest opportunity. The phone number is printed on your race bib. Failure to do so could result in false alarms and delays in help reaching competitors in genuine distress. The Welsh Fell Runners Association will issue sanctions on any runners who fail to report retirement to Race Organisers.

## Equipment

All competitors must carry or wear;

- Map as supplied\*, compass, whistle
- Emergency food and fluids as needed for the conditions
- Waterproof garments, to cover trunk and limbs to wrist and ankles, WFRA definition of “Waterproof” means a garment marketed as "waterproof" (i.e. not just “windproof”) with taped seams
- Hat and gloves
- Footwear designed for trail or fell use

In addition to the above, Challenge Race competitors must also carry/wear:

- Additional food/drink taking account of expected time out on the route
- Spare clothing, minimum of an additional long sleeve thermal top layer and long trousers
- Survival bag (not a sheet)

The race finishes on the summit of Snowdon. Please note that the café is not always open. You will need sufficient food and clothing to get down the mountain independently after you finish the race. **You will not be able to travel down by train.**

\* A 1:40000 Harveys map will be provided to each competitor. To see an example of the type of map we will be providing, check out

<http://www.harveymaps.co.uk/acatalog/Ultramaps-sample.html>

## **Rules and conduct**

1. You must display your race number throughout the race and ensure your tag is scanned at each control.
2. You must meet the age and experience requirements stipulated.
3. If competing in a pair, you must stay together throughout the entire race.
4. You must visit all required checkpoints and avoid Out of Bounds Areas.
5. In case of retirement you must follow the stipulated procedure.
6. You must wear or carry equipment/clothing required for the race/category you have entered.
7. No dogs are allowed on the course - this is sheep country.
8. Competitors doing the Challenge Race must wear or carry the additional equipment defined in the regulations.
9. Competitors are encouraged to carry mobile phones.
10. In the spirit of the race and the interest of fairness the use of GPS is not allowed. If you wish to carry GPS in case of emergency it should be in a sealed bag and declared at registration. Competitors seen using GPS will be disqualified.

## **Event centre**

The Event centre is in the Llanberis Community Centre, LL55 4UR which is open from 6.00 am to 7.00 pm for competitors, friends and families.

Car parking is available at the event centre, costing £5:00. Please have pound coins ready for the machine. The monies from this car park go to the community.

There is additional car parking at the Dolbadarn car park which is linked to the event centre by a footpath (this was £4 last year).

### *Facilities at the event centre:*

**NOTE: there is NO entry on the day.**

- Registration, tag and map handout Registration timetable will be in final details
- Route maps and information
- Display of competitors' progress and provisional results
- Information for family and friends
- Teeshirts for sale (or pick up if ordered)
- Toilets and wash basins
- Place to leave kit

### *Refreshments:*

There will be hot and cold drinks and cake available. Competitors returning to the Event Centre after they finish will be offered soup, roll and a cake.

Note: there are drinks, flapjack and bananas provided for competitors at Ogwen, Bryn Poeth and drinks at Pen-y-Pass.

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***Transport to race start:***

Bus transport is available (£3.00 per head) to take competitors from registration at the Event Centre (the bus bay) in Llanberis to the starts at Aber and Ogwen Cottage.

Relay teams are responsible for their own transport for leg two and leg three runners. Parking is available in the Ogwen Valley but can be very busy. Parking at Pen-y-Pass is very limited. It may be necessary to drop competitors off without parking. There is a public bus service from Llanberis to Pen-y-Pass.

<b>Race</b>	<b>Long Challenge Race</b>	<b>Relay leg one</b>	<b>Long Fell Race</b>	<b>Short Fell and Short Challenge Race</b>
Start time	7:30	7:45	9:00	10:30
Bus departure from Llanberis	6:30	6:30	8:00	9:30

## Prizes

Perpetual trophies will be awarded if they are returned to the race organisers!

**NOTE: Only one prize will be awarded per individual. Categories with 3 or fewer entrants will not have awards. A member of a pair will only win a pair's prize. The club trophy/prize goes to the club with the fastest 4 runners in the long fell race.**

Prizes and/or trophies will be made to:

- Long Fell Race: 1<sup>st</sup> male, 2<sup>nd</sup> male open, 3<sup>rd</sup> male open, 1<sup>st</sup> vet, 1<sup>st</sup> supervet, 1<sup>st</sup> over 60, 1<sup>st</sup> over 70, 1<sup>st</sup> services competitor, 1<sup>st</sup> female, 2<sup>nd</sup> female, 1<sup>st</sup> female vet, 1<sup>st</sup> femalesupervet, 1<sup>st</sup> club trophy.
- Long Challenge Race: 1<sup>st</sup> male, 1<sup>st</sup> male vet, 1<sup>st</sup> male supervet, 1<sup>st</sup> male over 60, 1<sup>st</sup> woman, 1<sup>st</sup> woman vet, 1<sup>st</sup> woman supervet, 1<sup>st</sup> pair, 1<sup>st</sup> female pair, 1<sup>st</sup> services pair, 1<sup>st</sup> reserves pair, 1st REME pair
- Short Fell Race: 1<sup>st</sup> male, 1<sup>st</sup> male vet, 1<sup>st</sup> male supervet, 1<sup>st</sup> male over 60, 1<sup>st</sup> woman, 1<sup>st</sup> woman vet, 1<sup>st</sup> woman supervet, 1<sup>st</sup> woman over 60
- Short Challenge Race: 1<sup>st</sup> male, 1<sup>st</sup> woman, 1<sup>st</sup> pair, 1<sup>st</sup> women pair, 1<sup>st</sup> junior/senior pair, 1<sup>st</sup> junior (trophy).
- Relay: 1<sup>st</sup> team, 1<sup>st</sup> Service team, 1<sup>st</sup> vet team (combined age 135+), 1<sup>st</sup> super vet team (combined age 180+), 1<sup>st</sup> adult/ junior pair (ages separated by at least 20 years)

***The organisers reserve the right to award spot prizes to recognise achievement.***

To be eligible for a Service prize you must indicate your service and unit on the entry form. Services include police, fire, ambulance, rescue and armed services.

The prizegiving will be at the Event Centre in Llanberis at 17:30. Please come to support the winners and enjoy post-race refreshments and chat. If prizewinners are unable to attend we request that you let us know at the Event Centre. Those unable to attend at 17.30 can collect their prize at the Ty'n y Coed, Capel Curig, at 20.00. Previous winners are asked to return perpetual trophies to an official at registration.

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## Race entry

The 2017 race will take place on Saturday 3 June.

There have been considerable changes for 2017. Please look at all the information provided to ensure you understand how the race will be conducted this year, even if you are a regular competitor.

### *Entry Fees*

Race	Description	Start time	WFRA Race Cat'y	Competitor Categories		Price
				Individual	Pair**	
Long Fell Race	A very arduous class A race. Min age 18 32k 2500m	09:00	AL / ER NS	Yes	No	£20:00
Long Challenge Race	The same route as the Fell Race, with additional time allowed. Min age 18 32k 2500m	07:30	AL / ER NS	Yes	Yes	£20:00
Short Fell Race	A shorter but still demanding fell race. Min age 18** 12k 1441m	10:30	AM / ER NS	Yes	No	£16:00
Short Challenge Race	A shorter but still demanding challenge. Min age 18** 12k 1441m	10:30	AM / ER NS	Yes	Yes	£16:00
Relay leg one	Abergwyngregyn to Ogwen Bryn Poeth 20k 1059m	07:45	AM / ER NS LK			£50:00 per team
Relay leg two	Ogwen Bryn Poeth to Pen-y-Pass 6.6k 641m	11:45	AS / ER NS LK			
Relay leg three	Pen-y-Pass to Snowdon 5.5k, 800m	14:45*	AS			

\*These are 'mini mass start' times for runners where the previous team member has not arrived at the handover point by that time.

\*\* The pairs option offers the opportunity for a less experienced person to compete with someone who meets the full entry requirements with minimum age 20. In the Short Challenge Race a 14 – 18 year old can enter with a parent or legal guardian.

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The entry fees include: a 1:40000 waterproof map covering the complete course, en-route refreshment, a commemorative medal for all finishers and free tea and coffee at the event centre.

NOTE: there is NO entry on the day.

Closing date for online entry - Wednesday 31 May midnight. Please enter online if at all possible.

The entry form for 2017 is available for printing on the website.

Closing date for postal entry – postmarked no later than 27 May. If entering by post, please do not to use an A4 envelope unless you also use the large letter postage stamp.

Any enquiries to e-mail: [jean.hall1@btinternet.com](mailto:jean.hall1@btinternet.com)

Note: Please read the Race rules and conduct. We expect strict adherence to rules in the interests of safety and fairness. There will be spot checks and infringement will incur time penalties.

## **Experience required**

Long Fell race entrants are required to give details of two recent category A fell races or similar events of at least 16 km distance and requiring navigation when completing the entry form.

Short Fell race and Relay leg one and two entrants are required to give details of two recent category A fell races or similar events of at least 8 km distance and requiring navigation when completing the entry form.

Long Challenge Race and Short Challenge Race entrants must give details of recent experience which demonstrates

- mountain experience and
- navigational skills as well as
- appropriate level fitness.

All entrants must meet the stated experience requirements for the course they are entering except, a) where a less experienced person is entering as a pair with someone who does meet the experience requirements or b) as the third leg runner on a relay team.

Service personnel are welcome but it is important to remember the navigational skills required are beyond those covered in basic army training.

If you are unsure about your experience please contact the Entries Secretary.

### ***Entry declaration:***

On entering you will be required to complete the following Competitor Declaration:

- I understand that this race is held in accordance, and that I have familiarised myself, with the rules and safety requirements of the WFRA and the Organiser's information and requirements including those relating to safety and retirement
- I confirm that I have the navigational skills appropriate to the race and will carry throughout the race any equipment specified either by the WFRA Safety Requirements or by the Organiser
- I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk
- Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race

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- I am aware of the serious disabling consequences of hypothermia, dehydration and heat exhaustion and will act appropriately during the race
- I am in good health and have no disabilities which may be detrimental to my participation in this event and understand that the race location is in remote mountain country and that, in the event of accident or illness, help may not be quickly available

Signed:

Date

Countersignature of parent or guardian if under 18:

Signed:

Date