

Welsh 1000m Peaks

Information for Competitors

2020



Ras Copaon 1000m Cymru



Welsh 1000m Peaks Race

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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 gruelling 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.

Major changes this year

2020 marks the 50th Welsh 1000m race. A significant milestone indeed. While there have been changes over the years (not least the "discovery" of a 5th 1000m peak!), the challenge remains the same.

There is a small increase in the entry fees but there is a commemorative tee shirt for all competitors. Please make sure you indicate the size you would like on your entry form/online entry.

The kit checks during the 2019 race highlighted that a few competitors were carrying a compass and whistle which were not fit for purpose. As a result, all competitors will be required to show their compass and whistle at registration and there will be spot checks at the start. The compass should have a base plate and be suitable for taking bearings.

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 a fell runner with experience of running Class A fell running events over rocky and rugged terrain, the fell races are for you. Other competitors should consider the challenge events, which allow more time but still require navigational skills, 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 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.

Challenge competitors are required to carry additional equipment.

The Pairs category will be run under Challenge race requirements but will be a separate class for administration and prizes

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

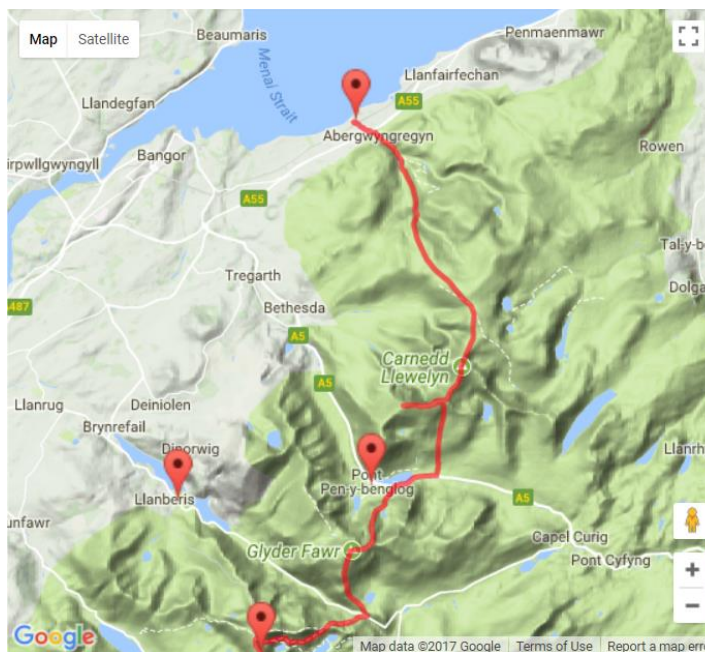
Whilst the race organisers take all reasonable measures to ensure your safety, you must only enter this race with a full knowledge and understanding of the risks involved.

Course markings

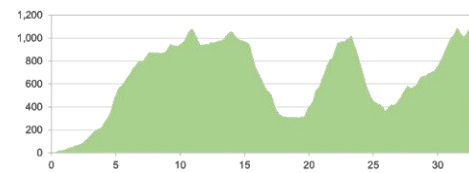
This is a navigational race so, for the most part, route selection is up to the competitor to decide. However, some areas are out of bounds. Certain sections of the course are waymarked for safety. Please follow these.

OOB and waymarking will be displayed on maps at Registration

Schematic route map



Elevation



The elevation profile for the long course



The elevation profile for the short course

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.

Controls and Details

Description	Control Call Sign	Grid Ref	Type	Note for Runner	Open	Close
Start Field next to A55	ABER START	649729	DIB	Dib at entry to Start Pen	06:30	11:00
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 any box	09:00	12:45
Mountain Rescue Post at Bryn Poeth	OSCAR BRAVO	674607	DIB	Dib	09:30	13:15+
Car park on A5 (also road crossing)	OSCAR CP	659602	DIB	Cross road at manned crossing, then dib in car park	09:30	
Bend on path to Llyn Idwal	OGWEN START	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.

+ These times are the cut off times. If a competitor is later than these times, they are compulsorily retired from the race.

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 at 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 in the box provided.

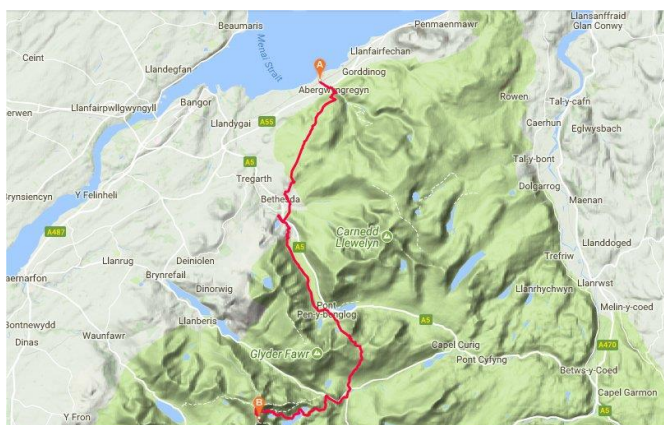
Safety

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.

Severe weather

Over the week before the race, the Race Organiser and Race Executive will watch the weather forecast as no doubt you will too. In the rare case of severe weather, which incurs high risk to marshals and competitors on the mountains, we have prepared a severe weather route for leg one from Abergwyngregyn to Ogwen. This is the map of the route.



If the forecast is for severe weather, we expect you to prepare to follow the described route on the map. You are advised to bring kit/equipment appropriate to the forecast in addition to the minimum requirements.

If there is need for a severe weather route for leg 2 from Ogwen to Pen Y Pass it will follow the route by Llyn Bochlywd, Bwlch Tryfan and down to the Miner's Track and on to Pen Y Pass. Dependent on the state of the river, that route will either cross high up direct to Pen Y Pass or avoid the river by going down to the A4086, turn right along this road past the Gwesty Pen Y Gwryd Hotel and then the road becomes the A498. Turn right, off the road and onto the footpath, which runs parallel to the road, up to Pen Y Pass.

In the case of potentially severe weather, you are advised to go to the Facebook page <https://www.facebook.com/Welsh-1000m-Race-252620841509331/>, after 6 p.m. on Friday 31st May to check for any update from the Race Organiser in response to the forecast. Even if the Race Organiser does not decide at that time to use the severe weather route, we will continue to monitor the forecast and review that decision right up to the start line. If you are in doubt, there will be information at registration at the Event Centre on Friday evening and Saturday morning including copies of the severe weather route on the 1000m peaks race map. You may ring the Event Centre at registration times with a query, 01286 870120.

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.

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.**

Personal safety equipment and kit list

You should always bring additional protective equipment to the race registration in order to comply with more stringent requirements that may be demanded by the Race Organiser (RO) on the day due to adverse conditions.

You should arrive prepared to wear/carry all of the following kit and equipment:

- Map as supplied*, base plate compass, whistle. Note: small whistles integral to rucksacks are not acceptable. See under **Major Changes** on page 1 for requirement to show compass and whistle at registration and partial kit checks at start.



- Emergency food and fluids as needed for the conditions
- Waterproof garments, to cover trunk and limbs to wrist and ankles – single skin pertex garments would not be considered fit for purpose
- Hat and gloves
- Footwear designed for trail or fell use
- Any additional items specific to your needs. It is your responsibility to wear/carry such additional kit as is essential for your welfare.

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)

Ras Copaon 1000m Cymru ~ Welsh 1000m Peaks Race ~ Saturday 6th June 2020

The race finishes on the summit of Snowdon. Please note that the café is not always open. Ensure you have sufficient food and warm clothing for the summit and descent to Llanberis. You will not be able to travel down by train.

You may want to carry some cash, in case you have to withdraw and need to get a bus, or if you want some food or drink at the Snowdon café.

* 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>

Use of GPS

GPS devices for navigational purposes are not permitted in the 1000 metre Peaks Race in line with WFRA rules for competition.

Explanatory Note:

You will be allowed to:

- wear a watch/ carry a device with GPS functionality
- record your route using such a device
- have distance travelled displayed
- use an altimeter

In an emergency: you are, of course, allowed to use a GPS device to navigate yourself to safety, but must declare yourself as a 'non-competitive' participant at the finish.

You will not be allowed to:

- follow a pre-loaded GPS ('breadcrumb') route
- use a GPS device which displays a map
- load checkpoints onto the GPS device.

Kit and equipment safety rules:

Not less than 24 hours before the event, the Race Organiser will publish on the Welsh 1000m Peaks Race / Ras Copaon 1000m Cymru <http://www.welsh1000m.org/> the minimum safety kit and equipment requirements for the 2020 race based on a reasonable response to the weather forecast for the day. These will be publicised at registration.

Random full or partial checks will be made at the start of the race to ensure these requirements have been met. Full kit and equipment checks will be made at the finish. Those who do not have the correct equipment and kit will be subject to penalty.

Penalties:

If you are found not following the RO's minimum kit and equipment requirements, you will be disqualified and may be subject to further disciplinary procedures by WFRA.

Rules and conduct

- You must display your race number throughout the race and ensure your tag is scanned at each control.
- You must meet the age and experience requirements stipulated.
- If competing in a pair, you must stay together throughout the entire race.
- You must visit all required checkpoints and avoid Out of Bounds Areas.
- In case of retirement you must follow the stipulated procedure.
- You must wear or carry equipment/clothing required for the race/category you have entered.
- No dogs are allowed on the course - this is sheep country.
- Competitors doing the Challenge Race must wear or carry the additional equipment defined in the regulations.
- Competitors are encouraged to carry mobile phones.
- GPS devices and mobile phones should be carried in a sealed bag and declared at registration. See earlier Safety Equipment and Kit List.

Event centre

The Event centre is in the Llanberis Community Centre, LL55 4UR which is open on Friday evening from 18.00 to 19.30 for Registration. It is open on Saturday from 6.00 am for Registration and is open until 19.00 pm for competitors, friends and families.

Please note the open and closed times for registration for each race. Registration will close just before the bus leaves for each course.

Date	Race	Registration open	Registration closed
Fri 5 th June	All	18:00	19:00
Sat 6 th June	Long Challenge Race:	06:00	06:30
	Long Fell Race:	07:00	08:00
	Short Fell and Short Challenge Races:	09:00	09:30

Competitors on all courses must register on Friday evening if they wish to go straight to the start on Saturday morning.

Car parking is available at the event centre, costing £6:00. 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 £5 last year).

Facilities at the event centre:

- Registration, tag and map handout
- Route maps and information
- Display of competitors' progress and provisional results
- Information for family and friends
- Tee shirts for pick up
- 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. Please bring your own multi-use mugs for drinks and soup if possible to avoid adding to the plastic mountain!

Note: there are drinks, flapjack and bananas provided for competitors at Ogwen, Bryn Poeth and drinks and flapjack at Pen-y-Pass. Please carry a cup or bottle if you want drinks. There will be no throw-away plastic cups.

Transport to race start:

Bus transport is available (£4.00 per head) to take competitors from registration at the Event Centre (the bus bay) in Llanberis to the starts at Aber and Ogwen Cottage.

Race	Long Challenge Race	Long Fell Race	Short Fell and Short Challenge Race
Start time	7:30	9:00	10:30
Bus departure from Llanberis	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. 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: For male and female competitors: 1st, 2nd, 3rd, 1st V40, 1st V50, 1st V60, 1st V70. 1st services competitor, 1st club trophy.

Long Challenge Race: For male and female competitors: overall 1st, 1st V40, 1st V50, 1st V60, 1st V70.

Long Challenge Race Pairs: 1st male pair, 1st female pair, 1st mixed pair, 1st services pair, 1st reserves pair

Short Fell Race: For male and female: overall 1st, 1st V40, 1st V50, 1st V60, 1st V70

Short Challenge Race: 1st male, 1st female

Short Challenge Race Pairs: 1st male pair, 1st female pair, 1st mixed pair, 1st junior/senior pair

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. Previous winners are asked to return perpetual trophies to an official at registration.

Race entry

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	£25:00
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	£25:00
Short Fell Race	A shorter but still demanding fell race. Min age 18** 12k 1441m	10:30	AM / ER NS	Yes	No	£20:00
Short Challenge Race	A shorter but still demanding challenge. Min age 18** 12k 1441m	10:30	AM / ER NS	Yes	Yes	£20:00

* 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.

The entry fees include: a 1:40000 waterproof map covering the complete course, en-route refreshment, a commemorative medal and tee shirt for all finishers who order one on entry and free tea and coffee, soup and a roll and cake at the event centre.

NOTE: there is NO entry on the day.

Closing date for online entry - midnight Wednesday 3rd June. Please enter online if at all possible.

The entry form for 2020 is available for printing on the website.

Closing date for postal entry – postmarked no later than Saturday 30th 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

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 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 where a less experienced person is entering as a pair with someone who does meet the experience requirements.

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 accept the hazards inherent in fell running and acknowledge that I am entering and running at my own risk.
- I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.
- I confirm that I have read and will comply with, "Safety Requirements for Competitors"
- I acknowledge and agree that I am responsible for determining whether I have the skills, equipment and fitness to participate in this event.
- I accept that neither the Race Organiser nor the Welsh Fell Runners Association shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race (other than in respect of death or personal injury as result of negligence).
- I consent to publication of my name, club, race category, race number, finishing time and race position in race pre-entry and results lists.

Signed: _____ Date _____

Countersignature of parent or guardian if under 18:

Signed: _____ Date _____

Appendix 1 - Welsh 1000 Meters Race Safety Information for Competitors

Safety Bearings/Escape Routes/Danger Points

This document highlights particular points where extra care is required and guidance on escape routes. It is NOT a route description. Both the Carneddau massif and the Glyderau Massif are difficult to escape from. If you doubt your ability on the day to complete the traverse of these ridges, you should retreat before reaching Foel Grach on the Carneddau or not proceed past Ogwen. Possible escape routes are provided for guidance only and you should check them on a large-scale Ordnance Survey map before you start. The Organisers cannot accept responsibility for your safety in following any of these suggestions.

Area	Possible Escape	Note
Aber Start to area around Bera Mawr/Bera Bach.	Return to Aber valley on a generally northerly bearing	Take Care @669700 near top of Aber Falls
From Bera Mawr to Yr Aryg (Control ALPHA)	Descend steeply into valley leading to Bethesda. Bearing: South West (225 deg)	
Yr Aryg via col @ 688665 and Foel Grach to Carnedd Llewelyn	Descend steeply into valley leading to Bethesda. Bearing generally West South West N.B. Beyond col @ 688665 it is very difficult to escape from the ridge in any direction. Escape West to Bethesda valley. If you are close to the summit of Llewelyn you should seek advice from the summit Marshall @ Control LIMA	Foel Grach Mountain refuge hut @ 689659.
Carnedd Llewelyn to Carnedd Dafydd	For escape, go to Control INDIA @ 676631 and take bearing 135 for 200 metres, then bearing 190 to reach control MIKE	
Carnedd Dafydd to Ogwen	You should proceed to Control INDIA to descend from the Carneddau.	Unless specifically advised by marshals at Control DELTA (Carnedd Dafydd) you must not descend any direction SOUTH from Carnedd Dafydd. You will jeopardise your own safety as well as the future of the Race.
A5 crossing. Dangerous main road.	For your own safety you must only cross the A5 at the designated crossing points.	You must follow marshal's instructions at these crossing points
Ridge of Y Gribin	Escape is by retracing your steps back to Llyn Bochlwyd	Competitors are advised that a short, rocky section of the Gribin ridge leading to Glyder Fawr requires the use of hands and can be slippery when wet. Waymarking will guide runners to a route, which aims to avoid areas of graded scrambling
Glyder Fawr Plateau	The descent from Glyder Fawr is down the race route to Pen y Pass, with navigational care.	Take advice from Glyder Fawr summit marshal if you are unsure.
Road Crossing at Pen y Pass		Take care crossing main road. Follow marshal's instructions.
PYG Track above Glaslyn near Snowdon Summit	Retirement is by retracing your steps to Pen y Pass	After "the zig-zags", you must NOT ascend Carnedd Ugain up its southern flank. Stay on path to Finger-stone and then turn right to summit.

Please remember that if you drop out of the race not at a control site or road crossing you must inform race control on phone number 01286 870120. Thank you.

Appendix 2 – How to Dib

At Registration you will be issued with a Dibber in the form of a wristband, as shown on the left below. The number on the Dibber is the same as the number that you will wear.

At the checkpoint, there is a box on a tripod, as shown on the right below. The front of the box is marked with a bullseye.

When you dib, the box sends the identity of your Dibber, and the time, to a website, from which the Race Controller obtains that information.

To perform a dib, place the face of the Dibber in the circle on the front of the box, and **hold it there** until the red lights flash and the buzzer sounds.



The Dibber should be worn on the outside of the wrist. This makes it easy to place it on the front of the box.

Some runners wear the Dibber on the inside of the wrist. This requires them to twist their arm in an awkward manner in order to place the Dibber on the box. This wastes time, both for the runner and for others coming behind.

When it is raining, you may wish to cover the Dibber with the sleeve of a cagoule. As you approach the checkpoint, pull the sleeve back so that you are ready to dib. This results in faster dishing.