

Clwb Gorphwysfa Club

WELSH 1000M PEAKS RACE (Snowdonia Summits Marathon)

Saturday 9th June 2012

Race regulations - READ CAREFULLY – and keep this sheet for reference on the day

This is an arduous mountain event in which navigational skills are essential

Your signature on the entry form confirms that you:

- are able to navigate using a map and compass in mountain terrain in poor visibility.
- are in good health and have no disabilities which may be detrimental to your participation in this event.
- understand that this race is held in accordance with the rules and safety requirements of UK Athletics and WFRA and operates a safety policy.
- understand that the race takes place in remote mountain country and that, in the event of accident or illness, help may not be quickly available.
- are aware of the organisers' information and stipulations and understand that no liability can be accepted by the organisers for any injuries sustained or any property lost during the period of the event.
- have read the regulations and agree to abide by their requirements

1. CLASSES AND EQUIPMENT REGULATIONS

A Fell Runners (WFRA & UK Athletics rules apply) 5 peaks

Minimum age 18. Previous fell running experience required. Map (*see note overleaf*), food, whistle and compass shall be carried. Waterproof garments, to cover trunk and limbs to wrist and ankles, shall be worn or carried..

B Elite Mountaineers – 5 peaks

Minimum age 17yrs. Competitors shall dress as mountaineers throughout the race. Leg covering shall be wind resistant. Trousers or breeches are preferred but windproof tracksters are acceptable. Orienteering bottoms, jeans, shorts and tights are NOT acceptable. Walking boots with ankle support weighing minimum 500g per boot up to size 8 and 600g per boot size 9 and above must be worn.. Kit shall consist of cagoule, overtrousers, gloves, hat, map (*see note overleaf*), compass, whistle, torch (functional), emergency rations, drink, PVC or nylon bivvi bag and first aid kit, carried in a rucksack. If warm weather is forecast and shorts are worn, long trousers must be carried as well as overtrousers. Winners of Class B will be expected to compete in Class A the following year

C Classic Mountaineers – 4 peaks

Rules as class B – following the original route **not** including Glyder Fawr

D Services and Civilians Team Classic route -4 peaks

No individual entries. Minimum age 17. For teams of 3 or 4 persons. Fastest 3 to count. All teams must identify a team leader. Teams must stay together at least until Pen-y-Pass, Retiring team members must be accompanied by whole team to Ogwen or Pen-y-Pass and must NOT be left on the mountain. Failure to adhere to these rules will lead to disqualification.. Clothing and equipment for each team member as class B (DPM – Disruptive pattern material - is not acceptable). **Please note the change to this class. Services personnel who wish to compete as individuals should enter class A or B**

E Fell Runners – Ogwen start (WFRA & UK Athletics rules apply) 3 peaks

Minimum age 16yrs. Equipment as Class A.

F Mountaineers - Ogwen start – 2 peaks

Minimum age 15yrs. Regulations as for class B. Winner of class C will be expected to enter class B the following year (not applicable if age less than 17). There will be a junior category in class C.

ROUTES: These are under review. The route and precise location of the control sites will be published on the web and sent out with the final details. :

Class A and B - 5 peaks The route starts at sea level near Aber, GR 652728, 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)

Classes C and D. - 4 peaks The route starts at sea level near Aber, GR 652728, and goes via the summits of Carnedd Llewelyn and Carnedd Dafydd, Pen-y-Pass Youth Hostel, the summit of Garnedd Ugain to finish on the summit of Yr Wyddfa (Snowdon)

Class E - 3 peaks The short route 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).

Class F - 2 peaks The short route starts at Ogwen Cottage, GR 650604 and goes via Pen-y-Pass youth hostel, the summit of Garnedd Ugain to finish on the summit of Yr Wyddfa (Snowdon).

In the event of extreme weather an alternative route will be announced by the organisers

3. MAPS

Maps must show *the whole area covered by the race* Photocopies are not allowed. Harvey's British Mountain Maps, Eryri/Snowdonia 1:40000 is recommended or OS explorer OL 17 Snowdon & Conwy Valley. If trimmed, your map shall cover *at least* the area enclosed by the main roads to the north, east, south and west of the area

4. **FINISH – As this is on the summit of Snowdon competitors should understand that on completion of the race, shelter can not be guaranteed and that they are responsible for their own safety and descent from the summit. It is unlikely that there will be seats on the train.**

5. START/STOP TIMES

Class	A	B	C	D	E	F
Start time	0900	0800	0730	0730	10.30	10.30
Stop at Ogwen	1300	1330	1330	1330		
Stop at Pen-y-Pass	1500	1500	1500	1500	1500	1500
Stop at Yr Wyddfa (Close)	1700	1700	1700	1700	1700	1700

Competitors falling outside the control stop times at Ogwen and Pen-y-Pass will be required to withdraw from the race and shall hand in their numbers and dibbers to the marshal concerned. They may if they wish continue to complete the course, but will not be deemed to have completed it within the race rules and safety regulations.

Note: *Stop times may be adjusted at the discretion of the race organisers should weather conditions warrant it.*

6. PENALTIES

There will be time penalties for infringement of equipment rules and out of bounds areas which will be defined in the final details. Equipment checks will be made during registration and at the finish

7. ELECTRONIC PUNCHING AND NUMBERS

The competitor's number *shall be displayed* on the competitor's front throughout the race. Dibbers will be issued at the start and must be dibbed in the control boxes at each control point. Dibbers will be collected at the finish and on retreat at check points. **If you retire at any other point it is your responsibility to return the dibber. Failure to return the dibber or lost dibber will result in the competitor being charged £10. Failure to pay will result in your being refused entry in subsequent years**

8. RETIREMENT

Retiring competitors shall hand in their numbers and dibbers at Ogwen or Pen-y-Pass or phone race HQ (tel. no. to be issued in final details).

13. DOGS

SORRY NO DOGS ALLOWED - THIS IS SHEEP COUNTRY.

14. AWARDS

Commemorative medals to all finishers. Prizes will be awarded, depending on numbers, to leading men, women, vets and supervets in individual classes, to teams in Class D and juniors in Class C. Separate prizes for service entrants in Classes A, B, C and teams (regular and reserve) in Class D. The number of outright and perpetual awards will depend on the number of entries in the class and on perpetual trophies being returned by the previous winners. The prize giving will be held in the Tyn-y-Coed Hotel, Capel Curig at 20.00. Prize-winners not attending the prize-giving may forfeit prizes.

15. THE RACE ORGANISATION

The Gorphwysfa Club is always happy to receive comments about the race and these should be directed to the Race Director: Harvey Lloyd, 37 Stockleys Road, Headington, Oxford, OX3 9RH; tel. 01865 750067; e-mail: harvey@richlloyd.fsnet.co.uk We also welcome offers of help; please write to the same address. More about the race and the club can be found on the web : www.welsh1000m.org and www.gorphwysfa.co.uk

Any inquiries about entries should be directed to the Entries Secretary: Mrs Jean Hall, 81 Brook Street, Wymeswold, Loughborough, Leics., LE12 6TT. Tel: 01509 880506. E-mail address: jean.hall1@btinternet.com

We trust you have a wonderful, rewarding and exciting day

January 2012