



NEWSAR

SEARCH & RESCUE IN THE COMMUNITY
CHWILIO AC ACHUB YN Y GYMUNED

NORTH EAST WALES SEARCH AND RESCUE - CHWILIO AC ACHUB GOGLEDD DDWYRAIN CYMRU



Sheeptracks 2025 – Cat AL

MINIMUM WFRA SAFETY KIT REQUIREMENTS:

Waterproof & windproof full body covering

Hat & Gloves

Map (double-sided waterproof map provided)

Compass & Whistle

Food & drink (sufficient for the duration of the event & your relevant experience)

DUE TO THE LENGTH & NATURE & TIME OF YEAR YOU ARE REQUIRED TO ALSO CARRY: **A SPARE FULL BODY THERMAL LAYER, A FOIL SURVIVAL BAG and/or EMERGENCY SHELTER.**

- ANY ATHLETE RETIRING FROM THE RACE MUST NOTIFY THE FINISH MARSHALS AND ALSO THE FIRST CHECKPOINT MARSHAL PASSED AFTER RETIRING.
- BE PREPARED TO PROVIDE ASSISTANCE TO A FELLOW ATHLETE IN TROUBLE RATHER THAN CONTINUING THE RACE.

Visit checkpoints in order and be prepared to show/call your race number. **Note: Short Course go from CP7 direct to finish i.e. miss CP8 to CP10 loop. If CP unmanned please mark space with punch stamp provided (else write 2-letter code from can if the punch broken/missing):**

START	SJ 1766 6520	Cilcain Village Hall
CP1	SJ 1471 6330	Knoll on spur
CP2	SJ 1522 6140	Tree in gully
CP3	SJ 1569 5994	Fence corner
CP4		Grid ref given on Race day map
CP5	SJ 1611 6060	Bwlch Penbarras Car Park [MANNED] cut off TBD
CP6	SJ 1608 6128	Ruin (low lying)
CP7	SJ 1736 6198	Tree on Track Corner
CP8	SJ 1448 6457	Boulder on trod
CP9	SJ 1423 6645	Old quarry
CP10	SJ 1687 6612	Roadhead
FINISH	SJ 1766 6520	Cilcain Village Hall

IT IS RECOMMENDED THAT A MOBILE PHONE IS CARRIED BY ALL RUNNERS – ALTHOUGH SIGNAL IN SOME PLACES IS LIMITED - IT IS USUAL TO BE ABLE TO SEND TEXT MESSAGES EVEN WITH POOR SIGNAL. FOR SERIOUS INCIDENT CALL 999 AND ASK FOR MOUNTAIN RESCUE.

RACE FINISH EMERGENCY NUMBER **07884073372** or **07384241141** (Use WhatsApp if possible) else email clwydianfellrace@gmail.com