



Clwydian Hills Fell Race

UNDER WFRA SAFETY REQUIREMENTS IT IS MANDATORY FOR THE FOLLOWING MINIMUM KIT TO BE CARRIED FOR ALL CATEGORY 'A' LONG AND MEDIUM RACES, WHATEVER THE WEATHER OR TIME OF YEAR.

Windproof full body cover

Face Mask

Map

Compass

Whistle

YOU MAY BE REQUIRED TO CARRY OR WEAR THE FOLLOWING

Waterproof full body cover

Hat

Gloves

- 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 your race number (and also call the number clearly to the marshal):

Start	SJ 1716 6476	Waterworks – Nant Gain track
CP1	SJ 1588 6380	Wall junction
CP2	SJ 1456 6414	Pen Line Gate
CP3	SJ 1469 6564	Turn post (marshalled)
CP4	SJ 1371 6364	Stile
CP5	SJ 1503 6325	Top, west most cairn
CP6	SJ 1538 6233	Valley bottom
CP7	SJ 1611 6266	Moel Famau (summit)
Finish	SJ 1766 6520	Village Hall

RUNNERS SHOULD CARRY SUFFICIENT FLUID & FOOD NEEDED FOR THE DURATION OF THE EVENT AND THEIR RELEVANT EXPERIENCE.



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