



NEWSAR

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

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



Clwydian Hills Fell Race 2017 – Cat AM

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

Windproof full body cover

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):

CP1	SJ 1588 6380	Wall junction
CP2	SJ 1456 6414	Gate on mountain track
CP3	SJ 1469 6564	Turn post (marshalled)
CP4	SJ 1416 6451	Stream crossing
CP5	SJ 1455 6354	Track corner
CP6	SJ 1503 6325	Top, west most cairn
CP7	SJ 1538 6233	Valley bottom
CP8	SJ 1611 6266	Moel Famau (summit)
CP9 (1)	SJ 1588 6380	Wall junction

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