



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 Sheeptracks 2019 – Cat AL

ABOVE THE NORMAL WFRA REQUIREMENTS - DUE TO THE LENGTH & NATURE & TIME OF YEAR YOU ARE REQUIRED TO ALSO CARRY OR WEAR THE FOLLOWING:

Waterproof full body cover

Map (double-sided waterproof map provided)

Compass, Whistle

Spare full body thermal layer

Hat & Gloves

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

- **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: V60/70 categories CP1-3 then CP9-17 & finish.** If unmanned please mark space with punch stamp provided else write 2-letter code from can:

START	SJ 1715 6475	Start
CP1	SJ 1572 6425	Gate (Marshal)
CP2	SJ 1512 6585	Sheeptrack (top of)
CP3	SJ 1468 6576	Moel Arthur carpark (Marshal)
CP4	SJ 1451 6656	Gate
CP5	SJ 1445 6763	Fence junction
CP6	SJ 1324 6800	Fence corner
CP7	SJ 1316 6714	Fence junction by stile
CP8	SJ 1468 6576	Moel Arthur carpark (Marshal)
CP9	SJ 1421 6436	Gate
CP10	SJ 1458 6320	Boulder (large – south of small mound on spur)
CP11	SJ 1530 6201	Fence corner
CP12	SJ 1538 6089	Fence corner/stile
CP13	SJ 1560 6019	Fence corner
CP14	SJ 1597 5983	Rowan tree (west side of gully line above obvious fence corner)
CP15	SJ 1614 6057	BPB carpark (Marshal)
CP16	SJ 1614 6116	Cairn
CP17	SJ 1612 6356	Tree above broken wall line
FINISH	SJ 1715 6475	Finish

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.

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