



## 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):

<b>Start</b>	SJ 1716 6476	Waterworks – Nant Gain track
<b>CP1</b>	SJ 1588 6380	Wall junction
<b>CP2</b>	SJ 1456 6414	Gate on mountain track
<b>CP3</b>	SJ 1469 6564	Turn post (marshalled)
<b>CP4</b>	SJ 1416 6451	Stream crossing
<b>CP5</b>	SJ 1455 6354	Track corner
<b>CP6</b>	SJ 1503 6325	Top, west most cairn
<b>CP7</b>	SJ 1538 6233	Valley bottom
<b>CP8</b>	SJ 1611 6266	Moel Famau (summit)
<b>CP9 (1)</b>	SJ 1588 6380	Wall junction
<b>Finish</b>	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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