



Goldrush Trail 2023 race overview

Taking place on Saturday the 23rd of April 2022, the **Goldrush Trail** and **Canicross Trail** is a 8.9 mile / 14.2 km race route in the stunning trails and tracks of the world-renowned Coed y Brenin Forest Park in the Snowdonia National Park (POST CODE **LL40 2HZ**).

Event timetable

Saturday 22nd April, 2023

- 10.00am – Event arena and car parking opens
 - 10.30am - Race Registration opens
 - 12.40pm – Race Registration for runners closes
 - 12.50pm – Race Briefing for runners
 - 1.00pm – Start of the 2023 Goldrush Trail (runners)**
 - 1.10pm – Race Registration for canicrossers closes
 - 13.25pm – Race Briefing for canicrossers (at race start)
 - 1.30pm – Start of the 2023 Goldrush Canicross Trail (canicross)**
 - 1.58pm – First runners expected at finish
 - 2.28pm – First canicross competitors expected at finish
 - 2.30pm – Last runners expected at the finish
 - 3.30pm - Last canicross competitors expected at finish
 - 3.15pm – Prize giving starts
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Registration

Registration commences at 10.30am on Saturday 22nd at the new Coed y Brenin VISITOR CENTRE.

At registration you will be issued with your number (including brochures and event info for any future visits to the area) and any associated sponsor items.

Our charity partners for the Goldrush event are once again South Snowdonia Search and Rescue Team and the Ganllwyd Community Council.

Race maps will be displayed at the race registration as will your race number to help in the registration process.

Car Parking

The runners will be directed to the **OVERFLOW** car park, with canicrossers (dog and runner) directed to the **EVENT** car park near to the old Go Ape cabin, and just 100 metres from the race start.

- As you may well know that the usual **NRW facilities fee has now been removed from race entries to the event**. This means that runners are now expected to *pay for parking*. This will hopefully encourage car sharing where possible.

Please be environmentally aware and try to share transport to the race wherever possible, we would encourage local runners especially to try and car share / obtain a lift.

- Fees are:
 - £2 for 2 hours
 - 40p for every additional 20 minutes
 - The maximum charge is £7 per day

PLEASE ALLOW AT LEAST 10 MINS TO WALK FROM THE OVERFLOW CAR PARK TO THE REGISTRATION AREA ON RACE DAY. (THIS IS WILL BE SIGNPOSTED FROM THE OVERFLOW CAR PARK)

Please be environmentally aware and try to share transport to the race wherever possible, we would encourage local runners especially to try and car share / obtain a lift.

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Race Route 2023

The Goldrush Trail event is organised by trail runners, so every detail of the route has been devised and planned with the interests of the runners at heart and with a view to the whole event being memorable as an exciting occasion, but most memorable for a classic trail running route.

The event village, start / finish areas, registration, café and conveniences will all be based out of the two fantastic visitor centres at Coed y Brenin.

This will mean that the event will have an amphitheatre feel as the races finish within a naturally elevated viewing area for spectators, be more weather-proof if the elements are not kind to us on the day.

Route Detail

The way-marked Goldrush route at Coed y Brenin provides the whole of the race route. The first 600m of this start will mean that runners will enter the walking path (enough for 2 runners wide) after just 400m of running.

Care must be taken to consider your fellow runners at this point, and remember you have a further 8 miles to run, so please no pushing / impeding on this section.

PLEASE NOTE: The canicross (dog and runner) event race starts from the main forest road above the centre. There will be a race briefing 5 minutes before the start of the race at 1.25pm. We will then start you all as quickly as possible after this.

NOTE to RUNNERS: The canicross (dog and runner) competitors will start 30 minutes after your race at 1.30pm. This means that some runners may be caught by the leading canicrossers. If this is the case please ensure you give way to fast moving dogs as they are harder to control at speed, esp on singletrack sections. ALL DOGS WILL BE ON A HARNESS for your peace of mind.

The Goldrush Trail route is a wonderful mixture of forest road, technical singletrack and a deceptively tough finish as you rise to the finish line back at the visitor centre.

ROUTE DIVERSION NOTE FOR 2023: There is a slight diversion to the race route at around mile 5 due to Natural Resources Wales harvesting. **THIS WILL BE CLEARLY MARKED AND MARSHALED ON RACE DAY.** This diversion adds around 0.3 of a mile to the overall race distance

The race route will be marked with black directional arrows on a **FLUORESCENT** background and large black arrows on a **YELLOW** background

The Goldrush has no need for navigation skills. There will be mile markers throughout (as accurately placed as possible taking terrain into account) the event and all **significant junctions** will be marshaled.

However, remember that this is a trail race in a sometimes remote, forested area and **you are expected to keep your awareness about you** especially at junctions for the clear signs directing you.

Additionally the rest of the Coed y Brenin forest park is fully open to the public as usual, and much of the route passes on public path where although the race is signed may have other users (walkers especially) on it, please respect your fellow outdoor enthusiasts.

There is a Strava link to the race route below

<https://www.strava.com/activities/8730752943>

Fuel Station

Though the Goldrush does not require the runner to carry his / her own fuel for the event, we still recommend that runners ensure that they are happy with their own personal fuel requirements prior to the race.

There will be one fuel station on the race route, this will be at approximately 4.2 miles (6.6km). This fuel station will have **water, electrolyte drink and energy gels.** **There will be dog bowls with water for canicross dogs at this point**

There will also be an additional water stop for dogs with water and bowls provided at mile 7, BAILEY BRIDGE

SOUTH SNOWDONIA MOUNTAIN RESCUE

We are fortunate at the Goldrush Trail race to have the expert local knowledge and safety back-up from the local South Snowdonia Mountain rescue team.

Team Leader Kev Griffiths and a team of around 15 members including 4x4 vehicles and an ambulance will be dotted around the route, and at major descent areas, for your peace of mind!

Kit Requirement and general notes for runners

Due to the nature of the route and the time of year there is no requirement to carry kit at the race. However, we must iterate that runner's safety on the run and your clothing and nutrition needs **are the responsibility of each competitor.**

Your number must be clearly visible at all times during the race and you are reminded that failure to wear your timing chip will result in you being omitted from the results.

Full results will be available after the race on the **TDL Event Services website.**

We are also obliged to tell you that under Welsh Athletics rules the wearing of headphones whilst racing could result in disqualification should you be seen to be not cooperating with marshal advice or adhering to trail running etiquette whilst racing.

The Goldrush Trail race will have a **SWEEP RUNNER** (Laura Davies) and **SWEEP CANICROSSER** (Menna Jones) though the race does not operate a strict cut-off system, we have the well-being of marshals and race staff to take into consideration.

Should runners wish to **retire** from the race for medical, please **report to your nearest marshal** who will then radio in, we would also advise that you inform race control upon returning to the Race Village if possible.

NOTE we do not provide a broom wagon service at the Goldrush Trail so please be aware that non-medical retirees due to being tired will not be entitled to a lift back to the race village as a medical case would be, but we will do our best to aid you with the various vehicles working on race support.

Finish Line

There will be water, bananas and oranges to refresh the runners as they cross the line, in addition we will have troughs filled with water for the dogs.

Race prize presentation

The prize giving for the category and race winners take place in the Race Village area (exact location to be decided taking the weather into consideration).

Prizes are from Buff, Salomon and Torq with bespoke overall champion trophies for the 1st Man and Women and 1st Canicross Man and Canicross Women hand made by Sue and Peter Barnes of Dipsy Dragon in Dolgellau.

Timings will be as close to 3.15pm as possible as and when results are fully available. Category winners will presented as follows.

Open first 3 men

Open first 3 women

First 3 canicross men

First 3 canicross women

1st M40 // 1st W40 runner

1st M50 // 1st W50 runner

1st M60 // 1st W60 runner

1st M70 // 1st W70 runner

There will also be some spot prizes with a prize draw being conducted via race number lottery for **those present at the prize presentation only.**

Other attractions

The whole of the event village, start / finish areas, registration, café and conveniences will all be based out of the two fantastic visitor centres at Coed y Brenin.

This will mean that the event will have an amphitheatre feel as the races start and finish within a naturally elevated viewing area for spectators, be more weather-proof if the elements are not kind to us on the day.

Should competitors be unclear on any of the above pre-event enquiries should be directed to Matt Ward (Race Organiser) matt@runcomm.co.uk, however please be understanding in the final few days before the event replies could take a while.

Thanks for entering the 2023 Goldrush Trail race and good luck!

Matt Ward

Trefnydd / Race Organiser