



2024 RACE INSTRUCTIONS

Taking place on Saturday the 17th of February, the **Winter Trail Gaeaf** is a challenging 7-mile trail race 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 17th February 2024

7.00am – Event arena and car parking opens
7.30am - Race Registration opens
10.20am – Race Registration closes
10.30am – Start of the 2024 Winter Trail Gaeaf
11.20am – First runners expected at finish
12.30pm – Last runners expected at the finish
12.45pm – Prize giving for 2024 Winter Trail Gaeaf

REGISTRATION

Registration will start at 7am on Saturday 17th at the new Coed y Brenin VISITOR CENTRE. Registration will close at 10.20am. The race will start at 10.30am

At registration you will be issued with your number and any sponsor, venue brochures.

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 additional parking directed to the **EVENT** car park near to Go Ape, and just 300 metres from the race start and registration.

- 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.*

Car Parking 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)

RACE ROUTE 2024

The Winter Trail Gaeaf 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.

We are excited that 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 and provide a morale-boosting run through as the runners set off at 10.30am.

ROUTE DETAIL

After 8 years of the classic half marathon route this year's race will be shorter in length at 7 miles and now take in some wonderful singletracks and footpaths never used before on our Run Coed y Brenin events.

This challenging route the beauty of the world-renowned Coed y Brenin Forest Park in the Eryri National Park features such singletrack highlights as Goshawk, Ferndale, Slab climb, Karrimor descent and of course the wonderful Sting in the Tail!

The thought process of the WTG route was that we needed to have a wide and open start to enable runners to sort themselves out before we hit any singletrack.

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 6.5 miles to run, so please no pushing / impeding on this section.

The first singletrack section of the race is the familiar Goldrush Trail section one trail, upon exiting this section runners with turn LEFT and head down towards the Mawddach area and after 200 metres turn LEFT again up the second section of singletrack in the race, Goshawk, a lovely technical ascent on an old footpath.

Runners will then be directed back down towards the Afon Mawddach area, along the Ferndale path and towards the majestic waterfall views of Pistyll y Cain. The sharp council road climb of Allt y Slab / Slab Climb follows up to the feed station at around mile 3.5.

The route then descends for around one mile to the steep, tricky Karrimor descent and along a flat forest road approach to the

Bailey Bridge crossing at Pont Caen Coed and the infamous 'Sting in the Tail climb' that will live long in the memory!

At the top runners begin their return to the Coed y Brenin centre along a forest road section and then will be directed to a lovely sharp descent in the Cefn Deuddwr area and the orienteering path to the bottom Afon Trail road.

NOTE: this path is a little uneven and has a few little hidden rocks and needs extra care.

NOTE: As you enter the last descent into the finish you will also have to cross the **TWO MTB** out routes, these will be marshaled and marked, however please be vigilant and listen out for any direction from those marshals.

The final 300 metres then awaits and the short sharp drag up to the finish line.

The race route will be marked with highly visible boards having **BLACK** directional arrows on a **YELLOW** background (AS BELOW) - along with race tape where required.



The Winter Trail Gaeaf 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.

The race route map can be viewed [HERE](#)

GPX file can be downloaded [HERE](#)

Strava link below

<https://www.strava.com/activities/10269566967>

FUEL STATION

Though the Winter Trail Gaeaf event 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 3.5 miles (6km)

The fuel station will have **water, Torq electrolyte drink and Torq gels**

DOG POLICY

Please note the race has a **no dogs policy for the race**. Our Welsh Athletics / UKA race license does not cover our event for the inclusion of dogs / animals on the race route as part of the race.

We are dog lovers at Coed y Brenin and supporters are more than welcome to bring dogs to the event to enjoy the day. ***However, please don't arrive to run the race with your dog.***

SOUTH SNOWDONIA MOUNTAIN RESCUE

We are fortunate at the Winter Trail Gaeaf 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, ***every participant in the Winter Trail Gaeaf 2024 will be required to carry a jacket, hat and gloves.***

As organisers we reserve the right to do kit checks on any participant and should a runner be found not to be carrying this kit we also reserve the right to withdraw that runner from the race

Your number must be clearly visible at all times during the race and **worn on the front** 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 Winter Trail Gaeaf race will have a **SWEEP RUNNER** and 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.

Please be respectful of this should you feel on the day that you are not able to complete the whole route.

Should runners wish to **retire** from the race for any reason 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 race 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.

RACE PRESENTATION

Each finisher of the 2024 Winter Trail Gaeaf race will receive RACE FINISHER'S MEDAL and a commemorative steel mug, and you will be able to refresh / warm up(!) with a FREE filling of vegetable soup upon crossing the finishing line!

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

With prizes from Suunto, Salomon, Bridgedale, Torq, and bespoke trophies by from local sculptor Sue Barnes of *Draig Dipsy Dragon*.

Presentations will take place as close to 12.45pm as possible as and when results are fully available.

Category winners will be presented as follows:

Open first 3 men

Open first 3 women

1st M40 // 1st W40

1st M50 // 1st W50

1st M60 // 1st W60

1st M70 // 1st W70

Alan Lewis 'King of the Sting' - *awarded to the fastest male competitor on the Sting in the Tail section*

Alan Lewis 'Queen of the Sting' - *awarded to the fastest female competitor on the Sting in the Tail section*

Other attractions

This year we are excited that 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.

The finish area will have brand partner displays, music and PA and commentary from **Stephen Edwards** and Mad Sound.

South Snowdonia Search and Rescue Team are our designated charity for the 2024 Winter Trail Gaeaf, buckets will be around the site on race day, please give generously where you can!

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 2024 Winter Trail Gaeaf race and good luck! Diolch yn fawr!

Matt Ward

Trefnydd / Race Organiser