

Llangollen Fell race briefing email 2024 race

Thank you for entering the race; this is your race briefing which will be emailed to all entrants with a week to go and again with a day to go.

Registration: Llangollen Leisure Centre, Dinas Bran School, Dinbren Road, Llangollen, LL20 8TG. At registration you will collect your wrist band, race number, safety pins and a locally made gluten free brownies. The 17 mile competitors also receive a race snood.

Car park at Llangollen Pavilion Abbey Road, Llangollen LL20 8SW, 5 minute walk from registration. Please do not park at the leisure centre.

When: Registration from 7.30am. Full kit to be carried. Limit of 300 runners. Map of the route is on the race website. www.llangollenfellrace.co.uk

Start: 9.00 a.m. for the 17 mile route, 9.30 for the ten mile route.

You can switch entry on the day to a different route, if you go up from 10 to 17 there will be an extra cost of £7. If you go down from 17 to ten there is no refund

Wrist band: Each runner will be given a wrist band to wear. They will register at the mass start and then dib at several marshal stations on the route and again at the finish, to give a very accurate race time and help with race safety. We recommend you wear it on the opposite wrist to your watch. Please return at the end of the race as they cost £20 each.

Marshalls and route marking: There will be a hand full of marshals on the route, mostly at road crossings. Several of these points will be dibber points for your wrist band. . The route is partially marked with red and white tape and black arrows on yellow signs. The first dibber station is where the 10 mile and 17 mile routes differ. All use the same dibber station but 17 milers go right and 10 milers go left

Cut off: there is no cut off in the race. There will be a sweeper following the 9.30 start .

Facilities: there will be toilets at the registration hall. At the end of the race once you have handed in your wrist band, make your way back into the registration hall. If you hand in your race number you will be given a free hot drink and a slice of cake. You can also buy a hot drink and cake if one is not sufficient, which we hope won't be as all race profits go to the local mountain rescue team. Last year we donated a total of £1,000 from our race to them.

Mugs: there is a water station (17-mile route only) at about mile 10, after you leave Llandegla forest where you hit the road again. However you will need your own mug to drink. If you also bring the same mug for the hot drink post race it's both environmentally and economically better than us providing disposable cups , though we will have a few.

Terrain: typical fell race route. The first and last few hundred meters are on the road and then the remainder are on the fell, mostly on good tracks.

Maps: of the routes are on the race website. The route is on OS Explorer 256 (Wrexham and Llangollen)

Kit: Check the weather forecast before you arrive. Full kit should be carried, see WFRA website for the complete list, including a map and compass; the high point is at 550m and often in the mist, if you get lost or injured you will get cold quickly.

Safety: Carry a map and compass and full kit. Note my mobile number below and ring me in the event of an incident. Each marshal has a first aid kit and the local mountain rescue team are in attendance

Merchandise: RFFR will be selling race t shirts, mugs and buffs at the finish along with home baked cakes.

Prizes: There are prizes for first male and female in each age category up to and including 60 years old for the 17 mile route, age categories in 10 year bands. The 10 mile route will have prizes for open and veteran categories by gender.

First prize for the 17 miler is sponsored as follows:

We would gladly offer one of our 4 hour aqueduct trips with afternoon tea and prosecco for 2 people.

The value of this price is £65.90.

The Horse Drawn Boat Centre

Llangollen Wharf

Tel: 01978 860702

www.horsedrawnboats.co.uk

Post-race massage: Warren Renkel will be offering pre and post-race massages, with 50% of the proceeds going to the mountain rescue team.

Prize giving presentation: will take place in the hall at approximately 12.30

Most importantly enjoy the event, stay safe and buy some cake!

Howard Jones 07917197912

SUN 14th April 2024 Llangollen Fell Race (*) BL 28km/915m 17miles/3000ft PM

Details: 9.00 am £17 Online entry www.fabian4.co.uk. includes race memento. Tea, coffee & cakes at race HQ (Tech t-shirts available for additional spend TBC).

Full kit to be carried. Limit of 200 runners.

Venue: Llangollen Leisure Centre, Dinas Bran School, Dinbren Road, Llangollen, LL20 8TG.

Car park at Llangollen Pavilion Abbey Road, Llangollen LL20 8SW

Age limit: Over 18

Records: Tom Adams 1.49.42 (2022) Catrin Smith 2.22.13 (2022)

Organiser: Howard Jones 07917197912 howardjjones@hotmail.co.uk

www.llangollenfellrace.co.uk see also Run Free Fell Runners Facebook page

SUN 14th April 2024 Llangollen Fell Race (*) BL 16km/600m 10miles/1900ft PM
New event, short course option of the Llangollen Fell race, spectacular course.

Details: 9.30 am £10 Online entry www.fabian4.co.uk. includes Tea, coffee & cakes at race HQ (Tech t-shirts available for additional spend TBC).

Full kit to be carried. Limit of 100 runners.

Venue: Llangollen Leisure Centre, Dinas Bran School, Dinbren Road, Llangollen, LL20 8TG.

Car park at Llangollen Pavilion Abbey Road, Llangollen LL20 8SW

Age limit: Over 16

Organiser: Howard Jones 07917197912 howardjjones@hotmail.co.uk
www.llangollenfellrace.co.uk, see also Run Free Fell Runners Facebook page