



Llangollen 50k – Race Day Information

If you are not down on any of the wave starts – please give me your estimated finish time from those below so that we can place you appropriately. Please do not turn up on Sunday without giving us this information.

WAVE 1 – 9-10 Hours

WAVE 2 – 7.5-9 Hours

WAVE 3 - <7 Hours

REGISTRATION

Please arrive at Llangollen Leisure Centre **NO EARLIER than 20 MINUTES** before your race start. Arrive ready to race, and you'll simply pick your Number, Map and Timing Tag up at a socially distanced registration area, outside. Then we'll do a briefing, and look to send you on your way promptly. Please park responsibly in Llangollen and make sure that you are covered all day, when it comes to your parking tickets! There is some parking available at the Leisure Centre itself, though this is likely to fill up beyond the first wave. So, could I ask that Wave 2 & 3 Runners park at one of the public car parks nearby. An example is the one at Llangollen Pavilion, which is £3.50 for the day.

There will be somewhere to place your bags, to access at the end, but we ask that you only go into the centre to use the toilets, or to deposit/retrieve these. There shall be no presentation at the end, and prizes shall be sent out afterwards. At the finish, you'll 'dib' for your finish time, and pick up your well earned medal!

MANDATORY KIT – NO KIT, NO RACE

- UPPER BODY WATERPROOF COVER (TAPED SEAMS, NO PONCHOS)
- FOIL SURVIVAL BLANKET
- HAT/BUFF AND GLOVES
- MAP (PROVIDED) AND COMPASS
- WHISTLE
- FULLY CHARGED MOBILE PHONE

- ABILITY TO CARRY 1 LITRE OF WATER

CHECKPOINTS

These shall have water available (you need your own bottles/reservoirs to fill), and there'll be Vegan friendly Gels, Energy Bars and Energy Drink solution courtesy of Mountain Fuel. You shall be required to 'dib' at each Checkpoint, to gain split times and it's also important that we know who has gone through.

NAVIGATION

The routes are well only marked with the existing path way markers. These are the Dee Valley Way, from Llangollen to Corwen, and the North Berwyn Way from Corwen back to Llangollen. The only independent race signage shall be those that guides you away from the start and into the finish. You will be provided with a high quality Map, showing the markers to look out for, and also detailing the route in detail. We strongly recommend using the provided gpx file on your device to aid navigation, and you should expect to have to remain alert as to your surroundings and keep looking out for the way markers. In 2 locations currently on the Dee Valley Way, the path (a very small section) is fairly overgrown. If you find it too difficult to pass, we ask that you find a way around responsibly and that you re-join the path at the earliest opportunity.

START TIMES

Wave 1 (8am Start) ARRIVE NOT BEFORE 7.40am

Sue Gallagher, Joe Shepherd, Cassie Last, Gareth Hansom, Oliver Green, Seema Srivastava, Mark Lapage, Daniel Janice, Max Larkinson, Thomas Jones, Chris Royle, Ken Will, Rob Hyde, Richard Peevor, Simon Capel, Tom Williams, Nigel Roberts, Rowena Hunter, Matt Gibbins, Freddie Norton, Ben Duncalf, Tim Lachlan-Cope, Vinny Spillane, Jack Morgan, Lucy Ingham, Paul Millard, Richard Hill, Chris Spillane, Caroline Baker, Freddie Spillane, James Toovey, Damien McCafferty, Michael Powell, Eve Elliot, Blake Caldwell, Sarah-Jane Garside, Gareth Hewett

Wave 2 (8.30am Start) ARRIVE NOT BEFORE 8.10am

Richard Caldwell, Christian Quick, Calum Tomlinson, Adam Merrimen, James Beck, Ben Cox, Matt Hardwick, Robert Ingham, Luke Sisson, Neil Gooding, Jake Brito, John Black, Jenny Hoyle, Nicklaus Thorpe, Paul Jones, Caroline Baker, Jo Scholes, Lee Wilkinson, Micheal Lyness, Haydn Metcalf, Rhuanydd Clarke, Sal Jefford, Neal Butterworth, Maria Jensen, Mark Williams, Libby Dudleston, Greame Alexander, Robert Kennard, Richard Wright, David Argles, Tegid Parry, Samuel Beardshaw, James Harvey, Jon Tatham, Tom Neill, Dan Davies, Kenneth Tinsley, Daniel Williams, Eve Elliot, Simon Yates, Craig Jones, Peter Holmes, Fran Gilchrist, Lee Wilkinson, Mel Jones, Emily Carr, Rory Seabourne, Gergo Erdi-Krausz, Amanda Jump, Gareth Davies, Richard Williams, Craig Merrell, Paul Clark, Chris Clinton, Andrea Jones, Colin Jones, Felicity Newton, Joran Hall, Robert Hall, Alexander Welch, Jennifer Argles, Amy Fox, Jim Painter, Christian Quick, Clare Smith, Andy Ross, Josh Goolden, Calum Goolden, Nathan Evans, Chris Hall, Benjamin Cliff, Andrew Kelly, Andrew Kenyon, Richard Williams, Layla Seddon, Rebecca Hunt, Craig Jones, Tim Knight

Wave 3 (9am Start) ARRIVE NOT BEFORE 8.40am

Sonny Martin, Nathan Lea, Nick Manasseh, Warren McNally, Christopher Drury, Daniel Jones, Lee Bailey, Lee Northwood, Krystian CosTam, Lee Mahon, Andy Taylor, Wilm Van Bekum, Adrian Marsh,

Sean Caddick, Ian Carter, Daniel Bishop, Richard Lazenby, Alexander Copping, Nathan Jones, Adrian Marsh, Hayley Jones, Osian Wyn, Lee Jones, Tony Wood, Sioned Lloyd, Dan Bemrose, Melina Morris, Colin Campbell, Emily Retallick