



## Emergency Plan Fairy Freckled Cow Trail Race 2021

Event Name: Fairy Freckled Cow Trail Race

Event Address: Alwen Reservoir & Dam, B4501, Cerrigydrudion, Conwy, Wales,  
LL21 9TT, United Kingdom

Access: Off B4501 @ SH 96335 52762.

Race HQ: In Welsh Water Carpark @ SH 95612 53000

Emergency Contact: Owen Conry (Event Co-ordinator) 07837 256679  
David Baugh 07767 394399

First Aiders on site: Menai Baugh  
David Baugh  
Roger Snaith  
Katy Baugh

Nearest A&E: Glan Clwyd Hospital, Rhuddlan Road, Rhyl LL18 5UJ  
01745 583910

NHS Emergency Contact: 111

First Aid Kit: Located at Race HQ and paramedic service on site

Emergency Cover Provider: Med Event, 12 Bro Clwyd, Ruthin, LL15 1TG  
07867 679664



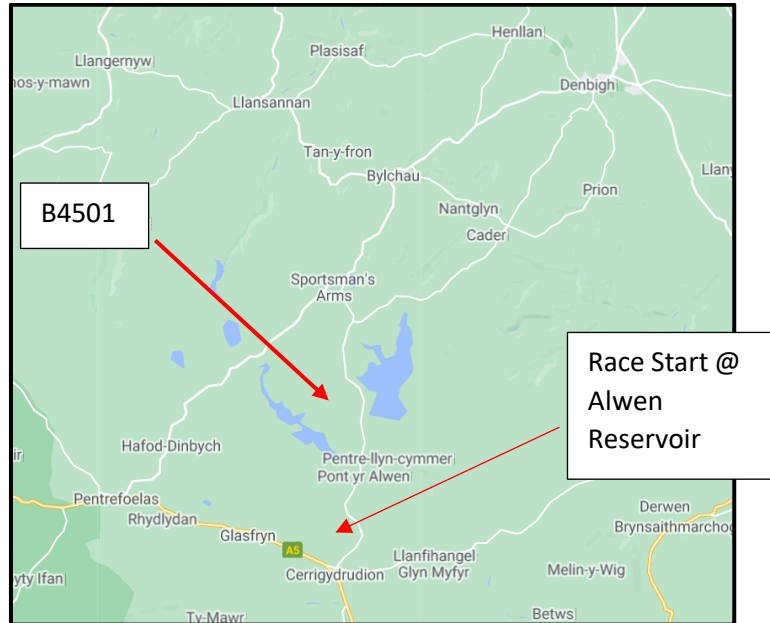
### Emergency Plan Narrative

The Fairy Freckled Cow (FFC) trail race is an annual running event run by Denbigh Harriers around the Alwen reservoir with the permission of Natural Resources Wales and Dwr Cymru Welsh Water. This off road event hosts club athletes familiar to running on this terrain.

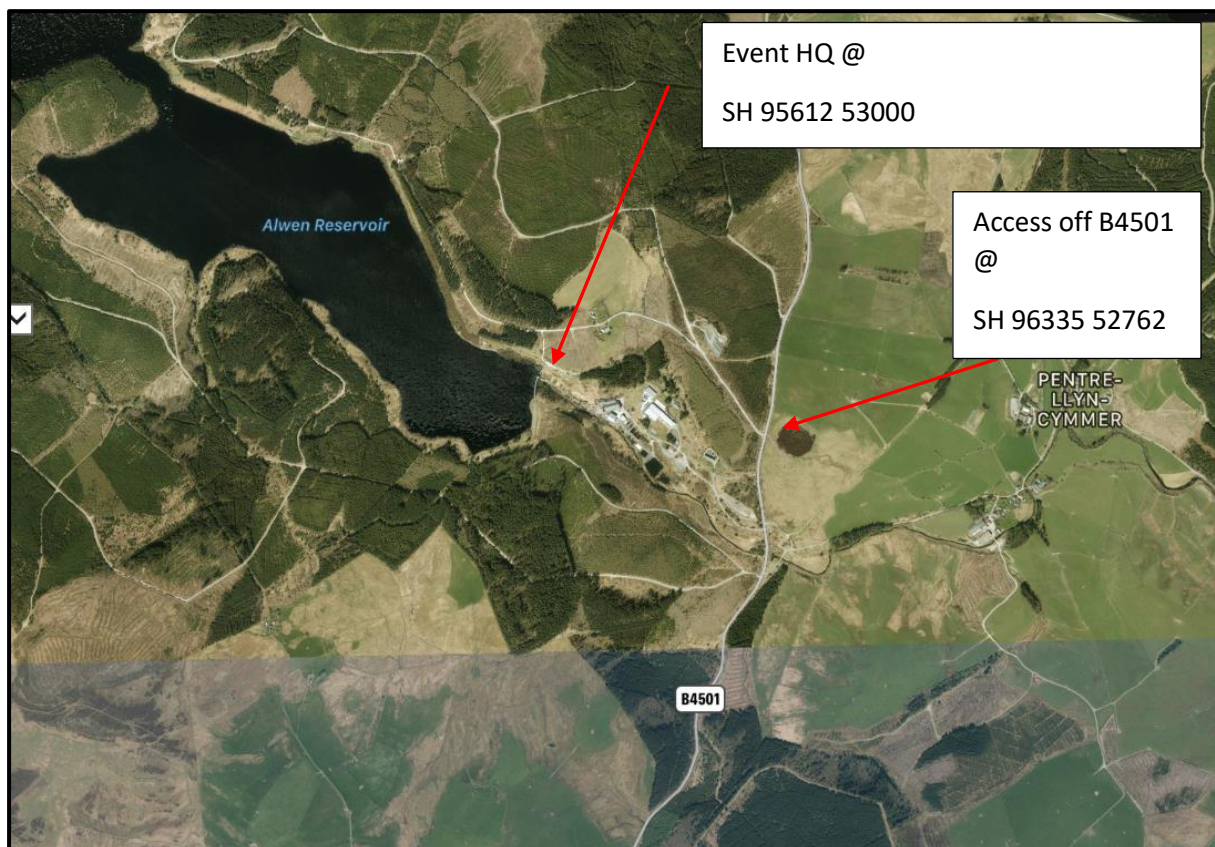
The on-site event co-ordinator on the day is Owen Conry

There will be 4 first aiders on the course during the day including one on a mountain bike following around.

Med Event will also provide coverage and will have a defibrillator available.

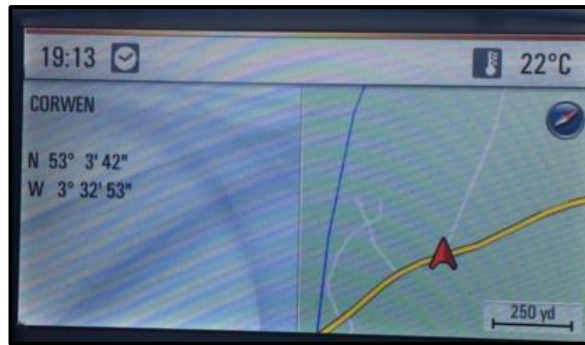


Event Location – General Layout



## Site Specific Plan

**Entrance** off the B4501 @ **N 53° 3' 42" W 03° 32' 53"**



**Race HQ** @ **N 53° 03' 50" W 03° 33' 33"**

Access to trail heads to Marshall Points will be identified should vehicular access be required. These will be at Race HQ, MP 2, MP3, MP8 and MP 10.





Marshalling Points

### **Communications During Event**

Marshalls will be on site around the course during the event. Mobile phone coverage has been checked for both the EE and Vodafone networks with the latter being the most reliable.

A roll call will be taken at the start of the event and at the end of the event.

A “sweeper”, who will also be a first aider, will follow the slowest runner on a mountain bike to insure all participants start and complete the route safely.

Once the event has been completed a final sweep of the course and car park shall be undertaken to confirm route has been left undisturbed.