

Many thanks for entering the postponed Fairy Freckled Cow Trail Race 2021 on Sunday 1st August 2021 at 11:30am. Below is some important information about the race that you will need to read to ensure you have an enjoyable and stress free race.

To make this race happen we have had to obtain approval/permits/licenses from four separate bodies and submit numerous risk assessments and contingency plans. As a result we will be under pressure to make sure the procedures specified in the documents we have submitted are followed. So please read the instructions below carefully and make sure you follow them before, during and after the race.

The race takes place at the Llyn Alwen Reservoir (OS Grid Reference SH 955530) Google Maps <https://goo.gl/maps/c2ts4V2G1E2bE4wV6>

The finish is no longer on the dam itself so the race is slightly shorter at 10.7k distance 177m ascent or 6.7miles and 582ft.

The route:

<http://www.denbighharriers.com/wp-content/uploads/2016/12/Screenshot-2021-07-25-at-14.57.32.png>

Entries are online only this year so if you know someone who wants to run the race please tell them this and get them to enter as soon as possible via this link:

<https://www.fabian4.co.uk/default.aspx?EventID=2597>

The race is also the North Wales Trail Championships for 2021. Normal qualification by:

Birth: born within the area covered by North Wales Regional Athletics Council (N.W.R.A.C).

or

Residence: Continuous residence within the area covered by N.W.R.A.C. for at least 9 months since November 1st 2020.

To enter the championships you do not have to do anything. The arrangements for this are being handled by our race referee, Arwel Lewis.

You will pick up your number on the day from race HQ.

Parking is limited so please share a lift if at all possible. On site there will be car parking marshals who will direct you to the next available parking place. Please listen to them and follow their instructions.

See details of parking and location here:

<http://www.denbighharriers.com/wp-content/uploads/2016/12/Screenshot-2021-07-25-at-14.40.08-768x580.png>

One of the major hurdles we had to cross to ensure the race could take place this year was a requirement to make the race as COVID safe as possible. To this end we ask you to abide by the Code of conduct here:

<http://www.denbighharriers.com/wp-content/uploads/2016/12/COVID-19-Participant-Code-of-Conduct-.pdf>

The following changes have been made to the race organisation and we need your cooperation to make tis work:

Although we know COVID transmission is greatly reduced outdoors please try and maintain social distancing and respect other people's space.

Please carry a face mask at all times in case you need medical attention from one of our 1st aiders on the course or the onsite medics.

If you wish to consume water during the race please carry what you need with you and dispose of any waste responsibly.

Please do not bring spectators with you.

When collecting your race number on the day of the race please disperse from the race HQ area to avoid congestion.

Please arrive at the start no earlier than 11:25am

At the start please space yourself out according to your expected finish time there will be signs to help you.

Please avoid spitting or clearing your nose with fingers before, during or after the race. (Sorry about that one - needs saying though)

When racing please give other athletes and the general public space by moving aside.

Each of the gates will have a marshal who will try and ensure that you can pass through without touching the gate. If necessary the marshals will sanitise the gates.

At the finish please pass through the funnel, collect your t shirt and then disperse as quickly as possible to avoid congestion.

If you think you are in line for a prize please gather socially distanced at Race HQ at 1pm for a self service prize giving.

Regards

FFCTR Organisers