

Ras y Gader Pre Race Briefing

Thank you for entering Ras y Gader. We look forward to welcoming you on May 18th.

Registration

This will be held in the Free Library just off the main square in Dolgellau. There is a large car park two minutes away and other smaller car parks around the town. There are public toilet facilities in the large car park.

Registration opens at 10:30

Registration closes at 12:30

At registration you will receive your number, a timing wrist band, safety pins, a map of the course and mementos.

Please wear the wrist band on your non-watch wrist. The wrist band will need to be registered as you enter a holding pen at the start line. Please allow yourself plenty of time so we can get the race off on time.

Holding pen opens at 12:45

Race Briefing 12:55

Race starts 13:00

Marshals

Please listen to directions and advice given to you by the marshals. They are there for your safety and enjoyment of the race, so please respect this as the race would not go ahead without them. They will be positioned at all checkpoints, road junctions, gates, and other positions along the course. If you come to an unmanned gate, please leave it as you find it.

Checkpoints

As you will see on your map, there are 7 checkpoints. Dibbing units will be at all checkpoints except for checkpoint 1.

The procedure for dibbing at the checkpoints is the same as you used at the prestart into the holding pen. Hold your wristband directly on the TAG HERE label on any of the checkpoint units and wait for the flash and bleep.

Cut Off

There will be a cut off on this race in order that our marshals and Mountain Rescue are not out on the hill for an extended period of time. The cut off is at Checkpoint 3 at a time of 1 hour and 15 minutes, and this will be strictly enforced by our marshals. If you find yourself turned round, you are to head back down the course to the finish, dibbing at the checkpoints on the way down. To make this more interesting there will be a prize for the fastest time of a runner not making the cut off time.

There will also be a cut off of 3 hours 15 mins to complete the course. This should be sufficient time to complete the race and so as our marshals and Mountain Rescue are not on duty for an extended period. Anyone still on the course after this time may complete the race but their time will not be recorded.

Finish

At the finish, your time will be stopped as you cross the finish line. Please keep in order in the finish funnel and then dib on the unit at the funnel exit before handing in your wrist band.

First Aid

If for any reason you need medical aid out on the course, Mountain Rescue Team members will be along the course and St Johns First Aiders will be in the library.

Retirement

If you retire, please inform the nearest course marshal, and then hand in your wrist band to the Fabian4 timing desk at the finish.

Wristband Charge

There is a £20 CHARGE for failing to return your wristband on the day.

Water

There will be water at checkpoint 2 and at the finish, and there will also be a small amount at checkpoint 3.

The Route

The first part of the route is along tarmacked road, although sections are closed.

After leaving the road there is a section through fields and forestry before the course goes onto the open hill to the summit. This path is rocky in places and care should be taken.

Kit

The following kit is mandatory: full waterproof body cover, map (provided), whistle and compass. Hat, gloves, and emergency food are recommended. There will be a kit check at the start and randomly along the course as well as the finish. This is for your own safety in case of injury.

Prize Giving

Prize giving will take place in the Square at 16:00

Looking forward to seeing you all on the day.

Race Director

Dylan Evans