**Ras Tal y Fan**

The Tal y Fan fell race is 8miles (12.8km) over varied terrain, with nearly 800m of ascent, much of it in the first two miles of the course. You need to be able to navigate, as although there are marshals at the checkpoints and at the various gates/stiles around the course, the route is unmarked. Prior experience of fell running is recommended. There is a cut-off at the first check point at 45 minutes.

This year’s race will incorporate the Welsh Athletics North Wales Fell Running Championship. To participate you will need to provide a Welsh Athletics Registration Number, and indicate the nature of your eligibility.

**Instructions**

The race forms part of the Rowen Village Carnival. Please use the Carnival Parking, which will be sign posted from the edge of the village. This is normally at Cefn Cae (LL32 8YU), (courtesy of Meirion and Gwennan Jones) follow campsite signs, turning right immediately after the Ty Gwyn, and follow instructions from the carpark marshals.

Use the stile to access the Memorial Hall Playing Field.

Collect your race number from the gazebo. Numbers will be issued on the day. Number collection is from 12.30pm onwards. There will be NO entry on the day. Bring your own safety pins and a copy of the course map (downloadable below).

Toilets are available in the Memorial Hall and there are public toilets in the village car park.

**Start times**

The race will start at **2pm**, but please be ready at 1.50pm for a head count and final briefing.

All runners need to carry a waterproof top / map of course / compass and whistle. PDF of the course map are available here….., please print your own copy.

Race numbers are to be attached to the front of your vest, clearly visible at a distance for the marshals to record.

Should there be a queue at any of the stiles – please be polite and wait nicely.

No dogs.

**Results / Finish**

We will aim to start the prize giving at around 4pm. Results will be published on the WFRA and RunWales websites.

**Any questions?**

Contact the Race Organiser: Helen Blair 01492 650255 / 07815 711 930 / helen@isallt.co.uk