



**GWYBODATEH Y RAS 6ed LLWYBR - Darllenwch  
6<sup>th</sup> TRAIL INFORMATION PACK – PLEASE READ FULLY**

**Ebrill 9 April 2016**

**Thank you for joining us for the second ever 6<sup>th</sup> Trail.**

**We knew from the start that Portmeirion was the perfect setting for our vision of a new trail running challenge for those who enjoy running or thinking of setting out for their first run. We hope you enjoy your experience in the iconic location where The Prisoner was filmed.**

**Portmeirion is a unique historical site, and this is the second ever running event which has ever been held here, but that's a large part of what makes 6th Trail. We've done our utmost to make the village come alive. As ever, we welcome any feedback after the festival. You are not a number... well you are really as your running.**

**We are already thinking about 2017, kids race, relay race (50 teams of 2 runners, 1 lap each and a batten) then 6<sup>th</sup> trail mmmmm thinking of something different as well.**

**Information is contained within this briefing pack;  
please ensure you read it fully. If you have any questions  
please raise them with [post@creadcyf.co.uk](mailto:post@creadcyf.co.uk)**



### **LOCATION:**

The unique village of Portmeirion is set on its own private peninsula on the southern shores of Snowdonia. It was created by Welsh architect Sir Clough Williams-Ellis (1883-1978) to demonstrate how a naturally beautiful part of the coastline could be developed in harmony with the environment and natural features. We invite you to enter the fantasy world of Portmeirion.

### **CAR SHARING / CAR PARKING:**

Free parking available at Portmeirion, please follow the signs to the car park.

If you can share cars, please do so. It's important.

With the average 100 mile car journey leading to over 20kg of CO2 being produced, Car sharing has the potential to reduce the Events carbon footprint considerably. It's also a fun way to travel and reduces congestion

### **REGISTRATION:**

Registration will be open from **09.30am at green/blue 'HUT'**, which you will see as you enter the car park. The 'CWT' is on the edge of the car park.

Upon arrival, please make your way to registration. All runners have registered and please visit the Pre Entry table, where you will be given your number. A copy of the entries will be on the wall plus the route and your t-shirt pick up (preorder)

If you have not **pre-entered**, we will have **very limited entries on the day**, and please complete the entry form and pay for the race entry. These entries on the day will be £20 with no option to purchase a t-shirt. (unless we have a few)

ALL Runners will have a wristband to wear at all times. Cafes are located in the village as well as the hotel itself for refreshments.

ALL Runners supporters, family members etc that are entering the village with the runner will have discount on the entry fee.

**Adult will be £9, Kids £6**



**ALSO if you fancy a massage after the run, please book your space with Portmeirion Spa which all runners will have 10% discount.**

**PLEASE CALL AND BOOK 01766 772444**

### **RACE PRESENTATION**

You will also need to keep hold of your race number (or leave it with someone who will be staying for presentation) as all runners numbers will be with a chance to win a few **spot prizes. Prizes from passes to portmeirion, equipment, clothing etc**

Numbers will be pulled out at random during the race presentation KEEP your number and be at the presentation 2.30pm – 3pm

You can also find information about the route and profile at registration.

If you are unsure of the route, please ask one of the officials.

***Running in April – Dancing in September (Festival Number 6)***

### **RACE START AND TIME.**

Once you've picked up your number, please make your way to the village and enjoy the atmosphere and make your way to the start for **12.45pm**. The start of the race will be at the Village Square

**PLEASE MAKE SURE THAT YOU ARE AT THE START LINE,**

**READY TO RACE AT 1.00pm.**

**IF YOU ARE NOT THERE, THE RACE WILL START WITHOUT YOU!!**

The race will be started by Robin Llewelyn or Meurig Jones from Portmeirion who have been very supportive of the event, all the organisation over the last few years

**ALSO AT 12.45PM we will have the official launch of HEBOG Running Club**

### **RUN**



**6<sup>ED</sup> LLWYBR \* 6<sup>TH</sup> TRAIL**  
PORTMEIRION

The race will start at the village square, making their way towards the main entrance and then a sharp / quick right passing the toll Gate and then making your way down back through the village and towards the Square.

Then a fast descent down towards the village, a quick left and right, through the gate at sea level and run by the DJ in the booth and passing the Stone boat. This is the area where you need to be **careful 'hazard'** and **mind your head**. You will need to **'duck'** and run through the dark small tunnel. Back into the light and then towards the Clock and lighthouse and the newly built small steps.

After the clock, you will be running on rocky ground and then a quick steep burst of incline into the woods, where you will pass many 'money trees'. This will lead you towards the small lighthouse – viewpoint – and the steady climb start through the trees on the trails towards the 49 steps, where you will ascent quickly and then descent back down towards the Chinese Lake.

Turn right by the lake along the tarmac, right (viewing area, benches available) 180degrees and then a sharp left, and this will be the main start of the climb all the way up to the summit of the **Ghost climb** and highest point of the race.

After you left turn, climb a zig zag path and again **'mind your head' caution** (hanging tree), a steady path passing the Dog Cemetery on your right, then 90 degree right, few hundred yards and then a left turn on the Ghost Garden Path.

**Under foot here is muddy, wet, rocky, steps, please be careful.** Mountain Rescue will be patrolling here, and as mentioned earlier a few hazard area where we will erect an orange fence on the left hand side. So you are aware of the danger on the left hands side, and a **'mind your head' hazard** again a tree tunnel.

200 yards further, have one look up to your right and take a deep breath and head down, and go. It's the **Ghost Climb**, a zig zag path all way through the fallen trees to the top of the climb. Here at the top would be an ideal viewing area for friends and family to support and its easy access.

From this point its basically down hill, well for the 1<sup>st</sup> lap. **Remember you have to do it all again.** After the summit of the Ghost Climb, you will run on slate waste / tarmac road still climbing a little and keeping to your left, then a quick left on to a small path, up a few rocky steps (with the lake on your right), use the handles.

Then from here drop down the gear and run, a very fast trail, approaching the Gardeners shed, and small trails in which you need to have your mind on the run.

Passing the **Gardeners shed**, gives you the feel on your location 'Portmeirion', also



when I passed the location for the first time I did feel I was on a certain film set.  
Could you guess which film set I thought of? Tell me at the end!!!!

A few muddy paths later, you will be back on Tarmac, keep to your left and you will pass a massive tree on the right hand side, in which I've called '**ewok**' tree, looks like its from a '**star wars**' set.

A very fast decent all the way down to the village square.

As you approach, back into the village area, you will divert to your left and on for your **2<sup>ND</sup> LAP**, here there will be a drink station, water only, either bottles or plastic cups.

Then you are on your way for the 2<sup>nd</sup> lap, but when you come back to this location you will turn right and towards the finish line, over the timing matt, and your well deserved drink and memorable wooden coaster.

**Hope you enjoyed your 6<sup>th</sup> trail experience.**

**All runners will have to make sure that they keep all rubbish and bin them in appropriate bins located within the village.**

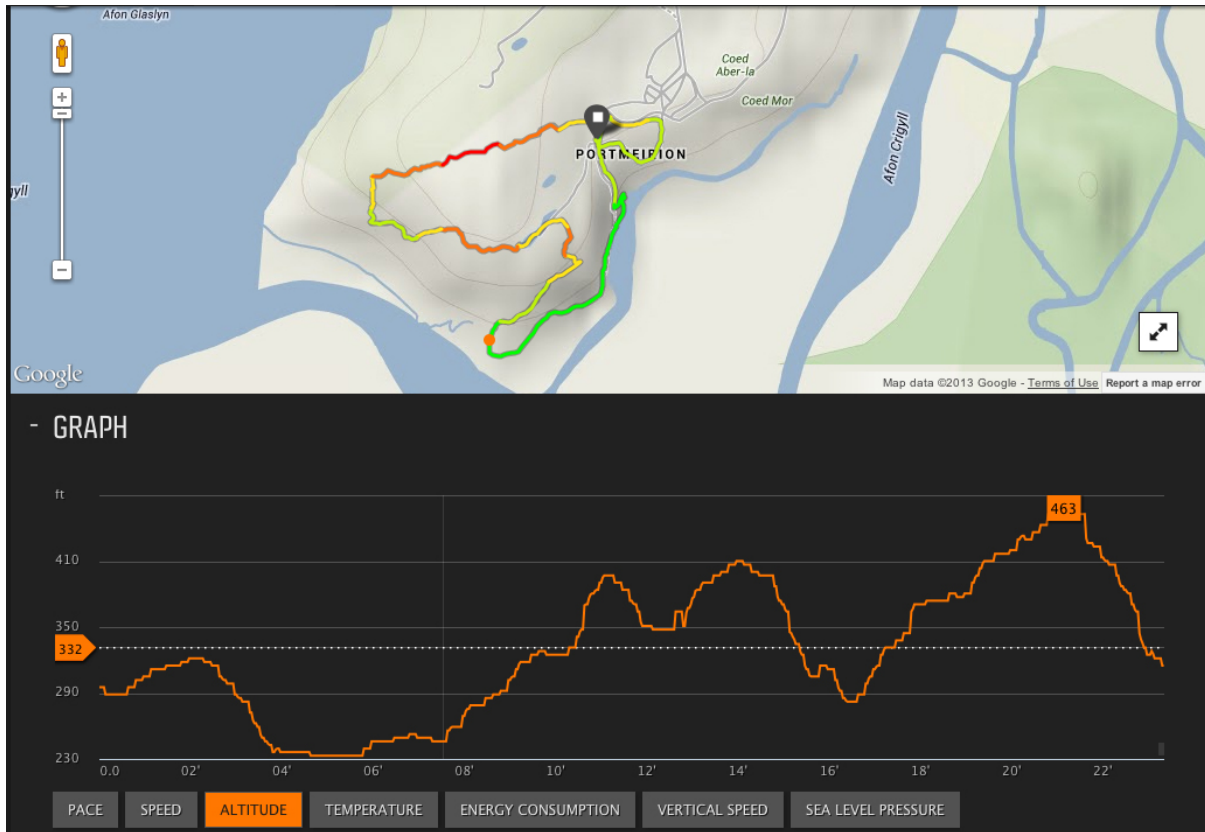
**WE DON'T NEED TO SEE LITTER in the Gwyllt Woods.**

**All runners please keep to your left and allow other runners to pass you when you can. Please be aware that a few runners will be lapping the back markers**

**Road will be closed, and the village will be on lock down  
Between 12.00 – 2.30pm**

**At all points there will be marshals, and if you do feel ill,  
or injured please notify the nearest marshal.**

  
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### HAZARDS

There may be a **few hazards** along the route, they include speed bumps through the village, also the Gwyllt Woods itself. A few Caution – **Mind your heads**, as of hanging trees we cant trim, also as you turn into the Ghost Garden path towards the Ghost Climb be careful of the edge on the left, watch your footing, a few areas were you need to be careful.

Aberglaslyn Moutain rescue staff will be along the route and thank you for your kind donations towards the MRT Team, much appreciated.

Also Mind your head caution by the hotel as you enter the underground small tunnel.

All hazards are noted on the map and a sign will be erected.

It's a multi terrain course.



### PRESENTATION

It is hoped that we can carry out the spot prizes & presentation by about **2.30pm**

Presentation categories are as follows; **Bespoke prize by Coed Mon, Llangefni**

<b>MALE</b>	<b>FEMALE</b>
1 <sup>st</sup> Overall	1 <sup>st</sup> Overall
2 <sup>nd</sup> Overall	2 <sup>nd</sup> Overall
3 <sup>rd</sup> Overall	3 <sup>rd</sup> Overall

**Junior Male & Females 1<sup>st</sup> Prizes also available (under 20)**

**Spot Prizes available – please KEEP your race number and be at the presentation ceremony**

### SPECTATORS

Spectators and supporters are most welcome and we enjoy having them there as it all adds to the great atmosphere. We ask competitors to remind friends and family to keep off the 'Gwyllt' Woods Race path.

Also not to enter the start of the race and not to enter the finishing straight at the school. But we will allow access to the Caffi Glas which will still be open for business as all other cafes and shops.

This year you have the pontoon area to watch them coming out of the woods passing the lake, ideal spectator point!!

As you are aware, Portmeirion do have their viewpoints and there's several on the race route, especially the top of the Piazza, and also by the hotel as you enjoy a drink, cup of tea as watching the runners.

Please adhere to any requests from race officials.

**ALL Spectators, family, friends, will have discounted rate on the day of £9 for adults, £6 for children**

**REMEMBER – NO DOGS ALLOWED into the village**



## **RESULTS**

Results will be texted to your chosen phone soon after the race, courtesy of TDL Events Services. They will also be found online at TDL Event Services and can be found online at: <http://www.tdl.ltd.uk>

## **CHANGING AND TOILET FACILITIES**

Changing and toilet facilities will be available in the village

## **REFRESHMENTS:**

As well as refreshments at the finish line for competitors there will be refreshments available for friends and family to purchase in the village.

There will be water available at the as you start your 2<sup>nd</sup> lap for the runners and also at the finish.

## **SPONSOR, HELPERS, VOLUNTEERS AND AUTHORITIES:**

Without helpers and volunteers, the 6<sup>TH</sup> Trail could not go ahead. There will be marshals all over the course, and at the finish. CREAD Cyf & 6<sup>th</sup> Trail would like to thank them in advance for their help and all sponsors and especially PORTMEIRION

## **RUBBISH & RECYCLING**

Portmeirion is a beautiful home for our festival, and we want to do our utmost to ensure it stays as beautiful as we found it.

Please utilise the bins and recycling points available on site.





### **RACE PHOTOGRAPHY**

**Sports pictures Cymru** will be located around the village and in the 'Gwylt' during the race. Please contact them directly at <http://www.sportpicturescymru.co.uk>

If you wish to receive a high resolution picture, the usual fee will apply, PLEASE contact Sports Pictures Cymru Direct. Thanks

### **FAMILY ENTERTAINMENT**

We will provide Dr Zigg bubbles all day and live artist Sera Owen will be entertaining you from 12.00pm – 12.45pm And there will be some music in the woods.....

Make the most of the last weekend of the Easter holidays

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