

# Felinheli 10K Race Information 2017

## Entry Forms

By email from race organisers or available from [www.gwylfelin.org](http://www.gwylfelin.org) or via TDL [www.tdleventservices.co.uk](http://www.tdleventservices.co.uk)

## Entry by Post

To Eilir Evans, Rowen House, Y Felinheli, Gwynedd, LL56 4RX. Cheques payable to 'Gwyl y Felinheli Festival'. Postal entries will be acknowledged by email. Numbers collected on the night. **Strict closing date for postal entries is 19<sup>th</sup> June**, unless limit of 400 has been reached sooner. **No entries on the night.**

## Entry on Line

Entry on line via TDL: [www.tdleventservices.co.uk](http://www.tdleventservices.co.uk) Please note there is a small booking fee and credit card charge applicable. See TDL website for final entry date.

## Registration

Registration is from 5.45pm. Chipped numbers are picked up on the evening from the registration point on the green, Beach Road, near the Sailing Club. Safety pins will be available. NB Please wear your number in a visible position unfolded on the front.

We are sorry but we are unable to accept any entries or changes on the evening.

## Parking

Parking spaces on Beach Road are fairly limited so please arrive in plenty of time to allow for finding a place. Car sharing is advised where possible. Further parking is available on the side of the top road and in the harbour and Marina area.

## Toilets

There are toilets available on Beach Road, near the Garddfon. Please be aware that there are no changing or shower facilities. Note there is no dedicated secure area where valuables, keys etc. can be left and the organisers can accept no responsibility for any lost item.

## Personal Stereos and Dogs

The wearing and use of personal stereos or similar by runners is **not allowed** under Welsh Athletics race permit rules for safety reasons.

Dogs are not permitted to enter and run the race!

## Water

There is a water station on the race route somewhere near the 5K point. Water will be available at the finish. There are outlets available where food may be purchased on the Festival green.

## Race Start and Finish

The race starts and finishes on Beach Road, Y Felinheli and these points will be well marked. It will start at 7.15pm promptly. At the finish please ensure your number is clearly visible to the race officials.

The race will be timed electronically by TDL.

**NB** Be sure to inform a marshal if you have to pull out of the race for any reason and are unable to finish.

## Prize Giving

Prizes are awarded in all categories. All runners will receive a commemorative medal. The presentations will take place as soon as possible after all runners have finished the race. (If you are unable to stay for the prize-giving please try and nominate someone to collect your prize).

## Race Results

A copy of the results is usually sent out by email to all runners on the night of the race and a text will be sent to all mobile phone owners by TDL. The results will also be available from the Thursday on the Festival website @ [www.gwylfelin.com](http://www.gwylfelin.com)

## **First Aid**

There are first aid facilities in place on the course and at the finish.

## **Race Route**

Below is a brief description of the route. The race is a mixture of tarmacked road and track. NB. Please be aware that some of the tracks may be quite rough and uneven in places.

The 10K race starts and finishes on Beach Road, Y Felinheli, these will be sign posted. The route goes into the Vaynol Estate at the far corner of the Marina in Y Felinheli, following the rough track that runs parallel to the Straits. It then joins a private road to the main house and out to Parc Menai, doing a loop there before re-entering the Vaynol. The route back also passes through private land to reach the track again and then returns back to Y Felinheli. (See map below).

The course will be marshalled and marked at kilometre intervals and with arrows throughout.

Everyone seems to enjoy the race as it is a pleasant, 'mostly' flat (!) course. Note some of the route is off-road along a rough, non-tarmac track.

**NB. Unfortunately runners cannot practice the full route before the event** as access to the private land and roads within the Estate is only permissible on the race evening and we risk harming the goodwill of Vaynol Park residents who give their permission each year if people trespass beforehand.

## **Pulling Out of the Race**

We are normally unable to offer refunds if a runner has to pull out for any reason before the race. (All receipts from the race go towards the Felinheli Festival and the race costs). We will however, accept a substitution if informed in good time before the race night. (Substitutions can also be made for on-line entrants via TDL). We would appreciate being told if you are unable to run as this might enable another runner to compete if we are full up.

## **Weather**

Not guaranteed, but on count back we have had very few wet races!

## **And Finally....**

We hope you enjoy the race especially after reading all the above and thank-you for supporting us.

## **Race Organisers**

Eilir and Debbie Evans

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# Cwrs Ras Felinheli 10K Race Route

