

# ***Dyfi 8 Trail - Sunday 3<sup>rd</sup> November 2024***

## ***Race Instructions***

### **Intro**

Thank you for entering our race and supporting Cerist Triathlon Club! We are a not-for-profit club passionate about promoting low-key, low footprint events that show off the beautiful trails of Bro Ddyfi. Please spread the word to help grow our events in the coming years!

In order to gain NRW approval, we have to complete a **Biosecurity** risk assessment for events and inform competitors and event staff of good practice when using NRW-managed land – please read and abide by the guidance in the final section.

Whether you are doing the 8 mile or 8k route, this is a hilly, fast and fun race. Enjoy!

### **Parking**

Tan Y Coed car park area (Coed Cwmcadian FB on OS Map OL23). On the A487 between Pantperthog and Corris, approximately 3 miles north of Machynlleth. OS grid reference SH 755 054

### [NRW Map](#)

**Please share lifts if possible and use the overspill car park if spaces available.**

### **Toilets**

Near the car park area

### **Registration 09:00 – 09:40**

Near the main car park.

Give your name to the Race Team and collect your race number. Pin the number so it is clearly visible from the front when you are running.

If you know anyone else who might be interested on the day entry is £20, with £5 going to our chosen charity (Aberdyfi Search & Rescue Team).

### **Race Brief 09:45**

Make your way to the signed **Start/Finish area 600m up the fire road from the car park area**. Refer to these instructions before arrival, but a short race brief will also be given. Alternatively, if you use the Animal Trail as a warm up, this route pops out at the Start/Finish area!

### **Race Start 10:00**

8 mile & 8k races

### **Spectators**

There is plenty of space for spectators along the course if they wish to walk up from the start area, but no spectator vehicles allowed on the course.



## Traffic & Other users of Tan y Coed

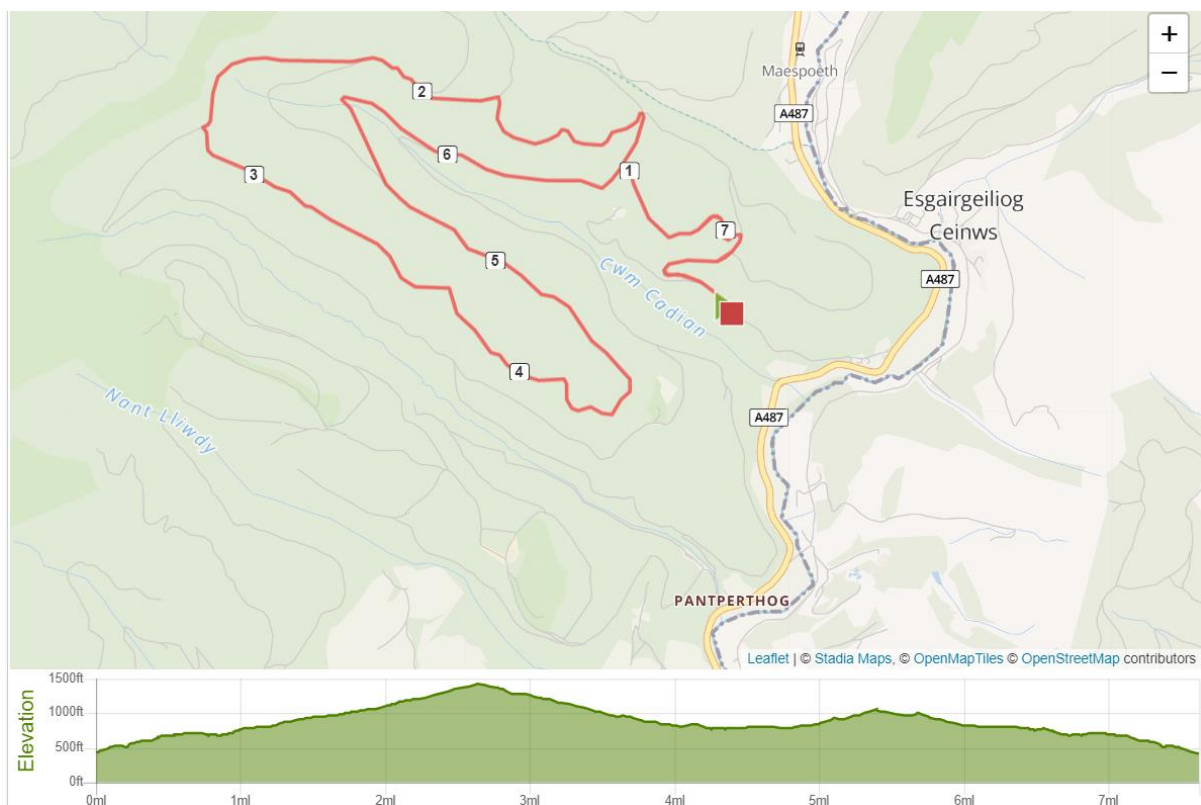
There are residences near the Start/Finish area, so please be aware that there may be some light traffic. There will be no forestry operations for the duration of the race. Race support vehicles may also be moving between marshal points and first aid stations, therefore **maintain awareness at all times!** Other people may also be using the woods, e.g. dog walkers, please be courteous.

## Race Routes This year is an *anticlockwise* year!

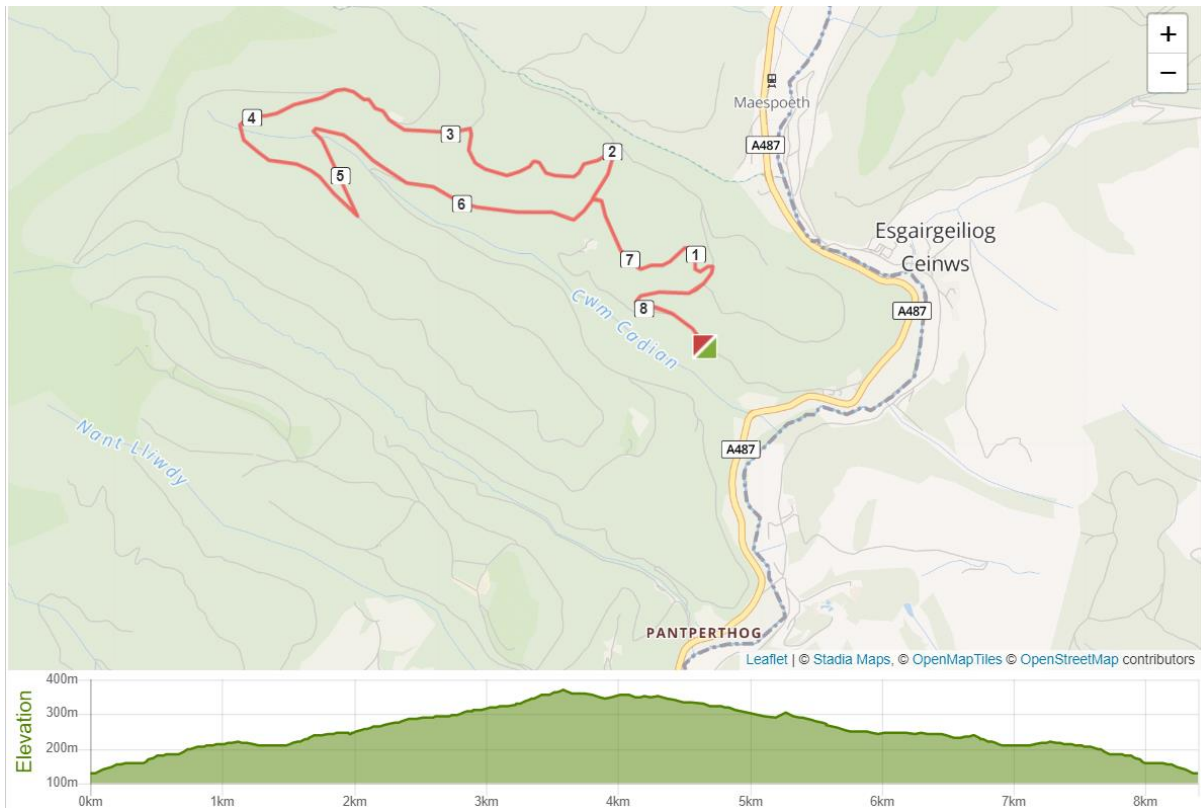
The routes split at 3.7k / 2.3 miles and re-join at the water station.

The routes are not exactly 8 miles and 8k but **Dyfi 8** has a nice ring to it!

**8 mile route: Approx. distance 7.7 miles / ascent 400m (markers shown in miles)**



**8k route: Approx. distance 8.4k / ascent 280m (markers shown in kilometres)**



## Gear

The entire route is on fire roads so is not particularly technical, but it is uneven and slippery in places. **We recommend using light trail shoes.** Although there is a water station on the route, feel free to carry your own water if required. As it is a relatively short race, there is no compulsory kit but **please wear appropriate clothing for the conditions** and be aware that the weather can change suddenly so pack a variety of gear just in case!

**Post-race – make sure you have brought warm spare clothing to put on while you wait for the race results!**

## Aid Stations

There is a shared water station where the two routes rejoin (5.4 miles on the 8 mile route, 4.8k on the 8k route). On the finish line will be water, oranges and sweets. **For both, please help yourself and use the bins provided!**

## First Aid

A minimum of two first aiders will be in attendance and will be stationed along the route. Also, there will be sweepers running both routes. **Please alert the nearest marshal if assistance required for yourself or another runner.**

## Results & Presentation 11:40 (approx.)

There will be a post-race presentation near the finish line, where prizes for overall and category winners will be handed out. ***We will endeavour to finalise results as quickly as possible and may begin the presentation before all runners are in if necessary.***

## Disclaimer

The race organisers reserve the right to postpone or cancel the event due to unforeseen circumstances, e.g., severe weather. In the event of a cancellation, refunds (less service fee) will be given if no alternative date can be arranged.

The Dyfi 8 Trail event is run in accordance with Welsh Athletics rules and regulations and has full NRW permission.

## Thank you!

Thanks for supporting Cerist Triathlon Club. Our other running race is the Glyndŵr 7 held in September, please check it out next year! Also, our popular early season sprint tri The Dyfi Dash will be held on Sunday 13<sup>st</sup> April, 2025. Entry open soon!

## Biosecurity Guidance – Please read!

NRW now requires that a Biosecurity risk assessment is carried out for events on NRW-managed land to help prevent the spread of pests, plant pathogens and invasive non-native species (INNS) which can have a devastating effect on local flora and forestry plantations.

NRW have identified two risks in this forest block, so please take precautions before and after our event (and every time you visit NRW land) – see below for guidance. The risks are:

*Phytophthora ramorum* (water mould) - this is a destructive algae-like organism that can infect and kill over 150 tree species, including larch, oak and sweet chestnut. It can be spread via water containing spores, e.g. on footwear or clothing and vehicle wheels.

Piri-piri bur – this is an invasive plant species that grows in dense mats and is difficult to eradicate. It is spread by burs sticking to clothing or animal fur.



*Piri-piri bur*

Thank you for following this good practice:



## Peidiwch â rhoi lifft adref i heintiau

Mae rhai plâu a chlefydau'n  
rhoi iechyd coed mewn  
perygl yng Nghymru.

Gallwch eu hatal rhag ymledu  
i goedwigoedd eraill, yn  
ogystal â'ch ardal leol,  
trwy wneud y canlynol:

- aros ar y llwybr (cŵn hefyd),  
gan frwsio mwd a baw oddi  
ar eich esgidiau, eich dillad neu  
eich beic cyn ichi adael
- glanhau eich esgidiau (a'ch beic)  
yn drylwyr ar ôl ichi fynd adref,  
cyn eich ymweliad nesaf
- gadael deunyddiau pren a  
phlanhigion ble y maent.

Diolch.



## Don't give bugs a lift home

Some pests and diseases are  
putting the health of trees at  
risk in Wales.

You can prevent them spreading  
to other forests as well as your  
local area by:

- staying on the path or trail (dogs too)  
brushing off mud and dirt from  
your footwear, clothing or bike  
before you leave
- thoroughly cleaning footwear  
(and bike) at home, before your  
next visit
- leaving wood and plant material  
where it is.

Thank you.





Don't give pests and diseases an easy ride

Human activity is a key factor in the spread of pests and diseases, being able to move them faster and over longer distances than natural means of spread can.

Visitors to the woodlands can play an important part in preventing the spread of pests and diseases. We can unknowingly encounter infection as we walk through the woodland, this can be spread by the mud & leaves that collect on our footwear or wheels. Infection could be spread to the next place we visit if we do not clean our footwear and bikes before our next visit.

You can help reduce the spread of pests and diseases by carrying out simple cleaning tasks. These will hopefully become second nature as you get used to arriving for each walk or bike ride with clean equipment. You can also keep an eye out for any sightings of possible tree disease or pest and report to TreeAlert.

### Think feet

Arrive in the woodland with clean boots or shoes. You'll be sure you aren't carrying tree pest or disease from your last walk in the countryside.

After your visit, simply knock any mud and leaves from your footwear and wash any leftover mud off once you're home. This will ensure you don't accidentally move disease across the countryside.

### Think wheels

Arriving in the woodland with clean bikes can help prevent the spread of tree diseases too. Brush off any loose dirt from your bike & tyres before you leave the woodland. Once you're home, wash any further mud or debris just to be thorough.

Keeping your bike clean does more than keeping it looking good and working well.

### Think future

Keeping it clean really is that simple. You may be wondering what real difference you can actually make - but if we all take small steps together now, we're taking big steps toward keeping Wales' woodlands and countryside beautiful for generations to come.

#### For areas known to be infected:

Keeping your kit clean is always important for tree health, but there are situations where you may have to take more care.

- When there is a pest or disease known to be present
- There is a Plant health Notice in place

In these cases you are likely to notice a lot more signage around the woodlands. Please take the advice given on any of these signs you come across, they will contain important information in the battle against tree pests and diseases.

#### Key contacts and resources

- Stay up to date:
- Tell us if you spot any ill health in trees: [forestry.gov.uk/treealert](https://forestry.gov.uk/treealert)
- Learn more from our biosecurity info

For more information on our #Keepitclean campaign visit <https://naturalresources.wales/forestry/tree-health-and-biosecurity/biosecurity/?lang=en>

