

Glyndwr 7 Race Info *Sunday 8th September, 2024*

We always wanted to put on an event to showcase the beautiful trails around Machynlleth, so welcome to the Glyndwr 7! We hope you'll enjoy the race and help spread the word so we can grow the event in the coming years, thank you for entering!

Please see **Biosecurity Guidance** below the race route info.

Race HQ (what3words: emails.dorms.lamenting)

Machynlleth Rugby Club, SY20 8EL

There are toilets available at the club, and showers post-race too. Male – Home Changing Room, Female – Away Changing Room.

Drinks available at the bar during the presentation after the race, please try to support the club if possible. There will also be **free soup for competitors from 12:30**, (available to buy for spectators).

Car Parking (what3words: folk.feathers.loopholes)

Use the main town car park (pay and display), the rugby club is opposite the car park entrance. Advise you pay for parking until at least 14:00. There is some free parking at the old Celtica car park (off the main roundabout by the school playing fields on the A487).

Registration 09:30 – 10:30

All competitors must register in order to take part in the race and collect your race number.

As a low-cost event there is no race bag, but there will be age category prizes at the end.

Bag Drop

You can leave your bag at the bag drop gazebo near the Start / Finish line. Bags left at your own risk.

Race Brief 10:45 (what3words: plausible.scripted.clipped)

Compulsory for all competitors. The brief will be held by the start line on the Plas green

Race Start 11:00

On the Plas green near the Owain Glyndwr monument

Timing

Manual timing in order to keep costs down

Presentation 13:30 (approx.) - Rugby Club

Presentation will be brought forward if possible.

There will be prizes for overall and age group winners and selected other prizes.

Thank you for supporting Cerist Triathlon Club! This race will provide much-needed funds for the club. Diolch yn fawr iawn.

Race Route & Safety Info

Parts of the route are steep, muddy, rocky and slippery. We advise you wear trail shoes with good grip! Also, be prepared for adverse weather – bring a waterproof jacket and some warmer layers just in case. There is a water station at mile 4, but you can also carry water if required. Please carry a mobile phone for the race and add **07720711166** as **Glyndwr 7 Race HQ** in your contacts. If you need assistance or see an injured runner please speak to the nearest marshal if not a serious injury. Call the above number for first aider, or 999 for an emergency. There is good mobile coverage for most of the route.

The course will be well marked and marshalled but please study the route map before the race. We hope to have a marshal at every gate but if unattended, please ensure you close the gate behind you! Look out for yellow/black arrow signs, caution signs and strategically placed ribbons show you are on the correct route!

From the start line on the Plas green, you will follow the path next to the playground and continue towards the lodge house. **Please keep to the left of the cones once off the path**, there may be light traffic using the old Celtica car park access road.

After the lodge house turn left for the Roman Steps, going through the narrow wooden gate at the bottom. **Please be patient here if several runners are trying to get through!**

This section is quite narrow but there is room to overtake *after* the steps. Caution when traversing the rocky steps as they can be very slippery. Keep left then unless overtaking on the climb up.

After the second wooden gate go straight ahead and up past the cottages on your left, then there is a short section of road. **Please be careful in case of traffic and keep left.**

After a short descent turn left towards Brynglas farm, using the gate next to the cattle grid if open. If not, **please take care crossing the cattle grid**. Pass through the farm and straight up to the gate then follow the marked route (Glyndwr's Way).

The climb continues up to a second gate (check out the views of Machynlleth to your left!), then over the ridge and a short downhill to a small gate. Go straight on here for the final part of the first climb (at roughly **2.5 Miles**). This section is quite rocky and steep in places (extra care when coming back down here later).

Go straight on where the route loops back to join (**do not turn left!**). After the final steep section is a lovely flowing single track, stretch out those legs! Another small gate leads right to a muddy and grassy section then a steep grassy descent. **Please be careful here**. At the bottom of the descent is a large section of rock, **extreme caution here**. Turn left then for a lovely grassy downhill to another gate the turn left again when you hit the fire road. You'll go through three more gates, passing Rhiwlwyfen farm down to your right. Make sure you take in the views on the climb to the top and at the viewpoint (weather permitting!) where you will find the water station.

If you have a drink at the water station water here, please place your used paper cup in the bin provided.

After the viewpoint you will drop down to rejoin the rocky path, turning right now to retrace your steps. **Please be careful on this descent and avoid the sections of bare rock if wet!**

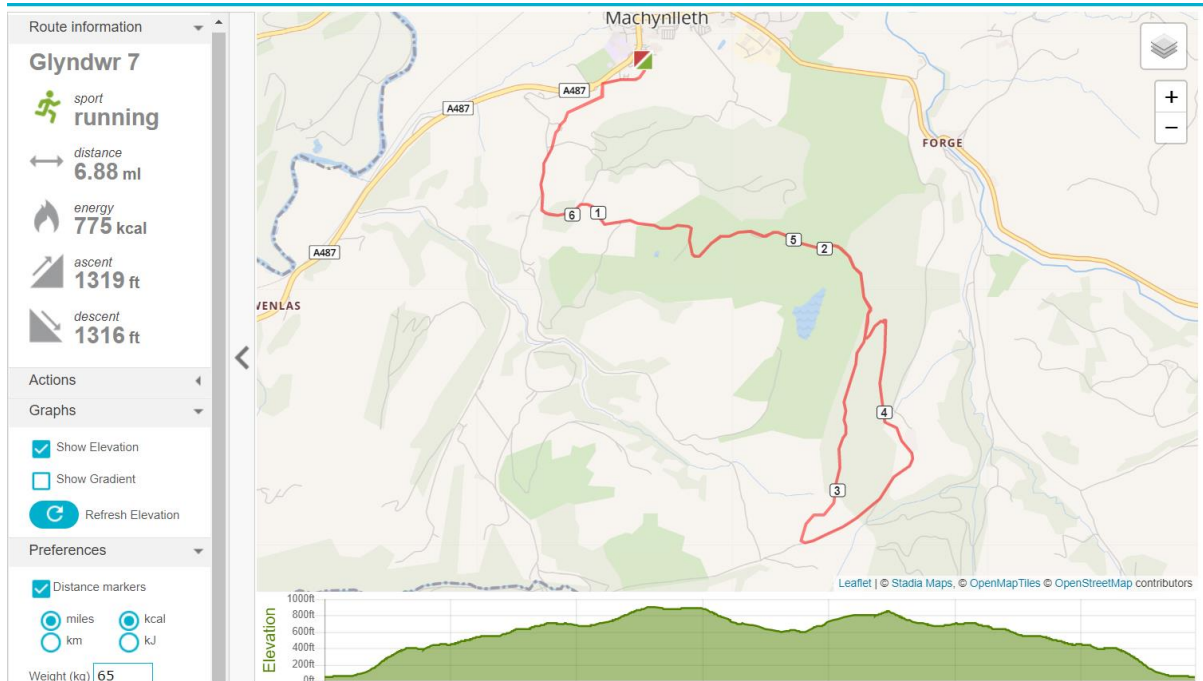
After the small gate come back across the ridge and down through Brynglas farm. Careful again on the short road section (**keep right this time**), and back down the Roman Steps. Please use the handrail if required and be very careful on the rocky steps, they can be very slippery. **No overtaking on this short section on the descent!**

After the gate at the bottom turn right for the final few hundred metres. **Keep right on the access road** then approach the Plas green via the path and through the short finish funnel and cross the line. Well done!! There will be water and oranges on the finish line.

Route Map

Distance: 7 miles / 11.2km

Elevation: 1300 ft / 435m



Biosecurity Guidance

NRW now requires that a Biosecurity risk assessment is carried out for events on NRW-managed land, in order to 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 nearby forest blocks, 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.



Thank you for following this good practice:



Cais i Ymwelwyr y Goedwig Request to Forest Visitors



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.



www.cyfoethnaturiolcymru.gov.uk
www.naturalresourceswales.gov.uk

Ffôn / Tel:

0300 065 3000





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/treelert
 - 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>

