

Route, Risk analysis and Marshalling Duties

TATA STEEL



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The Castles Reference Book

Dear Team Manager,

This section of the Relay Information pack provides a detailed description of the runners' route. Each twist and turn is identified, as are all of the hazards that have been revealed by a risk analysis of the route. The action taken to reduce the risk associated with each hazard is described, and specifically the details of all the marshalling duties and the road signing duties are given.

This section contains the following parts:

1. A statement of the actions taken to comply with UK Athletics Code of practice.
2. A definition of the duties of marshals and route markers.
3. A list of the responsibilities of marshals and how it all works.
4. A list of team marshalling points.
5. A stage by stage description of the route, the hazards, the marshalling and signing points, and the duties of the marshals and route markers.
6. Maps to help find some of the trickier marshalling points.

Team Managers must ensure that all your runners are familiar with parts 1 and 2 (pages 2–3) as well as his/her stage. This will help them to understand where they will see marshals on their stage.

Team Managers must **fully brief** their marshals on their duties and responsibilities and supply them with copies of parts 1–3 (pages 2–4) of this document, as well as the details of the stage(s) for which you are responsible.

Team Managers must also ensure that the personnel selected for marshalling are competent to perform those duties.

Thank you for your assistance.

Richard B.

Race Co-ordinator

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1: UK Athletics Code of Practice

The race will be conducted in accordance with the eight key measures identified by UK Athletics.

These measures are:-

No	Measure	Notes
1	Code of Practice advanced signing on approach to course.	Warning signs will be posted to warn traffic at all changeovers (Start/Finish of each stage).
2	Code of Practice safety signs every mile	Safety signs will be placed at all locations indicated in the route description. It is not thought necessary to provide notices at other locations, since there is no risk that traffic will not be aware of the presence of runners.
3	Safety briefing to all competitors	All competitors, or competitors' representatives, will be asked to sign their agreement to the safety provisions put in place for the race. At the start of each stage the competitors will be reminded that they have made this agreement and afforded the opportunity to raise any questions.
4	Safety briefing to all marshals	There are two categories of marshals: (a) Full-time These marshals will be on duty at every changeover. They are fully briefed as to their duties and responsibilities prior to race day. One of these duties is to co-ordinate the one-time marshals assigned to the changeover to ensure they understand their duties and are in the correct locations. (b) One-time These marshals will be on duty at each of the stated marshalling points along the route. They are drawn from the competing teams. Their Team Manager/Captain will fully brief them on their responsibilities and duties prior to race day and also provide them with copies of the relevant documentation.
5	Compliance with traffic law by Competitors/Officials/Marshals.	All participants are advised that they must at all times not only comply with traffic law, but also be considerate when parking so as not to disturb the general public. For safety reasons the marshals at each of the starts will ask the traffic to wait for a few moments so that the runners can get away.
6	All marshals to wear Hi-Vis clothing	All marshals will be supplied with a high visibility tabard.
7	Advanced liaison with interested parties.	All police authorities through which the race passes will be notified. Also all councils will be advised.
8	Event vehicles to be identifiable.	All official vehicles will be clearly marked. All teams will be provided with additional numbers to affix to the support vehicles.

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The following notes describe the duties and obligations of the marshals.
All marshals shall be supplied with a copy of these notes and must abide by them.

2: Duties of Marshals and Route Markers

1. The role of marshals is to ensure the safe running of the race at their allocated location.
2. To this end marshals should be aware of the movement of traffic and the route of the runners.
3. Marshalling duties
 - a) At a crossing point

There will be two marshals at each crossing point, one for each direction. The marshals must ensure that the runners cross the road safely. When there is traffic on the road the marshals must ensure that the runners do not attempt to cross until the road is clear. If the road is busy then the marshals may ask slow moving/queuing traffic to stop to ensure the safety of the runners. If a vehicle chooses to disregard the request, the marshal must ensure that the runner does not attempt to cross the road.
 - b) At other locations

The marshals must ensure that the runners follow the route designated. This means remaining on the side of the road as directed in the route description. Marshals should recognise that the runners may well be tired and so should be directed with consideration. The marshal must be assertive when necessary.
4. In addition to the marshals at the crossing points, and the locations described in the route description, there will be additional marshals allocated to the changeover points to assist the Starter and Finish Teams in ensuring the safety of runners and also to ensure that the race traffic parks correctly.
5. At race start locations that are in a built up area, there will be start marshals allocated to inform pedestrians of the arrival of the runners. This is necessary at the start of a stage, as at this point the runners tend to be all over the road.
6. The general principles used for deciding which points require marshals are as follows:
 - a. Roads joining from the right hand side are not normally a hazard.
 - b. Minor roads, lanes and house/business entrances joining from the left are not a major hazard.
 - c. Within towns any joining roads are not a major hazard.
 - d. Where there is any doubt then the junction/crossing is to be regarded as a hazard and marshals are allocated..

Signs

1. **CAUTION** signs are to be placed at each start location, finish location, each crossing point and at other locations described in the route description.
2. The purpose of the signs is to warn traffic to take heed of runners. Therefore the signs should be placed a fair distance from the location. A distance of 50 metres is suggested. Generally two signs are required, one for each direction. If the junction is a minor road joining the route from the left then there is only a need for a sign on the joining road, for traffic joining the route.

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3: Marshalling Responsibilities and how it all works

1. On page 5 you will find a list of all the teams. Against this list is shown the stage(s) to which you have been allocated your marshalling duties and also the number of marshals that you must provide.
2. On pages 26 to 32 are some maps to help find your marshalling locations and a stage-by-stage description of the route and of the marshalling points.
3. For each marshalling point we have listed the times you must be at your duty point. It is timed so that you arrive about 10 minutes before the lead runner, to allow you to familiarise yourself with the location. The end time is an estimate of the time of the last runner. You **must not** leave before the last runner. You will know when the last runner goes by, as you will see the backup vehicle. The backup team have been asked to request any runner going at a pace less than the cut-off time to pull out. This should mean that you will not be held up longer than specified.
4. Marshalling bibs are issued to each club's representative at the pre-race briefing which is held in the Caernarfon Leisure Centre. Wear your bibs at all times whilst marshalling. At the end of your duty give the bibs to the driver of the backup vehicle, or hand them to one of the officials at the next changeover.
5. Leave the signs where they are (**unless otherwise requested**) as the route marking team will collect them.
6. You must have a copy of the description for the stage to which you have been allocated so that you will know your marshalling responsibilities.
7. Read carefully the marshalling obligations described on page 3. This describes the duties and obligations of the marshals.
8. Remember that, above all else, safety is your prime responsibility. In the extreme this may require a runner to stop, if by not doing so an accident could ensue. Don't get angry with road traffic, they may be having a bad day, and it only takes one complaint for the race to be put in jeopardy.
9. The signs should have been put up in advance, but if you are asked to put up the caution signs, please fix them clearly such that they can be read by traffic approaching the race. Normally this means one on each side of the road about 50 metres, say, prior to the marshalling point. Make sure motorists can easily see them.
10. Runners must never cross the road or a junction without your guidance. Act in a way that is clear to both runners and motorists alike.
11. Take the number of any runner who ignores the instructions and inform either the Race Coordinator or Deputy Coordinator (your Team Captain has contact telephone numbers). But remember it is very hard to hear what people are saying when you are running, so make yourself understood with clear arm gestures.
12. If you have to ask a member of the public to stop or move do so considerately and thank them afterwards. It is vital that we do not upset any member of the public because they may influence whether we can run the event again next year.
13. Remember that this race is an event that is organised primarily for fun and friendship, so please be courteous at all times.
14. If the police turn up then tell them what is going on and tell them that all police forces have been informed. If they have come to help then that's excellent, so just tell them where the runners will be coming from and where they will be going. Help out by shouting or waving when a runner is approaching.

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TEAM MARSHALLING DUTIES

Team No	Competing club	stage	No of marshals	stage	No of marshals	Team No	Competing club	stage	No of marshals	stage	No of marshals
1	Abergele Harriers	1	5	18	2	44	Bitton Road Runners (Ladies)	16	6		
2	Athletau Aberystwyth AC	6	6	Includes Water Station duties at 8.6m		45	Les Croupiers RC (Ladies)	20	7		
3	Altrincham & District AC	3	6			46	Sale Harriers (Ladies)	13	6		
4	Bitton Road Runners (Open team)	2	3	17	3	47	Serpentine RC (Ladies)	5	6		
5	Blackpool, Wyre & Fylde AC	15	5			48	South West Road Runners (Ladies)	15	7		
6	Brackla Harriers	7	7			49	3M Gorseinon RR.	16	5		
7	Bridgend AC	18	6			50	Denbigh Harriers	3	4	7	4
8	Bromsgrove & Redditch AC	1	6			51	Les Croupiers (Vets)	20	7		
9	Chepstow Harriers	15	5			52	Serpentine (Vets)	16	3	17	3
10	Clevedon AC	3	7			53	Swansea Harriers (Vets)	19	6		
11	Dulwich Runners	8	5			54	Thames H. & H.(Vets)	14	4		
12	Eastleigh RC	10	8			55	Burges Salmon LLP	8	6	Water station duties at 4.8m and 7.9m	
13	Ellesmere Port Runners	9	5			56	Environment Agency Harriers	8	3	Water station duties at 1.75m	
14	Great Western Runners	18	7			56	Environmental Agency Harriers	18	4		
15	Haarlem Globetrotters	10	7			57	Runners World Haarlem	3	4		
16	Les Croupiers RC (S Men)	20	6			58	South Wales Police AC	7	4	15	2
17	Liswerry Runners	13	6			58	South Wales Police AC	17	2	19	2
18	Lytham St Annes R.R.	2	7			59	Tata Steel	10	4	19	4
19	Manchester YMCA Harriers	6	7								
20	Middleton Harriers	4	6								
21	Mornington Chasers	4	2	9	4						
22	Neath Harriers AC	12	5								
23	Of de Rood	15	4								
24	Penarth & Dinas Runners	20	8								
25	Poole Runners	16	5								
26	Port Talbot Harriers AC	8	2	19	6						
27	Sale Harriers (Men)	5	7								
28	Salford Harriers AC	1	7								
29	San Domenico RC	19	5								
30	Sarn Helen Club	19	6								
31	Serpentine RC (Men)	6	3	13	4						
32	Stragglers	11	5								
33	Stroud & District AC	14	6								
34	Tattenhall Runners	17	5								
35	Team Bath AC	10	7								
36	Thames H. & H.(Open Team)	4	3	5	4						
37	TROT's	1	6								
38	Vale Royal AC.	2	7								
39	Village Vipers	19	6								
40	Wesham Road Runners	7	5								
41	Wigan Phoenix	14	5								
42	Winchester & District RC.	3	4	12	4						
43	Wirral AC	4	6								

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1 Caernarfon to Penygroes Start 10:30 9.1 miles				Note:- For marshalling locations on this stage up to Dinas Station you need to get to the other side of the estuary before the start of the race.						Caution Signs	
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	Start: Caernarfon Castle main gate	Follow road clockwise around Castle	Traffic	10:15	10:35	29	Abergele Harriers	1	Assist Changeover marshals at the roundabout 50 metres from start, stop traffic and direct runners	2	
0.10	Swingbridge entrance	Turn left across swing bridge	Turning	10:15	10:40	29	Abergele Harriers	1	Ensure that footbridge over harbour is clear. Warn public		
0.11	Swingbridge exit	Turn right along coastal road. Run on right hand side	Junction/ pedestrians	10:20	10:40	29	Abergele Harriers	1	Ensure that footbridge over harbour is clear. Warn public		
0.15	Coast Road	Cross to left hand side when directed Follow coast road beside estuary. Run on left hand side	Crossing	10:20	10:40	29	Abergele Harriers	2	Marshal runners across to left hand side	2	
2.80	Road turns inland	Continue on left hand side	Turning	10:30	11:05	22	Salford Harriers AC	1	Marshal runners to stay on left hand side		2
3.60	The road (before T junction)	Cross to right hand side when directed	Crossing	10:35	11:10	22	Salford Harriers AC	2	Marshal runners across to right hand side		2
3.70	T Junction	Turn Right at T-junction Continue on right hand side.	Turning	10:35	11:10	22	Salford Harriers AC	1	Marshal runners to stay on right hand side		2
3.80	The road	Cross to left hand side when directed	Crossing	10:35	11:10	22	Salford Harriers AC	2	Marshal runners across to left hand side		2
4.30	Cross roads	There is a signpost with a picture of a duck. Turn left to Dinas, runners go over 'weak bridge.'	Junction	10:40	11:15	22	Salford Harriers AC	1	Marshal runners to stay on left hand side		2
4.70	Lane on right	Keep left past school.	None	10:40	11:20				No action needed		
5.40	Lane on left	Keep on road.	None	10:45	11:25				No action needed		
5.50	Roads forks	Bear left and join cycle track (Lôn Eifion) adjacent to railway line. N.B. Thus avoiding running over railway bridge.	Junction	10:45	11:25	28	TROT's	1	Marshal runners to bear left to join cycle track		2
5.55	Gate by Dinas Station	Turn right and run along cycle track.	Cyclists	10:45	11:25	28	TROT's	1	Direct runners through gate and turn right down cycle track.		2
5.60	Glan-Rhyd, former level crossing	Continue on cycle track over minor road.	Road	10:45	11:30	28	TROT's	1	Marshal runners across road		2
6.00	Gate onto A499/A487 roundabout	Continue right on cycle track.	Turning	10:50	11:30	28	TROT's	1	Marshal runners to continue as specified		
6.02	A499 exit	Cross A499 on cycle track when directed	Crossing	10:50	11:30	4	Bromsgrove & Redditch AC	4	Marshal runners across road		3
7.30	Groeslon, former level crossing	Continue, past Tafarn Pennionyn, on cycle track over minor road	Road	10:55	11:45	4	Bromsgrove & Redditch AC	2	Marshal runners across road Access for marshals; turn left off roundabout to Groeslon		2
7.80	Inigo Jones slate works	Straight on	None	10:55	11:50				No action needed		
9.00	Footbridge leading to former Penygroes Railway station	Turn left over footbridge	Turning/ cyclists/ pedestrians	11:05	12:00	28	TROT's	2	Marshal runners to turn left Control cyclists/pedestrians		
9.10	Finish at Penygroes side of footbridge, near Wynnstay Stores										

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2 Penygroes to Criccieth 10.75 miles											Caution Signs	
Start 11:30				Marshalling								
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
	Start: Cycle track (Lôn Eifion)			11:15	12:15		<i>Changeover Marshals Cyclists</i>		Stop parking on main road, direct them to carparks. Lead cycles to Bryncir opening gates on way. Trail cyclist follows last runner and locks gates.	2		
0.00	on Criccieth side of roundabout on A487.	Run on cycle track towards Criccieth.	Cyclists/ Pedestrians			43	Bitton Road Runners (Open team)	2	Liase & assist changeover marshals to stop parking on main road			
2.70	Former level crossing at TG Group Cefn Graianog quarry	Continue on cycle track.	Lorries	11:30	12:00	43	Bitton Road Runners (Open team)	1	Marshal runners across road Access for marshals off A487, signed TG Quarry. (2.9 miles by road from start)		2	
4.15	Pant Glas crossing	Continue on cycle track.	Cattle/vehicles	11:40	12:15	55	Lytham St Annes R.R.	2	Marshal runners to continue as specified			
5.10	Derwyn Fawr Crossing	Continue on cycle track.	Cattle/vehicles	11:45	12:25	55	Lytham St Annes R.R.	1	Marshal runners to continue as specified			
5.80	Derwin Bach Crossing	Continue on cycle track.	Cattle/vehicles	11:45	12:30	55	Lytham St Annes R.R.	1	Marshal runners to continue as specified			
6.00	Bryncir, at end of track	<u>Turn left</u> towards A487	People	11:50	12:30	55	Lytham St Annes R.R.	1	Marshal runners to turn left and run on right hand side Access for marshal on cattle market lane, signed Lôn Eifion			
6.05	End of cattle market, A487	<u>Turn right</u> on to A487. Run on right hand side.	Traffic	11:50	12:30	55	Lytham St Annes R.R.	2	Marshal runners to turn right and run on right hand side		2	
6.30	Goat Inn (A487/B4411)	Continue on right hand side							No action needed			
6.35	B4411 junction	<u>Turn right</u> onto B4411 signposted CRICCIETH.	Turn	11:50	12:35	25	Vale Royal AC.	2	Marshal runners to stay on right hand side		2	
6.36	B4411	Cross to left hand side when directed	Traffic	11:50	12:35	25	Vale Royal AC.	2	Marshal runners across to left hand side		2	
10.40	B4411 Start of pavement	Leave road to Run on Pavement	Parked vehicles	12:10	13:10	25	Vale Royal AC.	1	Marshal runners onto pavement (opposite Y Maes road)			
10.60	Top of the green opposite Maes junction	Y <u>Bear left</u> and run down the green	Bumps	12:10	13:15	25	Vale Royal AC.	2	Direct runners onto green between the flower tubs. Warn them of uneven ground.			
10.75	Finish on green on left hand side of B4411 (just before junction with A497).						Changeover marshals		Get there early before traffic arrives. Place cones on road where runners cross onto the green. Also make sure vehicles go to the carpark. Allocate duties to Ad hoc marshals.			

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3 Criccieth to Maentwrog										Caution Signs	
Start 12:25				Marshalling							
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	At start			12:10	12:55		Changeover marshals		Direct race traffic into designated car park.		
0.00	Start: on A497, at end of green	Run on left hand side of A497 towards Portmadoc	Traffic	12:10	12:30	32	Winchester & District RC.	3	Assist Start Umpire and Changeover marshals to control traffic.	2	
1.80	Pentrefelin	<u>Continue</u> on left hand side of A497.	Minor road on left, just after 30mph sign	12:20	12:50	32	Winchester & District RC.	1	Marshal runners to continue on the left hand side		
3.80	A497/A498	<u>Turn left</u> on to A498. Continue on left hand side to roundabout. Do not cross over	Junction, signposted BEDDGELERT A498	12:30	13:05	21	Altrincham & District AC	2	Marshal runners to turn left and stay on left hand side		2
4.20	A487/A498 Roundabout	At roundabout cross A487 bear right onto A498. Stay on left hand side.	Roundabout	12:35	13:10	21	Altrincham & District AC	3	Marshal runners across A487 and continue on left hand side of A498		2
4.60	Tremadog	<u>Continue</u> on left hand side of A498 (Signed BEDDGELERT)	Traffic	12:35	13:15	21	Altrincham & District AC	1	Marshal runners to continue on the left hand side		2
5.90	Portreuddyn Castle	Keep on left hand side and take care around S-bends.	S bends	12:40	13:25	37	Clevedon AC	2	Marshal runners to continue on the left hand side		2
6.60	Prenteg: After 30 mph sign between two sets of cottages	<u>Cross</u> to right hand side when directed	Crossing	12:45	13:30	37	Clevedon AC	2	Marshal runners across to right hand side		2
6.80	Prenteg: B4410 junction	<u>Turn right</u> on to B4410, signposted GARREG, LLANFROTHEN 2. Cross to left hand side when directed.	Junction/ Crossing	12:45	13:35	37	Clevedon AC	3	Marshal runners across to left hand side		2
8.60	A4085 Junction at Garreg	<u>Cross</u> A4085 when directed. Follow B4410 signposted LLANFROTHEN, RHYD. <u>Continue</u> on left hand side	Cross roads	12:55	13:50	8	Runners World Haarlem	4	Marshal runners across road and stay on left hand side Marshals must also ensure that race traffic does not go on towards Rhyd		3
9.30	Road on right from Llanfrothen	Stay on B4410.	Traffic joining	13:00	13:55				Position signs on B4410		2
10.60	Rhyd	<u>Continue</u> on left hand side through Rhyd	Village	13:05	14:10				Position signs at each end of village		2
12.30	At end			13:15	14:25	36	Denbigh Harriers	4	Assist changeover marshals. Direct race traffic into field beyond cottages at the rear of Oakeley Arms car park. Ensure no obstruction of public or bus access.		
12.30	Finish at foot of hill before entrance to Oakeley Arms Hotel.						Changeover Marshals		Get there early. Direct race traffic into field beyond cottages at the rear of Oakeley Arms car park. Ensure no obstruction of public or bus access.		

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4		Maentwrog to Harlech		9.5 miles						Caution Signs	
		Start 13:30						Marshalling			
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	Start: Runners assemble at Oakeley Arms and wait to be escorted to the start on the old bridge on right hand side of A487.	Run on left hand side along A496 towards Harlech	Traffic	13:15	13:35	14	Middleton Harriers	3	Assist Start Umpire to guide runners down to start and control traffic at start.	2	
4.10	Trem-y-Garth: Crossroads (Toll road to Penrhyndeudraeth).	<u>Continue</u> on A496.	Junction	13:40	14:15	33	Wirral AC	2	Marshal runners to continue on the left hand side		2
5.20	Talsarnau	<u>Continue</u> on A496	Village	13:45	14:25	33	Wirral AC	2	Marshals at bend in middle of village. Signs at each end of village.		2
6.00	B4573/A496 Junction	<u>Turn right</u> along A496 (signposted HARLECH) as directed. [Ignore B4573 to Harlech] Continue on left hand side.	Junction	13:50	14:30	33	Wirral AC	2	Marshal runners to turn right and run on left hand side. Ensure no corner cutting. Ensure all runners stay on left hand side.		2
6.30	Level Crossing	<u>Continue</u> over level crossing.	Trains	13:50	14:35	14	Middleton Harriers	2	Marshal runners to continue on the left hand side Wait at level crossing and note arrival and departure times for any runners held up by a train. A train is due North at 14.36. A train is due South at 14.21		
6.70	Left hand bend	<u>Continue</u> along A496.	Nasty bend	13:50	14:40	14	Middleton Harriers	1	Marshal runners to continue on the left hand side		2
9.30	Texaco Garage	<u>Cross</u> to right hand side when directed.	Junction	14:05	15:00	34	Mornington Chasers	2	Marshal runners across to right hand side	2	
9.50	At end	<u>Turn right</u> into school	Pedestrians	14:05	15:05	31	Thames H. & H.(Open Team)	3	† Prevent traffic using finish area. † † Direct race traffic to car park at rear of school, signed 'beach'		
9.50	Finish in Ysgol Arudwy (Arudwy School) car park										

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5		Harlech to Barmouth Start 14:20		9.6 miles								Caution Signs	
Stage mileage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: On A496, Barmouth side of level crossing	Run on A496 to Barmouth		Traffic/Trains	14:05	14:25	31	Thames H. & H.(Open Team)	4	Assist Start Umpire to control traffic at start. Note. A train is due about the start time.	2		
0.50	B4573 junction	Continue on A496	Run on left hand side to Barmouth	Junction	14:10	14:30	58	Sale Harriers (Men)	2	Marshal runners to continue on the left hand side		2	
1.40	Sign Llanfair	Continue on A496		None						No action needed			
1.60	Junction signed for Llanfair	Continue on A496		Junction	14:15	14:40	58	Sale Harriers (Men)	1	Marshal runners to continue on the left hand side			
2.70	Start of Llanbedr	Continue on A496		Village traffic	14:20	14:50				Position sign at start of village		1	
3.20	Bridge in Llanbedr	Continue on A496		Traffic	14:25	14:55	58	Sale Harriers (Men)	2	Marshal runners at narrow bridge			
3.50	End of Llanbedr	Continue on A496		Village traffic	14:25	15:00				Position sign at end of village		1	
4.70	Start of Dyffryn Ardudwy	Continue on A496		Village traffic	14:30	15:10				Position sign at start of village		1	
5.50	In Dyffryn Ardudwy, FOX's Village store.	Continue on A496		Village traffic	14:35	15:15	58	Sale Harriers (Men)	1	Marshal in village, 50yds before FOX's Store			
5.70	Just beyond the SPAR shop	Continue on A496		Village traffic	14:35	15:20	58	Sale Harriers (Men)	1	Marshal in village, 50yds beyond SPAR Store			
5.90	End of Dyffryn Ardudwy	Continue on A496		Village traffic	14:35	15:20				Position sign at end of village		1	
6.00	Start of Talybont	Continue on A496		Village traffic	14:40	15:20				Position sign at start of village on 30mph sign		1	
6.50	Bridge in Talybont	Continue on A496		Narrow bridge	14:40	15:25	47	Serpentine RC (Ladies)	2	Marshals at bridge, to route runners along path next to bridge			
6.70	End of Talybont	Continue on A496		Village traffic	14:40	15:30				Position sign at end of village on 30mph sign		1	
8.60	Welcome to Barmouth' sign.	Continue on A496		None	14:50	15:45				No action needed			
9.30	Outskirts of Barmouth, 300 yards after church on right hand.	Cross to right hand side when directed.		Crossing	14:55	15:50	47	Serpentine RC (Ladies)	2	Marshal runners across to right hand side by the Bus Stops		2	
9.50	Lane entrance	Turn right down narrow lane (cycle track [8])	Steep downhill and sharp bend.	Turning	14:55	15:55	47	Serpentine RC (Ladies)	1	Marshal runners to turn right			
9.55	Corner in lane	Take care down lane		Pedestrians	14:55	15:55	47	Serpentine RC (Ladies)	1	Marshal runners to bear left			
9.60	At end	Bottom of the lane.		None	14:55	15:55		Changeover marshals		One marshal each side of level crossing to ensure safe rail crossing.			
9.60	Finish at entrance to private parking area.												

Welsh Castles Relay 2011

11

Route, Risk analysis and Marshalling Duties

6 Barmouth to Dolgellau Start 15:10 10.7 miles				Note: *For locations on the opposite side of the estuary (miles 3.00 to 8.40) you need to allow 30 minutes extra to get there. Go via toll bridge that goes to Penmaenpool.							Caution
Stage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	Marshalling		c/o Mshls	
mileage								No.	Duty Required		
0.00	Start: Northern end of sea wall (promenade)	Follow sea wall south to harbour.	Pedestrians	14:55	15:30		<i>Cyclists</i>		Lead and trail cycles to guide runners down promenade, across toll bridge and lead/follow all the way to the finish.	1	
1.40	Left bend at end of promenade	<u>Turn left</u> but remain on right hand side of road.	Corner	15:05	15:30	13	Manchester YMCA Harriers	2	Marshal runners to turn left and stay on right hand side		
1.50	Parking area	<u>Keep right</u> on pavement	Traffic	15:05	15:30	13	Manchester YMCA Harriers	1	Marshal runners to keep right on to pavement		
1.60	Junction with A496	<u>Turn right</u> and run on right hand side up hill against the flow of traffic	Junction	15:05	15:30	13	Manchester YMCA Harriers	2	Marshal runners to turn right and stay on right hand side		
1.70	Metal railings, footpath across estuary	<u>Turn right</u> onto footpath over Barmouth railway bridge (cycle route 8).	Turning	15:05	15:35	13	Manchester YMCA Harriers	2	Marshal runners to turn right		
1.75	Toll booth	No need to stop to pay the toll	None	15:05	15:35				Pay bridge toll		
2.80	Morfa Mawddach railway station	<u>Continue</u> on cycle track	None	15:10	15:45				No action needed There are no access points for support vehicles until George III (8.4m)		
3.00	Gate where track meets road.	Continue straight ahead on cycle route 8. (Mawddach Trail) Water Station	None	15:15	15:45	5	Athletau Aberystwyth AC	1	Marshal runners across road For marshal access see note above*		
3.80	Gates	Negotiate two gates then cross bridge.	Junction	15:15	15:50	5	Athletau Aberystwyth AC	1	Marshal runners to continue along cycle track		
8.20	Gate	<u>Continue</u> straight ahead.	None	15:40	16:30				No action needed		
8.40	George III hotel in Penmaenpool	<u>Continue</u> straight ahead watchful of vehicles parking.	Hotel	15:40	16:35	5	Athletau Aberystwyth AC	2	Marshal runners across road		
8.50	Gate	<u>Continue</u> straight ahead still on cycle route 8. Water Station	Junction	15:40	16:35	5	Athletau Aberystwyth AC	2	Marshal runners to continue along cycle track also Set up a Water Station		
8.90	Gate	<u>Continue</u> straight ahead on cycle path.	None	15:40	16:40				No action needed		
9.70	Cattle grid/gate	<u>Continue</u> straight ahead to main road. Take care when crossing grid.	Cattle grid	15:45	16:45	24	Serpentine RC (Men)	1	Marshal runners to continue along cycle track		
9.80	Junction with A493	<u>Cross</u> to opposite side when directed. Continue on cycle route 8.	Junction	15:45	16:45	24	Serpentine RC (Men)	2	Marshal runners across road		
9.90	Gate	<u>Continue</u> straight ahead on cycle path	None	15:45	16:45				No action needed		
10.30	Bridge	<u>Turn right</u> over river.	None	15:50	16:50				Mark with arrow		
10.40	Bridge	<u>Turn left</u> to follow cycle route to finish.	None	15:50	16:50				Mark with arrow		
10.70	Finish in field before car park										

Welsh Castles Relay 2011

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Route, Risk analysis and Marshalling Duties

7		Dolgellau to Dinas Mawddwy		9.75 miles		Marshalling				Caution Signs	
Start 16:05											
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	At start		Car park traffic	15:50	16:10		Changeover marshals		Direct all race vehicles to far rugby car park. Do not block public car park near road.		
0.00	Start: Entrance to Marian Mawr Car Park	Run up Smithfield St. Run on left hand side of road		15:50	16:10	36	Denbigh Harriers	4	At start of race, warn traffic at start and also by Y Meirionnydd hotel. Guide runners on left hand side of road. CAUTION signs to be posted on road as traffic drive over bridge towards town, and for traffic joining one-way system.	2	
0.10	Y Meirionnydd Hotel / Restaurant	<u>Turn left</u> over bridge (towards A470). Keep on left hand side of road.	Turning	15:55	16:15	30	Wesham Road Runners	2	Marshal runners to turn left and stay on left hand side	2	
0.85	Prior to A470 Junction	<u>Cross</u> to right hand side when directed	Crossing	15:55	16:20	30	Wesham Road Runners	2	Marshal runners across to right hand side		2
0.90	A470 Junction	<u>Bear right</u> onto A470 up exit slip road		15:55	16:20	30	Wesham Road Runners	1	Marshal runners to turn right		
0.95	A470	<u>Cross</u> to left hand side when directed	Crossing	15:55	16:20	54	South Wales Police AC	4	Marshal runners across to left hand side		2
3.40	Cross Foxes hotel	<u>Continue</u> on left hand side of A470, signposted MALLWYD	None	16:10	16:45				No action needed		
5.70	Summit	Take great care down steep slope with sharp bends. Remember to run on left hand side.	Brow of hill	16:20	17:05	2	Brackla Harriers	1	Marshal runners to stay on left hand side		2
5.80	Difficult bends on hill	<u>Continue</u> on left hand side of road	Bends	16:20	17:05	2	Brackla Harriers	2	Marshal runners to stay on left hand side		2
5.90	End of steep slope	<u>Continue</u> on left hand side of road	Traffic	16:20	17:05	2	Brackla Harriers	1	Marshal runners to stay on left hand side		2
9.70	Junction signposted DINAS MAWDDWY	<u>Turn left</u> to DINAS MAWDDWY Run on left hand side down hill	Junction	16:40	17:40	2	Brackla Harriers	1	Marshal runners to turn left	2	
9.75	Bend on hill	<u>Cross</u> to right hand side of road to finish down slate driveway.	Crossing	16:40	17:40	2	Brackla Harriers	2	Marshal runners across to right hand side	2	
9.75	Finish 20yds after entrance to slate driveway.										

Welsh Castles Relay 2011

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Route, Risk analysis and Marshalling Duties

8 Dinas Mawddwy to Foel Start 16:55 10.8 miles				Note : Teams must not provide runners with water on this Stage. Water stations will be located at 1.75 miles, 4.8 miles and 7.9 miles.						Caution Signs			
				Marshalling									
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs		
0.00	Start: Opposite GWESTY'R LLIW COCH (Red Lion)	Run through village towards Brigands Inn.	Village traffic	16:40	17:00	42	Dulwich Runners	2	Direct race traffic into designated car park. Ensure that runners and traffic do not clash.				
0.25	In village	Keep left	Village traffic	16:40	17:05		Changeover marshal	1	Marshal to signal start to marshals at junction with A470				
0.50	A470 Junction	<u>Keep left</u> and follow A470 to Brigands Inn Run on left hand side of road.	Junction	16:40	17:05	42	Dulwich Runners Changeover marshal	1 1	Stop traffic entering village and marshal runners to turn left on A470 and stay on left hand side		2		
1.70	Brigands Inn roundabout	<u>Turn left</u> on A458 signposted WELSHPOOL <u>Continue</u> on left hand side of road	Roundabout	16:50	17:20	42	Dulwich Runners	2	Marshal runners to turn left and stay on left hand side		2		
1.75	Lay-by on LHS just beyond	<u>Water Station</u>	None	16:50	17:20	52	Environment Agency Harriers	3	Set up a Water Station		1		
2.30	S bends	<u>Continue</u> on left hand side of road	S bends	16:55	17:25				Signs at either end of S bends		2		
4.80	Lay-by	<u>Water Station</u>	None	17:05	17:45	26	Burges Salmon LLP	3	Set up a Water Station		1		
7.90	Lay-by	<u>Water Station</u>	None	17:20	18:15	26	Burges Salmon LLP	3	Set up a Water Station		1		
10.80	At end	<u>Stay</u> on left hand side.	None	17:35	18:40	10	Port Talbot Harriers AC	2	Stop traffic parking in vicinity of finish		2		
10.80	Finish in Lay-by on left hand side just before 40 mph sign												

Welsh Castles Relay 2011

14

Route, Risk analysis and Marshalling Duties

9 Foel to Llanfair Ceireinion 8.6 miles										Caution Signs		
Start 17:40												
Stage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	At start				17:10	17:45		Changeover Marshals		Supervise control of traffic and ensure all race traffic parks safely and sensibly including area approaching Twin Rivers Holiday Park		
0.00	Start: Opposite the chapel by 40 mph sign on road		Run on left hand side of A458 towards Welshpool	Traffic	17:10	17:45	1	Ellesmere Port Runners	4	Assist, as above. Stop race personnel from entering Holiday Park. Also assist Start Umpire to control traffic at start.	2	
1.30	B4395 Junction, signed to Llanfyllin		<u>Continue</u> on left hand side of A458.	Junction	17:35	18:00	1	Ellesmere Port Runners	1	Marshal runners to stay on left hand side		2
3.00	Start of Llanerfyl		<u>Continue</u> on left hand side of A458.	None	17:45	18:15				Position sign at start of village		1
3.50	End of Llanerfyl		<u>Continue</u> on left hand side of A458.	None	17:45	18:20				Position sign at end of village		1
6.90	A495 junction		<u>Continue</u> on left hand side of A458 to Llanfair Caereinion.	Junction	18:00	18:50	34	Mornington Chasers	2	Marshal runners to stay on left hand side		2
8.50	Llanfair Caereinion, turn to Leisure Centre		<u>Bear left</u> up steep hill <u>Continue</u> on left hand side	Junction	18:10	19:05	34	Mornington Chasers Changeover marshals	1	Marshal runners to turn left and stay on left hand side Changeover marshals to direct traffic to 'old station' car park	2	
8.60	At end		<u>Stay</u> on left hand side.	None	18:10	19:05	34	Mornington Chasers	1	Assist changeover marshals		
8.60	Finish at entrance to School / Leisure Centre									Race traffic to use 'old station' car park		

Welsh Castles Relay 2011

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Route, Risk analysis and Marshalling Duties

10 Llanfair Ceireinion to Newtown Start 18:20 13.3 miles										Caution Signs	
Marshalling											
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	Start: Bridge into village (B4389), 400 yards from railway station	Run towards HSBC Bank	Traffic	18:05	18:25	48	Team Bath AC	2	Assist Start Umpire to control traffic at start.	2	
0.10	HSBC Bank	Turn right and run on left hand side of road	Corner	18:10	18:30	48	Team Bath AC	2	Marshal runners to turn right and stay on left hand side. Ensure no corner cutting.		
0.20	Left bend, signposted NEW MILLS	Turn left on left hand side of B4389	Corner	18:10	18:30	48	Team Bath AC	2	Marshal runners to turn left and stay on left hand side		
0.50	Boundary of Llanfair Ceireinion	Continue on left hand side of B4389	Traffic	18:10	18:30				Position sign on 30mph sign		1
1.30	Bryn-penarth: Crossroads	Continue on left hand side of B4389	Junction	18:15	18:40	48	Team Bath AC	1	Marshal runners to stay on left hand side		
4.05	50 metres before T junction with B4390	Cross to right hand side when directed	Crossing	18:30	19:05	7	Haarlem Globetrotters	2	Marshal runners across to right hand side		2
4.10	T junction with B4390, signposted NEWTOWN B4389	Turn right at junction Stay on right hand side.	Junction	18:30	19:05	7	Haarlem Globetrotters	2	Marshal runners to turn right and run on right hand side		
4.15	Shortly after T junction with B4390	Cross to left hand side when directed Go through Tregynon.	Crossing	18:30	19:05	7	Haarlem Globetrotters	2	Marshal runners across to left hand side		2
6.10	Left turn, signposted NEWTOWN	Turn left and continue on left hand side of B4389	Junction	18:40	19:20	7	Haarlem Globetrotters	1	Marshal runners to turn left and run on left hand side		2
8.20	The bridge at Bettws Cedewain (New Inn)	Continue on left hand side of road	Traffic on Bridge	18:50	19:40	53	Eastleigh RC	2	Marshal runners to stay on left hand side. One marshal each side of bridge		2
10.60	B4568 junction for Newtown	Turn right at junction and continue on left hand side	Crossing	19:00	20:05	53	Eastleigh RC	3	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.		2
11.90	Llanllwchaiarn church	Continue on left hand side of road	None	19:05	20:15	53	Eastleigh RC	1	Marshal runners straight ahead		
12.00	Gateway onto cycle track.	Turn left and then turn right on to cycle track, formerly a canal.	Cyclists/ pedestrians	19:10	20:15	53	Eastleigh RC	1	Marshal runners to turn left and then turn right on cycle track		
12.30	Gate	Use small gate on right	People	19:10	20:20	53	Eastleigh RC	1	Marshal at gate warning of low bridge ahead		
12.31	Low bridge	Tall runners beware low bridge	Low bridge	19:10	20:20				No action needed		
12.37	Gate	Run on pedestrian section next to gate	People	19:10	20:20				No action needed		
12.60	Track off to the right	Stay on cycle track next to river.	None	19:10	20:20				No action needed		
12.75	Track off to the right	Stay on cycle track next to river.	None	19:10	20:20				No action needed		
12.83	Track off to the right	Stay on cycle track next to river.	None	19:10	20:25				No action needed		
13.02	Track meets road	Turn right and then go over footbridge.	Cyclists	19:15	20:25	51	Tata Steel	1	Marshal runners to turn right and then cross footbridge		
13.03	End of footbridge	Turn left and then loop right on to footpath.	Cyclists	19:15	20:25	51	Tata Steel	2	Marshal runners to turn left down ramp and then loop right on to footpath		
13.25	Ruined church	Turn left before church	People	19:15	20:25	51	Tata Steel	1	Marshal runners to turn left		
13.30	Finish at end of churchyard, before meeting Crown St / rear exit from Elephant and Castle hotel			19:55							

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Route, Risk analysis and Marshalling Duties

11 Newtown to Llanbadarn Ffynydd Start 07:00				12.3 miles						Marshalling		Caution Signs	
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs		
0.00	Start: Newtown (Maldwyn) Sports Centre	Head towards A483	Parked cars	06:45	07:05				None required. (Starter to erect 2 Caution signs on main road)				
0.20	A483 Junction	<u>Turn right</u> and cross to left hand side when directed <u>Continue</u> to run on left hand side of A483	Junction	06:50	07:10	41	Stragglers	2	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.	2			
4.00	Lane (Middle Dolfor Road)	Continue to run on left hand side of A483	Junction	07:10	07:45	41	Stragglers	1	Marshal runners to stay on left hand side		2		
4.50	Dolfor (20mph sign)	<u>Continue</u> to run on left hand side of A483.	Two roads joining on left	07:10	07:50	41	Stragglers	2	Marshal runners to stay on left hand side		2		
12.30	Finish just before New Inn in Llanbadarn Ffynydd												

Welsh Castles Relay 2011

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Route, Risk analysis and Marshalling Duties

12 Llanbadarn Ffynydd to Crossgates Start 08:05				11.2 miles						Marshalling		Caution Signs	
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs		
0.00	Start: Outside New Inn	Run on left hand side of A483 to Crossgates	Traffic	07:30	08:10	32	Winchester & District RC.	2	Assist Start Umpire to control traffic at start and keep the road clear at all times.	2			
4.30	Llanbister: B4356 Junction	<u>Continue</u> on left hand side of A483	Junction	08:15	08:50	32	Winchester & District RC.	2	Marshal runners to stay on left hand side		1		
7.70	Llanddewi Ystradenni: First road on left for Llandewy Hall.	<u>Continue</u> on left hand side of A483	Junction	08:30	09:20	16	Neath Harriers AC	1	Marshal runners to stay on left hand side		1		
8.10	Llanddewi Ystradenni: Second road on left for Llandewy Hall	<u>Continue</u> on left hand side of A483	Junction	08:35	09:25	16	Neath Harriers AC	1	Marshal runners to stay on left hand side		1		
11.00	Roundabout, signposted A44 LEOMINSTER	<u>Turn left</u> at roundabout	Roundabout	08:50	09:50	16	Neath Harriers AC	1	Marshal runners to turn left and run on left hand side		1		
11.20	At end	<u>Turn left</u> into service station	Traffic	08:50	09:55	16	Neath Harriers AC	2	Direct traffic to park neatly.	2			
11.20	Finish in Knills Service Station (SPAR)												

Welsh Castles Relay 2011

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Route, Risk analysis and Marshalling Duties

13 Crossgates to Builth Wells Start 09:00				10.6 miles					Marshalling		Caution Signs	
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: On A44 by Knills Service Station (SPAR)	Run on left hand side up to roundabout with A483	Traffic	08:45	09:05	24	Serpentine RC (Men)	1	Assist Start Umpire to control traffic at start.	2		
0.20	Roundabout, junction with A483	<u>Turn left</u> , keep on left hand side of A483	Roundabout	08:50	09:10	24	Serpentine RC (Men)	3	Marshal runners to turn left and run on left hand side	2		
2.40	Roundabout just before Llandrindod Wells	<u>Continue</u> on left hand side of A483	Roundabout	09:00	09:30	12	Liswerry Runners	2	Marshal runners to stay on left hand side		2	
3.00	Llandrindod Wells	<u>Continue</u> on left hand side of A483	Junction	09:05	09:35	12	Liswerry Runners	2	Marshal at junction (opposite Aldi) Marshal runners to stay on left hand side Position signs at each end of town		2	
3.60	TOM NORTON LIMITED "AIRCRAFT for sale"	<u>Continue</u> on left hand side of A483	Corner	09:05	09:40	12	Liswerry Runners	2	Marshal runners to stay on left hand side			
3.80	Wellington Road Junction, signed 'The lake'	<u>Continue</u> on left hand side of A483	Junction	09:05	09:45	50	Sale Harriers (Ladies)	2	Marshal runners to stay on left hand side			
5.00	Howey: Crossroads. Road on left is No Entry. Right is for Red House.	<u>Continue</u> on left hand side of A483	Junction, emerging traffic	09:15	09:50	50	Sale Harriers (Ladies)	1	Marshal runners to stay on left hand side		2	
10.30	Junction with A481, signed New Radnor	<u>Continue</u> on left hand side of A483	Junction	09:40	10:40	50	Sale Harriers (Ladies)	1	Marshal runners to stay on left hand side	2		
10.60	At end	<u>Turn left</u> into car park	Vehicles	09:40	10:45	50	Sale Harriers (Ladies)	2	Keep runners and traffic apart.			
10.60	Finish in Royal Showground coach park on left											

Welsh Castles Relay 2011

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Route, Risk analysis and Marshalling Duties

14		Builth Wells to Drovers Arms		11.0 miles								Caution Signs	
Start 09:55						Marshalling							
Stage	Location	Runners	Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: On A483 next to showground coach park		Run on left hand side down to roundabout	Traffic	09:40	10:00	59	Thames H. & H.(Vets)	2	Assist Start Umpire to control traffic at start.	2		
0.10	Roundabout, junction with A470		<u>Turn left</u> on to A470 into Builth. Continue through Builth on A483	Roundabout	09:45	10:05	59	Thames H. & H.(Vets)	2	Marshal runners to turn left and run on left hand side	2		
0.50	After bridge over River Wye		<u>Continue</u> through Builth on A483	Junction	09:45	10:05	15	Wigan Phoenix	2	Marshal runners to stay on left hand side		2	
0.60	Junction with B4520 (Upper Chapel)		<u>Continue</u> through Builth on A483	Junction	09:45	10:10	15	Wigan Phoenix	1	Marshal runners to stay on left hand side		2	
0.70	Greyhound Pub		Follow A483 past the Greyhound Pub <u>Continue</u> on left hand side of A483	Junction	09:45	10:10	15	Wigan Phoenix	1	Marshal runners to stay on left hand side		2	
0.90	Roundabout		<u>Continue</u> on left hand side of A483	Roundabout	09:45	10:10	15	Wigan Phoenix	1	Marshal runners to stay on left hand side		2	
3.00	Cilmerly: Prince Llywelyn		<u>Continue</u> on left hand side of A483 (signposted LLANDOVERY) to Garth	None	10:00	10:30				No action needed			
6.50	Garth: B4519 junction signposted UPPER CHAPEL		<u>Turn left</u> onto B4519 Run on left hand side of road up and over military range. Take care over cattle grids.	Junction	10:15	11:00	27	Stroud & District AC	1	Marshal runners to turn left and run on left hand side		2	
7.40	Cross roads, signed Lake Country House Hotel		<u>Continue</u> on left hand side of B4519	Crossroads	10:20	11:10	27	Stroud & District AC	1	Marshal runners to stay on left hand side			
11.00	The end		<u>Bear left</u> into car park	Vehicles	10:40	11:40	27	Stroud & District AC	4	Liase with Changeover marshals to ensure orderly parking .			
11.00	Finish at isolated building on cross road (Drovers Arms [Sorry, not a real pub]).				Direct traffic to park, firstly before Drovers, then at the Drovers & beyond. No personnel or vehicle to encroach on to M.o.D land.						Two		

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Route, Risk analysis and Marshalling Duties

15 Drovers Arms to Brecon				12.8 miles				Note: The start of this stage is 1.0 mile from the finish of stage 14.				Caution Signs	
Start 10:55													
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required			c/o Mshls	Route Mkrs
0.00	Start: Epynt Visitor Centre on B4519	Run on left hand side of road to Upper Chapel.	Traffic	10:40	11:00	40	Of de Rood	4	Assist Start Umpire to control traffic at start. No parking before or in the Epynt Visitor Centre. Direct vehicles to lay-by beyond start.				2
0.60	Cattle grid	Take care over cattle grid	Cattle grid	10:45	11:10				No action needed				
1.80	B4520 Junction	<u>Turn right</u> <u>Cross to left hand side when directed.</u>	Junction	10:50	11:20	46	Chepstow Harriers	2	Marshal runners to turn right and then cross to left hand side.				2
6.40	Lower Chapel: Bridge over river Honddu, near toll gate house	<u>Continue on left hand side</u>	Bridge	11:15	12:00	46	Chepstow Harriers	2	Marshal runners to stay on left hand side				2
8.60	Llandefaelog: Minor road by church, signed Garthbreny.	<u>Continue on left hand side</u>	Junction	11:25	12:20	46	Chepstow Harriers	1	Marshal runners to stay on left hand side				2
9.60	Just before junction for 'Cradoc'.	Cross to right hand side when directed	Crossing	11:30	12:30	54	South Wales Police AC	2	Marshal runners across to right hand side No race traffic to use Cradoc road				2
9.65	Junction for 'Cradoc'	<u>Turn right</u> Cross to left hand side when directed.	Junction	11:30	12:30	17	Blackpool, Wyre & Fylde AC	3	Liase with S.W.Police marshals at this tricky point. runners right and then cross to left hand side. Marshal race traffic straight ahead to Brecon	Turn			2
10.75	T-junction at Cradoc	<u>Turn left</u> signposted Brecon (Phone box) Stay on left hand side of road	Junction	11:35	12:40	17	Blackpool, Wyre & Fylde AC	2	Marshal runners to turn left and run on left hand side				2
12.40	Junction with Cradoc Close	<u>Continue on left hand side</u>	Junction	11:45	12:55	56	South West Road Runners (Ladies)	1	Marshal runners to stay on left hand side				
12.65	T-junction by 'The Inn'	<u>Continue on left hand side</u>	Junction	11:45	12:55	56	South West Road Runners (Ladies)	2	Marshal runners to stay on left hand side			3	
12.70	Junction with Castle Square	<u>Turn left, Continue on left hand side</u>	Traffic	11:45	12:55	56	South West Road Runners (Ladies)	2	Marshal runners across to right hand side. Position sign up Castle street just beyond the finish.				
12.75	Beyond the Castle Hotel	<u>Cross</u> road when directed to finish before pedestrian bridge	Traffic	11:45	12:55	56	South West Road Runners (Ladies)	2	Marshal runners across to right hand side. Position signs by Castle Hotel and just beyond the finish.			2	
12.80	Finish at the entrance to the river bridge.	Note: The finish of this stage is about ½ mile from the start of stage 15. No access for vehicles at the finish.											

Welsh Castles Relay 2011

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Route, Risk analysis and Marshalling Duties

16 Brecon to Beacons Reservoir				8.8 miles						Note: The start of this stage is 0.5 mile from the finish of stage 15. No access for vehicles at the start.			Caution Signs	
Start 11:55				Marshalling									c/o	Route
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required		Mshls	Mkrs		
0.00	Start: Wellington hotel	Run down St. Mary Street	Traffic	11:40	12:00		Paul Stillman grab bodies to :-		Clear traffic in St Mary Street.					
0.10	T Junction	<u>Turn right</u> and cross road when directed Run on left hand side of road	Junction	11:45	12:05	18	Bitton Road Runners (Ladies)	2	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.			2		
0.20	Watagate & Market St.	<u>Continue</u> on left hand side of road.	Busy Junction	11:45	12:05	18	Bitton Road Runners (Ladies)	3	Marshal runners to stay on left hand side			2		
0.25	River Bridge	Continue on left hand side of A470 (CARDIFF) over bridge.	Junction	11:45	12:05	18	Bitton Road Runners (Ladies)	1	Marshal runners to stay on left hand side					
0.40	Traffic lights by the Ice Cream Parlour	<u>Continue</u> on left hand side of road.	Junction	11:45	12:05	57	3M Gorseinon RR.	2	Marshal runners to stay on left hand side			2		
0.70	Junction with Ffrwdyrech Rd. Opposite Drovers Arms.	<u>Turn left</u> and run on left hand side of road	Junction	11:45	12:10	57	3M Gorseinon RR.	1	Marshal runners to turn left and stay on left hand side			1		
1.00	Industrial Estate	<u>Turn right</u> through gate and stay on left hand side	Gate	11:50	12:10	57	3M Gorseinon RR.	2	Marshal runners across road and turn right through gate					
1.10	Industrial Estate	<u>Bear left</u> on road	Junction	11:50	12:10	20	Poole Runners	1	Marshal runners to turn left					
1.20	Industrial Estate	<u>Turn right</u> and run on left hand side of road	Junction	11:50	12:15	20	Poole Runners	2	Marshal runners to turn right and run on left hand side.					
1.25	Junction with A470	<u>Turn left</u> onto A470 and run on left hand side of road	Busy Junction	11:50	12:15	20	Poole Runners	2	Marshal runners to turn left and stay on left hand side			1		
2.60	Crossroads	<u>Continue</u> on left hand side of road.	Junction	11:55	12:25				No action needed					
8.50	Storey Arms (not a pub) at top of hill	<u>Continue</u> on left hand side of A470	Traffic	12:25	13:20	19	Serpentine (Vets)	1						
8.80	At end	<u>Leave road</u> at footpath sign. Finish before car park.	Traffic	12:25	13:20	19	Serpentine (Vets)	2	Marshal direct runners off road to finish. Stop vehicles parking on verge.			2		
8.80	Finish on grass verge just before car park													

Welsh Castles Relay 2011

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Route, Risk analysis and Marshalling Duties

17 Beacons Reservoir to Cyfartha Castle				9.2 miles						Caution Signs	
Start 12:40				Marshalling							
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs
0.00	Start: On A470 at entrance to side road, (Toilets) 400 yards past Storey Arms.	Run on left hand side of A470 towards Merthyr	Traffic	12:25	12:45	19	Serpentine (Vets)	2	Assist Start Umpire to control traffic at start.	2	
1.10	A4059 junction to Neath	<u>Continue</u> on left hand side of A470	Junction	12:35	12:55	19	Serpentine (Vets)	1	Marshal runners to stay on left hand side		
7.40	A4054 junction to CEFN COED Y CYMMER	<u>Turn left</u> , to CEFN COED Y CYMMER	Junction	13:05	13:55	39	Tattenhall Runners	1	Marshal runners to turn left and stay on left hand side		
8.10	Junction with Cilsanws Lane	<u>Continue</u> on left hand side of road	No pavement	13:10	14:00				No action required		2
8.30	Junction signed Ponsticill/Talybont. (Opp.	<u>Continue</u> on left hand side of road	Junction	13:10	14:00	39	Tattenhall Runners	2	Marshal runners across junction		2
8.50	Turning for A465, signed Neath	<u>Continue</u> on left hand side of road.	Corner	13:10	14:05	39	Tattenhall Runners	2	Marshal runners to continue on the left hand side		1
8.80	Mini roundabout	<u>Continue</u> on left hand side of road.	Roundabout	13:10	14:05	43	Bitton Road Runners (Open team)	1	Marshal runners to continue on the left hand side		1
8.90	Junction signed Prince Charles Hospital	<u>Turn left</u> and cross to park side of road.	Junction	13:10	14:10	54	South Wales Police AC	2	Marshal runners to turn left cross to right hand side		2
8.91	Park entrance	<u>Enter</u> park and then <u>turn right</u> along right hand side of lake.	Traffic	13:10	14:10	43	Bitton Road Runners	2	Marshal runners to turn right and follow right hand side of lake Erect warning sign to face traffic leaving the park	3	1
9.20	At end	Stop before going down steps.	None	13:15	14:10		Changeover marshals		Marshals at <u>Main Gate</u> to direct traffic to lower car park.		
9.20	Finish at end of lake, adjacent to wooden steps leading to car park								Note: The finish of this stage is about 1½ miles from the start of stage 18.		

Route, Risk analysis and Marshalling Duties

18		Rhyd -y-car to Navigation Park			9.1 miles		Note: The start of this stage is about 1½ miles from the finish of stage 17.					Caution Signs	
Start 13:40							Marshalling						
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs		
0.00	Start: Rear of Rhyd-y-Car leisure centre	Run on cycle track following Taff Trail signs	Cyclists/ Walkers	13:25	13:45		Cyclists		Lead cyclist to go ahead of runners to warn other cyclists and pedestrians. Trail cyclist for back up				
2.40	Dynevor Arms, near Troedyrhiw	Bear left down lane to B4285 Run on right hand side of lane	Corner	13:40	14:10	29	Abergele Harriers	1	Marshal runners to turn left and run on right hand side Directions for marshal at Dynevor Arms, see map.		2		
2.45	B4285 Junction	Go straight on B4285 (Glantaff Road).	Junction	13:40	14:10	29	Abergele Harriers	1	Marshal runners to stay on right hand side				
2.47	After B4285 Junction	Cross to left hand side when directed Continue on left hand side of B4285 towards	Crossing	13:40	14:10	3	Bridgend AC	2	Marshal runners across to left hand side		2		
3.80	Footbridge over road	Under footbridge, bear left on pavement (opp. Day's Civils and Lintels) continue on footpath passing Ynysowen school entrance on LHS.	Turning	13:45	14:20	3	Bridgend AC	1	Marshal runners to turn left and on to footpath signed Riverside Walk				
3.90	Junction with Riverside Walk	Turn right on to Riverside walk.	Junction	13:45	14:25	3	Bridgend AC	1	Marshal runners to turn right				
4.10	Gate at road, near Aberfan clinic	Turn left on to B4285, near Aberfan clinic. Stay on left hand side.	Junction	13:50	14:25	3	Bridgend AC	1	Marshal runners to turn left and run on left hand side				
4.21	Footpath entrance, 20yds along road	Turn left across field Continue across field and take footbridge over railway line	Turning	13:50	14:25	3	Bridgend AC	1	Marshal runners to turn left				
4.40	Far side of footbridge	Turn right along track	Corner	13:50	14:25				No action needed				
4.45	Junction with Bellvue Terrace	Turn left up Bellvue Terrace Run up right hand side of road	Corner	13:50	14:30	52	Environment Agency Harriers	1	Marshal runners to turn left and run on right hand side		2		
4.50	A4054 Junction (now Alberta St)	Turn right along A4054 (Windsor Hotel) Continue on right hand side of road	Corner	13:50	14:30	52	Environment Agency Harriers	1	Marshal runners to turn right and run on right hand side		2		
4.70	Right turn down to Merthyr Vale	Continue on pavement on right hand side of A4054	Junction	13:50	14:30	52	Environment Agency Harriers	1	Marshal runners to stay on right hand side		2		
4.75	Second right turn down to Merthyr Vale	Continue on pavement on right hand side	Junction	13:50	14:30	52	Environment Agency Harriers	1	Marshal runners to stay on right hand side		2		
7.40	Quakers yard	Entrance to narrow bridge Continue on right hand side of A4054	Junction	14:05	14:55	9	Great Western Runners	1	Marshal runners to stay on right hand side		2		
7.70	Entrance to lane, opposite Miller's Row	Turn right down lane to join Taff Trail	Corner	14:05	14:55	9	Great Western Runners	1	Marshal runners to turn right		2		
7.80	Junction with Taff Trail	Turn left along Taff Trail. Continue on left hand side of Taff Trail which is a road at this stage	Corner	14:05	15:00	9	Great Western Runners	1	Marshal runners to turn left		2		
8.80	B4275 junction	Turn left on to B4275. Cross to right hand side when directed	Junction	14:10	15:05	9	Great Western Runners	2	Marshal runners across to right hand side		2		
8.90	Junction with St Martins Terrace	Bear right and run behind houses	Turning	14:10	15:10	9	Great Western Runners	1	Marshal runners to turn right		2		
9.00	End of terrace	Continue right and then turn left towards the park	Corner	14:15	15:10	9	Great Western Runners	1	Marshal runners to turn left				
9.10	At end	Stop when advised	Traffic	14:15	15:10		Changeover marshals		Keep runners and traffic apart				
9.10	Finish Inside Navigation Park industrial park.												

Route, Risk analysis and Marshalling Duties

19 Navigation Park to Caerphilly Start 14:25 10.8 miles				Note: Runners are on cycle track from miles 3.80 to 7.60, so allow extra time to find location.						Caution Signs	
Stage	Location	Runners Instructions	Hazard	Start		Duty	Team	Marshalling		c/o	Route
mileage						No		No.	Duty Required	Mshls	Mkrs
0.00	Start: Entrance inside Navigation Park industrial area.	Run on right hand side of road up to traffic lights.	Vehicles	14:10	14:30		Changeover marshals		Assist Start Umpire to control traffic at start.		
0.10	Traffic lights	<u>Turn right</u> on to B4275 Continue on right hand side	Junction	14:15	14:35	44	Sarn Helen Club	1	Marshal runners to turn right and run on right hand side	2	
0.11	Traffic lights	<u>Turn right</u> on to A4054 Continue on right hand side	Junction	14:15	14:35	44	Sarn Helen Club	1	Marshal runners to turn right and run on right hand side	2	
0.15	A4054	<u>Cross</u> to left hand side when directed	Crossing	14:15	14:35	44	Sarn Helen Club	2	Marshal runners across to left hand side	2	
1.80	Cilfynydd, signpost for Welfare Ground	<u>Cross</u> to right hand side when directed	Parked vehicles	14:20	14:50	44	Sarn Helen Club	2	Marshal runners across to right hand side		2
2.30	Junction (Doddington Pl.)	<u>Continue straight on</u>	Junction	14:25	14:55				No Action needed		1
2.70	Junction (Common Road)	<u>Continue straight on</u>	Junction	14:25	14:55	51	Tata Steel	1	Marshal runners to stay on right hand side		2
3.80	Approaching Glyntaff	<u>Cross</u> to left hand side when directed	Crossing	14:30	15:05	51	Tata Steel	2	Marshal runners across to left hand side		2
3.90	Glyntaff	Follow signs to Glyntaff Crematorium and Taff Trail sign	Junction	14:30	15:10	51	Tata Steel	1	Marshal runners to bear left		
4.10	Mini roundabout	<u>Cross</u> mini roundabout to bear right onto the Trail next to College	Roundabout	14:35	15:10	23	San Domenico RC	2	Marshal runners to continue along cycle track		2
4.80	Dyffryn Road	<u>Continue</u> along the Trail	Junction	14:35	15:15	23	San Domenico RC	1	Marshal runners to continue along cycle track		
5.00	Lane off Oak Street	<u>Continue</u> along the Trail	Housing	14:35	15:15	23	San Domenico RC	1	Marshal on trail		
5.20	DYNEA Road	<u>Continue</u> along the Trail	Junction	14:40	15:20	23	San Domenico RC	1	Marshal runners to continue along cycle track		
7.60	Second bridge over lane.	<u>Turn right and right again</u> on to Old Nantgarw Road. Run up hill to junction	Turning	14:50	15:40	6	Village Vipers	2	Marshal runners to turn right and run on left hand side. Ensure no corner cutting.		1
7.70	Junction	<u>Bear left continue up hill on left hand side</u>	Junction	14:50	15:40	6	Village Vipers	2	Marshal runners to bear left and run on left hand side		2
8.10		<u>Continue straight on</u>	Traffic	14:55	15:45						2
8.40	T junction (Groeswen Road)	<u>Turn right on to Groeswen road</u> <u>Run on right hand side</u>	Junction	14:55	15:50	6	Village Vipers	2	Marshal runners to turn right and run on right hand side		3
9.30	Junction (Gypsy lane)	<u>Junction with Gypsy lane continue straight ahead on right hand side.</u>	Junction	15:00	15:55	35	Swansea Harriers (Vets)	1	Marshal runners to stay on right hand side		2
9.40	Road widens	Use pavement on right hand side	Traffic	15:00	15:55	35	Swansea Harriers (Vets)	1	Marshal runners to stay on right hand side		
9.60	Junction	<u>Turn right</u> down hill Stay on pavement on right hand side	Junction	15:00	16:00	35	Swansea Harriers (Vets)	1	Marshal runners to turn right and stay on right hand side		
9.70	Traffic lights	Turn right on to B4263 Stay on pavement on right hand side	Junction	15:00	16:00	35	Swansea Harriers (Vets)	1	Marshal runners to turn right and stay on right hand side near pedestrian lights to school	Cross	
9.72	B4263	<u>Cross</u> to left hand side when directed Run on pavement	Crossing	15:00	16:00	54	South Wales Police AC	2	Marshal runners across to left hand side		2
9.80	Roundabout (A468)	<u>Stay on pavement</u> and use footbridge to cross busy major road Run on left hand side after crossing	Crossing	15:00	16:00	35	Swansea Harriers (Vets)	1	Marshal runners over footbridge and run on left hand side.		
10.25	Traffic lights (B4600)	<u>Turn left</u> towards Caerphilly Castle Run on left hand side	Junction	15:05	16:05	35	Swansea Harriers (Vets)	1	Marshal runners to turn left and run on left hand side		2
10.30	B4600	<u>Cross</u> to right hand side when directed Run on right hand side	Crossing	15:05	16:05	10	Port Talbot Harriers AC	3	Marshal runners across to right hand side before Texaco garage		2
10.75	Footpath	<u>Turn right</u> into park to finish	Pedestrians	15:05	16:10	10	Port Talbot Harriers AC	1	Marshal runners to turn right		

Welsh Castles Relay 2011

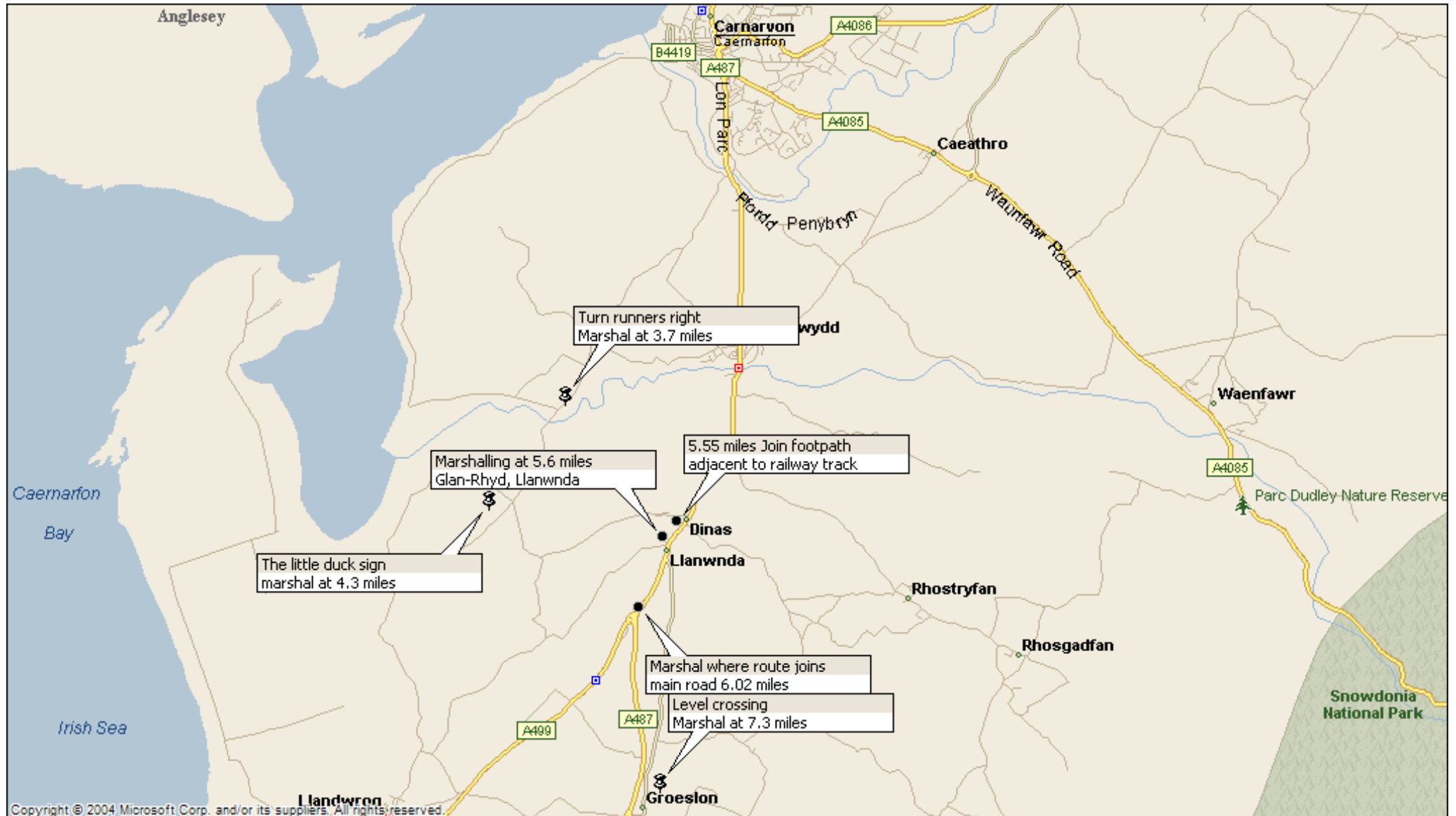
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Route, Risk analysis and Marshalling Duties

20		Caerphilly to Cardiff			10.7 miles		Marshalling				Caution Signs	
Start 15:10												
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required	c/o Mshls	Route Mkrs	
0.00	Start: Pay machine towards far end Crescent Rd. car park	Run to far end of car park.	Traffic	14:55	15:15		Changeover marshals		Assist Start Umpire to control traffic at start.	1		
0.08	Barrier at start of ramp	Turn left up ramp	Barrier	15:00	15:20	49	Penarth & Dinas Runners	1	Marshal runners to turn left			
0.15	Barrier	Turn right, run under bridge into Nant Ddu	Barrier	15:00	15:20	49	Penarth & Dinas Runners	1	Marshal runners to turn right	2		
0.19	End of path, start of housing	Bear right, run on left hand side	Traffic	15:00	15:20	49	Penarth & Dinas Runners	1	Marshal runners across road and stay on left hand side			
0.24	T Junction	Turn left into St. Christopher's Drive (Cycle Route 4) Stay on left hand side	Traffic	15:00	15:20	49	Penarth & Dinas Runners	1	Marshal runners to turn right and stay on right hand side			
0.30	Junction with St. Clears Close	Continue straight on	Junction	15:00	15:20				No action needed			
0.49	Junction on left	Turn left. Run on left hand side	Traffic	15:00	15:20	49	Penarth & Dinas Runners	1	Marshal runners to turn left		2	
0.50	T junction with Lon-y-Llyn	Turn left, up hill towards St. Martins Road	Public	15:00	15:20	49	Penarth & Dinas Runners	1	Marshal runners to turn left			
0.53	Martin's Road	Cross to opposite side of Lon-y-Llyn.	Traffic	15:00	15:20	49	Penarth & Dinas Runners	2	Marshal runners across road		2	
0.96	T junction with Ffordd Traus	Turn right, stay on right hand side	Public	15:00	15:25	45	Les Croupiers RC (S Men)	1	Marshal runners to turn right and stay on right hand side		2	
1.06	Roundabout Cae Groes Heol	Straight ahead. Stay on right hand side	Traffic	15:05	15:25	45	Les Croupiers RC (S Men)	2	Marshal runners to stay on right hand side		2	
1.26	T junction with A469	Cross to opposite side, when directed, to join	Junction	15:05	15:30	45	Les Croupiers RC (S Men)	2	Marshal runners across road		2	
1.33	Start of cycle track	Turn left through gateway, straight on	Junction	15:05	15:30	45	Les Croupiers RC (S Men)	1	Marshal runners to turn left			
1.43	Remains of railway arches	Turn right through gateway, then immediately	Junction	15:05	15:30				Directional Arrows			
2.20	Cycle track	Continue straight on	Gateway	15:10	15:35				No action needed			
3.74	Taff's Well Railway station	Run on left hand side towards traffic lights.	Junction	15:15	15:50	38	Les Croupiers (Vets)	2	Marshal runners to stay on left hand side		2	
3.84	Traffic lights at junction A4054	Cross road when directed; continue on pavement on left hand side	Crossing	15:15	15:50		Tony Dorsett's Specials	2	Marshal runners across road and stay on left hand side		2	
4.09	A470 exit slip road	Cross road when directed. Run on left hand side into Tongwynlais	Junction	15:20	15:55		Tony Dorsett's Specials	2	Marshal runners across road and stay on left hand side		2	
4.44	A4054	Cross to right hand side when directed	Crossing	15:20	15:55	38	Les Croupiers (Vets)	2	Marshal runners across to right hand side		2	
4.72	Iron Bridge Road	Turn right down Iron Bridge road.	Junction	15:20	16:00	38	Les Croupiers (Vets)	1	Marshal runners to turn right			
4.88	A470 Bridge	Turn right after bridge then bear left, follow cycle path, signed CARDIFF CASTLE	Turning	15:20	16:00	38	Les Croupiers (Vets)	1	Marshal runners to turn right. Lead and trail cycles to Cardiff Castle.			
5.10	Iron Bridge	Turn left, stay on cycle path	Cyclists/Public	15:25	16:05	38	Les Croupiers (Vets)	1	Marshal runners to continue on Taff Trail			
5.17	M4 Motorway	Turn right after bridge, still on cycle path.	Turning	15:25	16:05	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn right			
6.00	Radyr Bridge	Straight ahead							No action needed			
6.15	Forest farm	Straight ahead on right hand side of road	Junction	15:30	16:15	11	Les Croupiers RC (Ladies)	1	Marshal runners to stay on right hand side			
6.60	Local road	Take footpath on right at start of hill	Junction	15:30	16:15	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn right and stay on right hand side			
7.13	Park entrance	Bear right staying on cycle path	Barrier	15:35	16:20	11	Les Croupiers RC (Ladies)	1	Marshal runners to bear right			
9.34	Blackweir Suspension bridge	Keep right beside river	Junction	15:45	16:40	11	Les Croupiers RC (Ladies)	1	Marshal runners to keep right beside river.			
9.96	Cross roads in park	Turn right past Nursery, back towards river	Pedestrians	15:45	16:45				No action needed			
10.43	Turn for castle	Turn left towards north castle gate	Turning	15:50	16:50	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn left			
10.62	Castle gate	Turn right over bridge and through gate	Turning	15:50	16:55	11	Les Croupiers RC (Ladies)	1	Marshal runners to turn right			
10.70	At end	Run on grass verge to finish	Pedestrians	15:50	16:55		Changeover marshals		Guide runners into Castle.			
10.70	Finish in Castle grounds			15:50	16:55		Changeover marshals		Guide runners into Castle.			

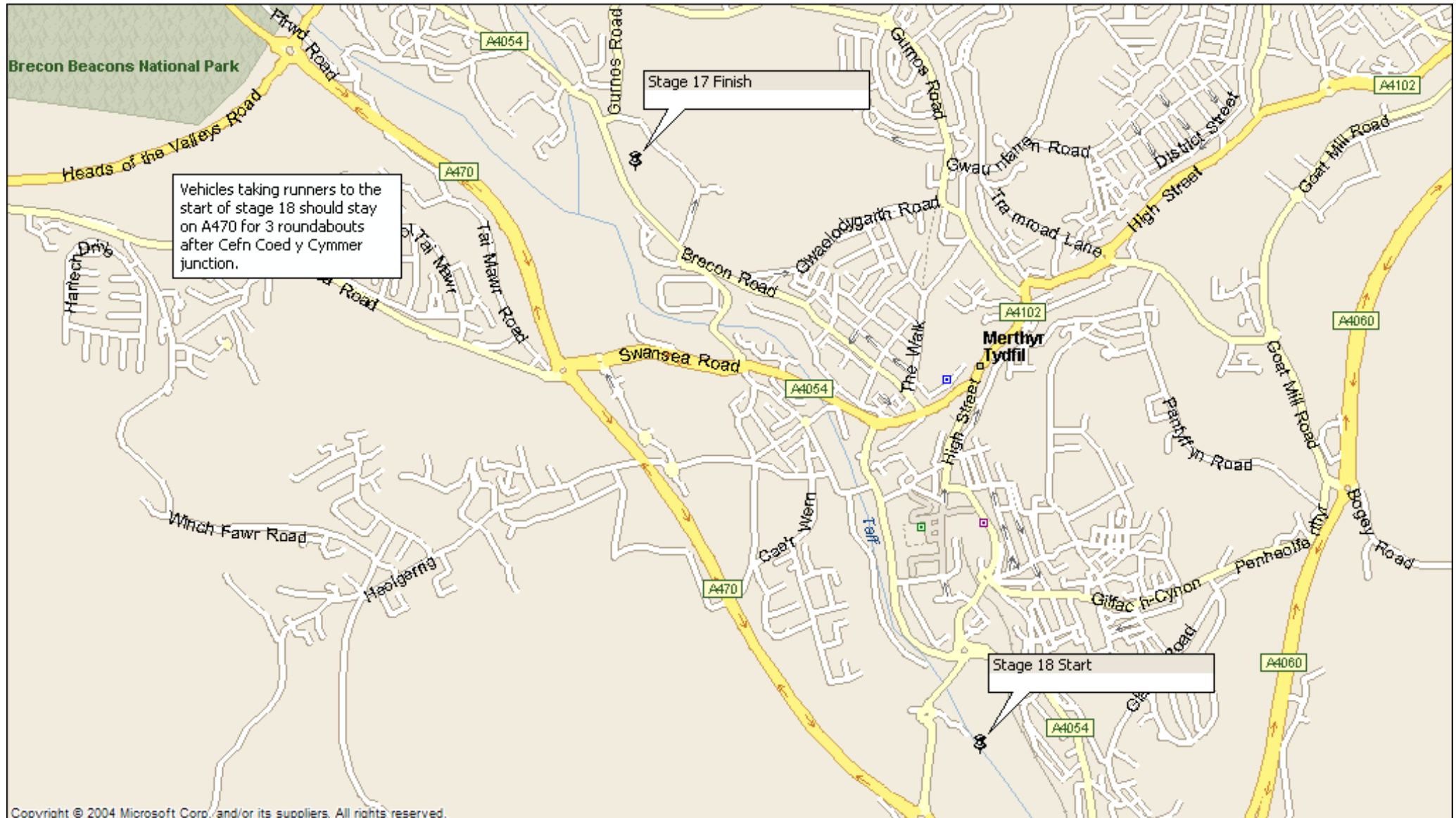
Route, Risk analysis and Marshalling Duties

Stage 1 Middle section



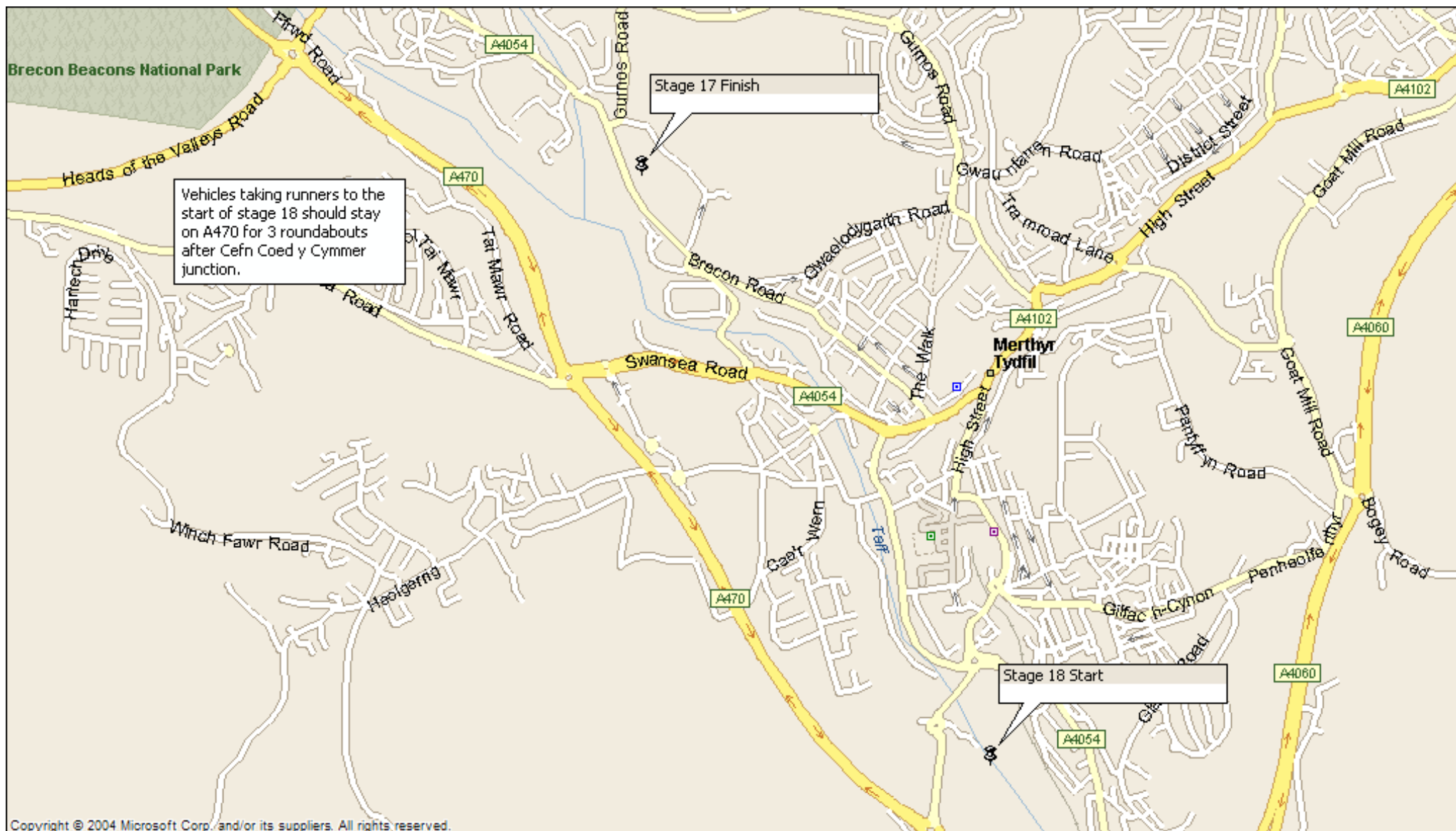
Route, Risk analysis and Marshalling Duties

Stage 17 Finish & Stage 18 Start



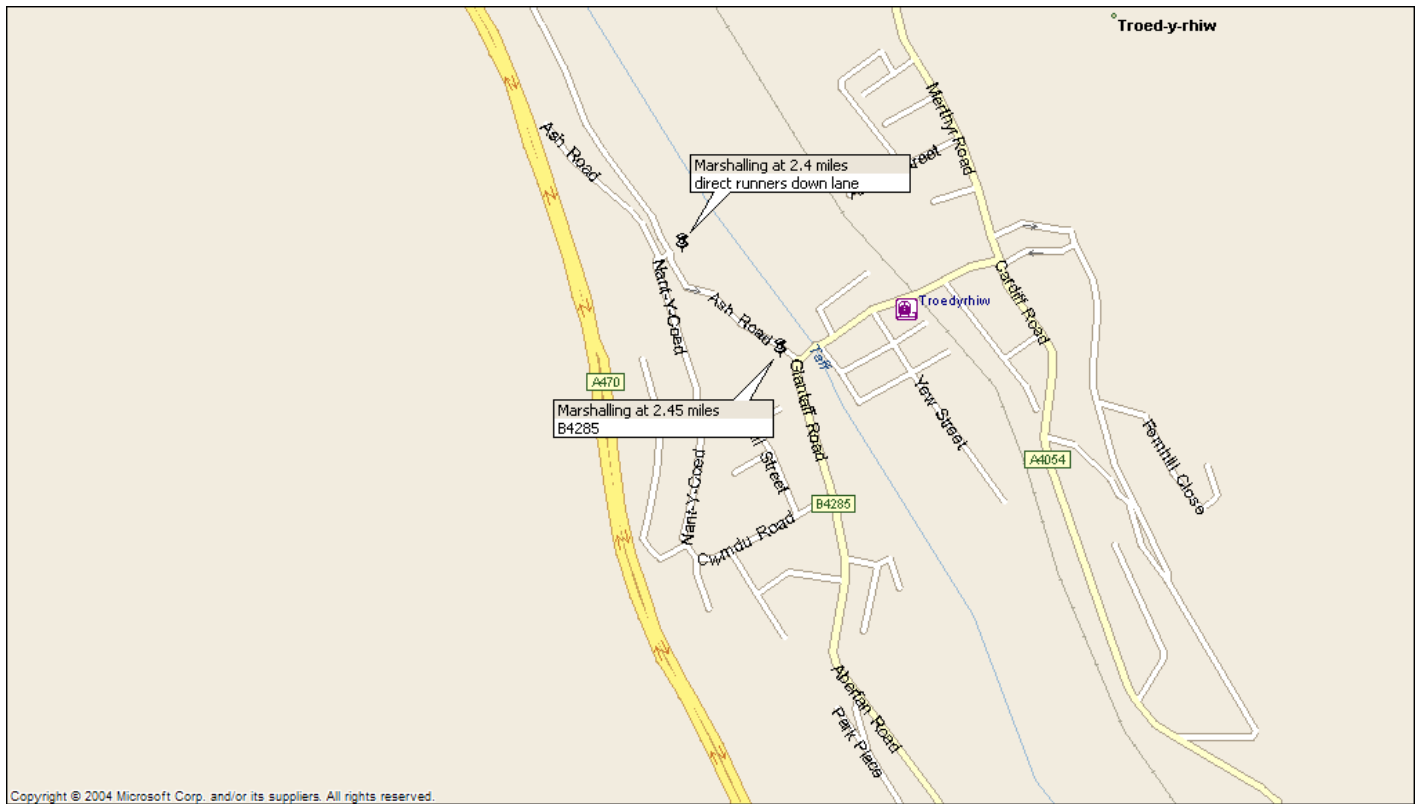
Route, Risk analysis and Marshalling Duties

Stage 17 Finish & Stage 18 Start

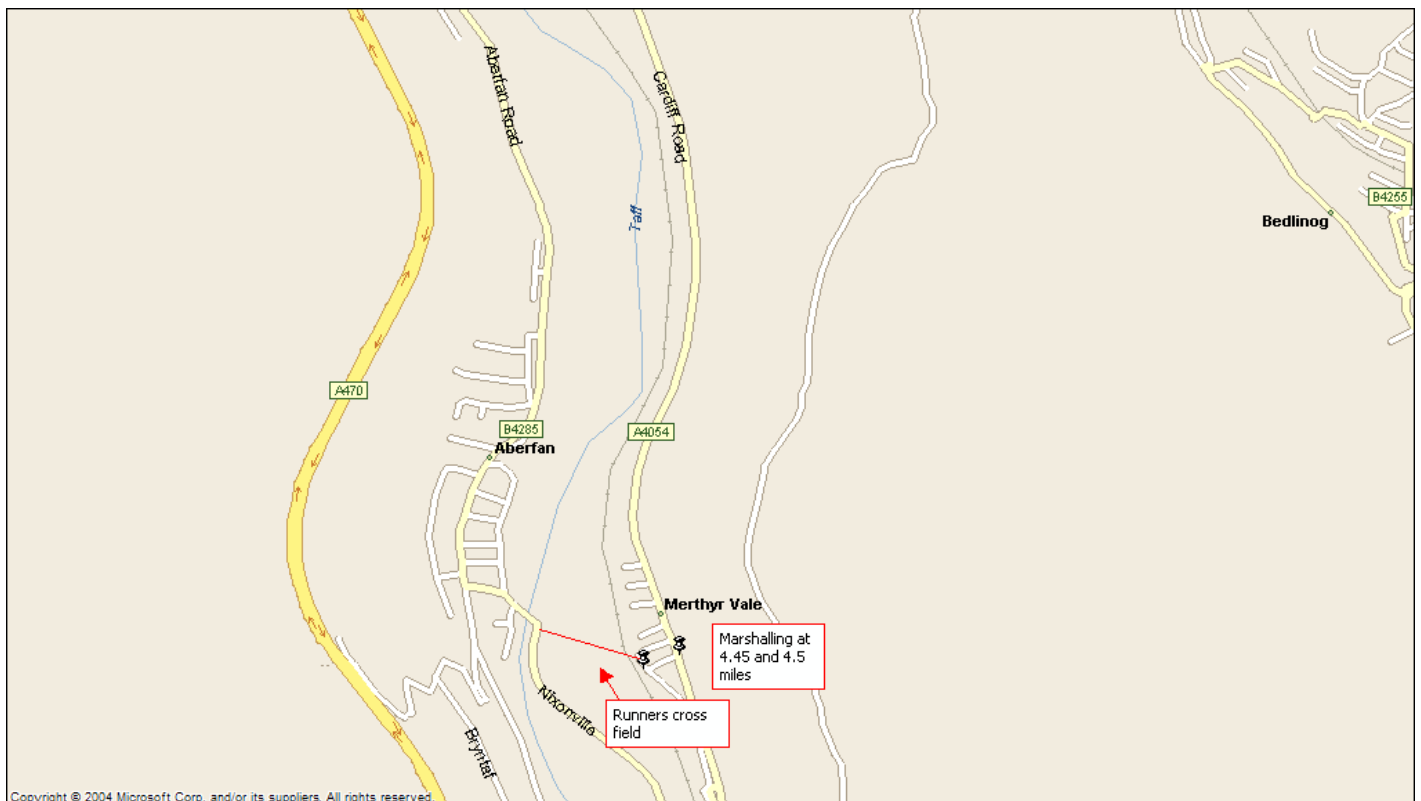


Route, Risk analysis and Marshalling Duties

Stage 18 Troedyrhiw



Stage 18 Merthyr Vale



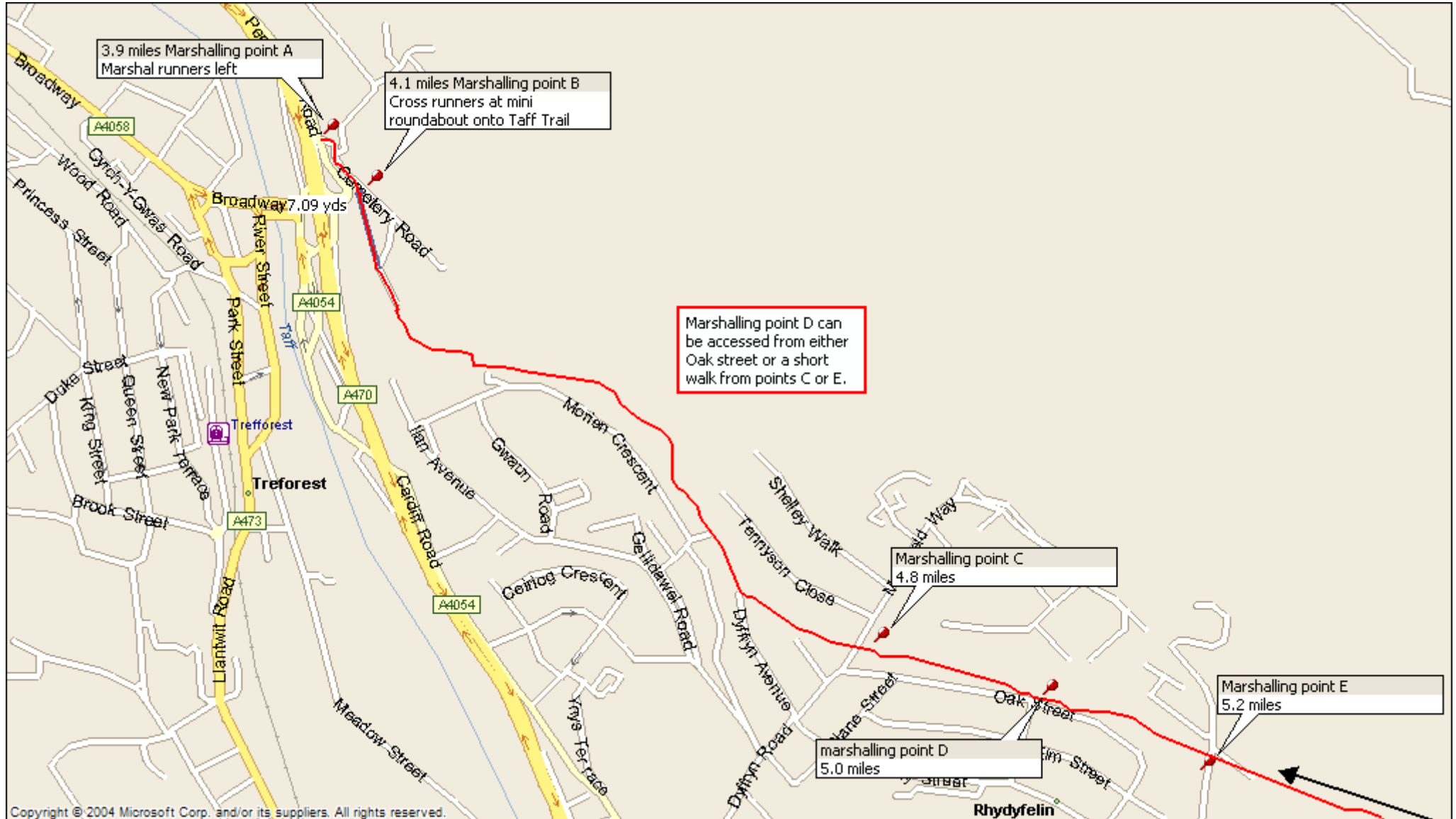
Route, Risk analysis and Marshalling Duties

Stage 18 Approach to finish



Route, Risk analysis and Marshalling Duties

Stage 19 Glyntaff & Rhydyfelin



Route, Risk analysis and Marshalling Duties

Stage 19 Approach to finish

