

Thanks for your enquiry.

If you are very local, i.e. Pentyrch /Creigiau, the following could make sense to you, outside the village it may not. If you want to give me a ring to talk it through, please do so. (029 20891721)

Start is at Mountain Road in the village. Assemble at the green opposite the shops. From the start the course takes you up Mountain Road towards the Garth Mountain. At the second turning on the left takes you into Ty'n y Coed Road. One mile down turn right into forest. Follow track to top of the forest. Across the fields; at road turn right and in 50 yards left into, into Garth Ychaf farm approach. Over the cattle grid, turn right. After the next cattle grid, keep to the fence, over a stile and follow path around lower cottage and follow the pathway to top of Garth, staying on the track, not climbing to trig point. Stay on path, for steep downhill to back road Efailysaf/ Gwaelod y Garth. Turn right, and right again into Lan Farm driveway. Through farmyard onto forest path. In about 100 metres, sharp right turn to narrow path alongside the fence dividing the forest from the field, to climb to the trig point at the top of the Garth. Downhill all way to finish in Rugby Club.

There are two major and steep climbs: the first is soon after you enter the forest and you ultimately climb to the top of the mountain. Through the forest the path is very steep.

The second is after leaving Lan Farm: this again is very steep.

If condition are wet, the forest section can be very muddy.

We expect everyone to finish within 1.5 hours or just a little outside that. This is an evening race and by 8.45 it is getting dark. We have about 34 marshals around the course and I want to ensure they can get home safely.

Remember: this is a registered Fell Race: it is not a jog around the park: before entering make sure you can cover the distance and can tackle the mountain climbs.

Registration is at the Rugby Club by 6.30.

Ring me if you need to.

Regards

John Gough