

BETWS-Y-COED TRAIL CHALLENGE

RACE INSTRUCTIONS 2023

Thank you for entering this year's Trail Betws and for your patience as the unexpected closure of one of our main trails led to the need for us to redesign our courses. Those of you that entered before November 7th will be receiving your numbers in the post. Everyone else will be able to pick up their numbers at Race Registration at the Waterloo Hotel from 10:30 am on race day. Please remember to bring your own safety pins.

Race HQ will be alongside Registration, here you will be able to pick up any pre ordered merchandise and ask us any questions that you may have about the event.

There will also be a local food truck here providing (along with other things) the best coffee in the area - please support them if you can.

Parking is available at the Waterloo and at a number of other Pay and Display car parks in the village - www.visitbetwsycoed.co.uk/Your-Visit/Tourism-Map

The races start on the forest track behind the Waterloo Hotel, this will be clearly signposted.

10K and 15K will both start at 1pm.

Canicross races will start from 1:05 pm departing in waves. Information about the waves will be emailed out separately. If your dog is nervous or reactive, please join the rear of your wave group. Please make sure that you have read and understood our Canicross rules before running: www.muckybootsevents.com/canicross

There is one water station at about 4.5K which all routes will pass once. It will carry gels and water, please dispose of cups in the bins provided. If there are extreme weather conditions, the water station will not be there.

The Finish is at the Waterloo Hotel which is also where race presentation will be at around 3 pm. Canicross presentation will be at the same time but in the Registration marquee.

The prize giving for trail categories has become rather unwieldy in recent years so we're making a couple of changes this year. Categories this year will be consolidated to Open, V45, and V60.

If you have any queries, please don't hesitate to drop us a line. See you on the 18th

From us all at Team Betws