



Buff WTW 2023 race overview

Taking place on the 7th of October 2023, the **Buff Winter Trail Wales** is a half marathon (13 mile / 21 km) race route in the stunning trails and tracks of the world-renowned Coed y Brenin Forest Park in the Snowdonia National Park (POST CODE LL40 2HZ).

Event timetable

Friday 6th October, 2023

2.00pm – Registration opens
7.00pm – Registration closes

Saturday 7th October, 2023

7.00am – Event arena and car parking opens
7.30am - Race Registration opens
10.00am – Race Registration closes
10.30am – Start of the 2023 Buff Winter Trail Wales
11.55am – First runners expected at finish
1.30pm – Last runners expected at the finish
2.00pm – Prize giving for Buff WTW 2023

Registration

Registration will start on Friday 6th at the new Coed y Brenin VISITOR CENTRE from 2pm until 7pm. Registration will reopen from 7.30am until 10.00am on the morning of the race Saturday 7th October at the same location.

At registration you will be issued with your number, exclusive race Buff, race and venue brochures.

Race maps will be displayed at the race registration as will your race number to help in the registration process.

Car Parking

The runners will be directed to the **OVERFLOW** car park, with additional parking directed to the EVENT car park near to Go Ape, and just 300 metres from the race start and registration.

- As you may well know that the usual **NRW facilities fee has now been removed from race entries to the event**. This means that runners are now expected to *pay for parking*. This will hopefully encourage car sharing where possible.

Please be environmentally aware and try to share transport to the race wherever possible, we would encourage local runners especially to try and car share / obtain a lift.

- Fees are:
 - £2 for 2 hours
 - 40p for every additional 20 minutes
 - The maximum charge is £7 per day

PLEASE ALLOW AT LEAST 10 MINS TO WALK FROM THE OVERFLOW CAR PARK TO THE REGISTRATION AREA ON RACE DAY. (THIS IS WILL BE SIGNPOSTED FROM THE OVERFLOW CAR PARK)

Please be environmentally aware and try to share transport to the race wherever possible, we would encourage local runners especially to try and car share / obtain a lift.

Race Route 2023

The Buff Winter Trail Wales event is organised by trail runners, so every detail of the route has been devised and planned with the interests of the runners at heart and with a view to the whole event being memorable as an exciting occasion, but most memorable for a classic trail running route.

We are excited that the whole of the event village, start / finish areas, registration, café and conveniences will all be based out of the two fantastic visitor centres at Coed y Brenin.

This will mean that the event will have an amphitheatre feel as the races start and finish within a naturally elevated viewing area for spectators, be more weather-proof if the elements are not kind to us on the day, and provide a morale-boosting run through as the runners set off at 10.30am.

Route Detail

The way-marked half marathon route at Coed y Brenin provides much of the Buff WTW Half Marathon race route.

The thought process of the Half marathon route was that we needed to have a wide and open start to enable runners to sort themselves out before we hit any singletrack, so the first 4 miles is a steady mix of short elevation and gradual downhill.

The first 600m of this start will mean that runners will enter the walking path (enough for 2 runners wide) after just 400m of running.

Care must be taken to consider your fellow runners at this point, and remember you have a further 12.5 miles to run, so please no pushing / impeding on this section.

Other tweaks to the standard waymarked route we have provided include a short excursion onto the new Goldrush route after the Aerial Bridge section at around 4 miles and back down the old Karrimor route, rejoining the lower forest road and onto the Volcano trail.

At the top tarmac road you will turn sharp right and along to the large feed station at 6 miles. The race follows much of the Volcano trail and the sharp descent to the Afon Eden area.

The race then follows the lower Afon Eden forest road with its wonderfully river valley views and the mighty Cader Idris ahead. You are then onto the 8 mile point, the sharp, singletrack descent (lots of fun!) through Ty'n y Groes and THE trees of Coed y Brenin (the King and the Champion), the Ty'n y Groes feed station at approx. 10 miles before returning towards the Visitor Centre, the bailey bridge crossing at Pont Caen Coed and the infamous 'sting in the tail climb' that will live long in the memory!

Note that the finish of the Half Marathon route is slightly different to the non-race HM waymarked route too, to enable the runners to return to the Visitor Centre finish area, which means a lovely sharp descent in the Cefn Deuddwr area and the orienteering path to the bottom Afon trail road.

NOTE: this path is a little uneven and has a few little hidden rocks and needs extra care.

The race route will be marked with sharp directional arrows on a **YELLOW** background along with **WHITE BUFF** race tape where required.



The Buff Winter Trail Wales has no need for navigation skills. There will be mile markers throughout (as accurately placed as possible taking terrain into account) the event and all **significant junctions** will be marshaled.

However, remember that this is a trail race in a sometimes remote, forested area and **you are expected to keep your awareness about you** especially at junctions for the clear signs directing you.

Additionally the rest of the Coed y Brenin forest park is fully open to the public as usual, and much of the route passes on public path where although the race is signed may have other users (walkers especially) on it, please respect your fellow outdoor enthusiasts.

NOTE: *The Tyn y Groes Coed y Brenin area (around mile 10) you will cross MTB trails PLEASE BE AWARE at these junctions as this is a live area for mountain bikers. It will be signed CAUTION CYCLISTS as will the MTB trail signed CAUTION RUNNERS.*

As you enter the last descent into the finish you will also have to cross the **TWO MTB** out routes, these will be marshaled and marked, however please be vigilant and listen out for any direction from those marshals.

Additionally the route takes in **STEEP DESCENTS** in various areas, these descents will be marked with **TWO WTW YELLOW ARROWS next to each other pointing downwards**, which indicate that extra care should be taken by runners in these areas, especially if we have witnessed wet weather before and or during the race.

Full GPX files and Strava link below – *The mean average of the race when using various GPS methods is 13.3 miles with 575m of elevation, which we*

hope you will agree is accurate enough given some runners will choose different lines and so on

<https://app.strava.com/activities/233850429>

Fuel Stations

Though the Buff WTW does not require the runner to carry his / her own fuel for the event, we still recommend that runners ensure that they are happy with their own personal fuel requirements prior to the race.

There will be two fuel stations on the half marathon route, these will be at approximately 6 miles (10km) and 10 miles (16km).

Fuel stations will have **water, Torq electrolyte drink, Torq gels, and bananas at feed station 2** (10 miles)

DOG POLICY

Please note the race has a **no dogs policy for the race**. Our Welsh Athletics / UKA race license does not cover our event for the inclusion of dogs / animals on the race route as part of the race.

We are dog lovers at Coed y Brenin and supporters are more than welcome to bring dogs to the event to enjoy the day. ***However, please don't arrive to run the race with your dog.***

SOUTH SNOWDONIA MOUNTAIN RESCUE

We are fortunate at the Buff WTW race to have the expert local knowledge and safety back-up from the local South Snowdonia Mountain rescue team.

Team Leader Kev Griffiths and a team of around 15 members including 4x4 vehicles and an ambulance will be dotted around the route, and at major descent areas, for your peace of mind!

Kit Requirement and general notes for runners

Due to the nature of the route and the time of year, **every participant in the Buff Winter Trail Wales 2023 will be required to carry a jacket, hat and gloves.**

As organisers we reserve the right to do kit checks on any participant and should a runner be found not to be carrying this kit we also reserve the right to withdraw that runner from the race

Your number must be clearly visible at all times during the race and **worn on the front** and you are reminded that failure to wear your timing chip will result in you being omitted from the results.



MATT
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Full results will be available after the race on the **TDL Event Services website.**

We are also obliged to tell you that under Welsh Athletics rules the wearing of headphones whilst racing could result in disqualification should you be seen to be not cooperating with marshal advice or adhering to trail running etiquette whilst racing.

The Buff Winter Trail Wales race will have a **SWEEP RUNNER** and though the race does not operate a strict cut-off system, we have the well-being of marshals and race staff to take into consideration.

In the instance of extremely slow runners you may be advised as the race progresses (esp if runners have taken a break from the event for an injury and possibly restarted) that we may have to bring into operation a **cut-off at Tyn y Groes** (mile 10) where we will have the right to ask runners to drop out should they arrive here after **3 hours or 1.30pm.**

Should runners wish to **retire** from the race for medical, please **report to your nearest marshal** who will then radio in, we would also advise that you inform race control upon returning to the Race Village if possible.

NOTE we do not provide a broom wagon service at the Buff Winter Trail Wales so please be aware that non-medical retirees due to being tired will not be entitled to a lift back to the race village as a medical case would be, but we will do our best to aid you with the various vehicles working on race support.

Race presentation

Each finisher of the 2023 Buff Winter Trail Wales race will receive a commemorative stainless steel mug, and you will be able to refresh / warm up(!) with a filling of tea or vegetable soup upon crossing the finishing line!

The prize giving for the category winners at the Buff Winter Trail Wales race will take place in the Race Village area (exact location to be decided taking the weather into consideration).

With prizes from Buff, Salomon, Torq, bespoke trophies by *Signs Workshop* and clay plaques from local sculptor Sue Barnes of *Draig Dipsy Dragon*.

Timings will be as close to 2.00pm as possible as and when results are fully available. Category winners will be presented as follows.

Open first 3 men

Open first 3 women

1st M40 // 1st W40

1st M50 // 1st W50

1st M60 // 1st W60

1st M70 // 1st W70

Alan Lewis 'King of the Sting' - *awarded to the fastest male competitor on the Sting in the Tail*

Alan Lewis 'Queen of the Sting' - *awarded to the fastest female competitor on the Sting in the Tail*

Other attractions

This year we are excited that the whole of the event village, start / finish areas, registration, café and conveniences will all be based out of the two fantastic visitor centres at Coed y Brenin.

This will mean that the event will have an amphitheatre feel as the races start and finish within a naturally elevated viewing area for spectators, be more weather-proof if the elements are not kind to us on the day.

The finish area will have PA and commentary from Stephen Edwards and Mad Sound.

South Snowdonia Search and Rescue Team are our designated charity for the 2023 Buff Winter Trail Wales, buckets will be around the site on race day, please give generously where you can!

Should competitors be unclear on any of the above pre-event enquiries should be directed to Matt Ward (Race Organiser) matt@runcomm.co.uk, however please be understanding in the final few days before the event replies could take a while.

Thanks for entering the 2023 Buff Winter Trail Wales race and good luck!

Matt Ward

Trefnydd / Race Organiser