

# IAU TRAIL WORLD CHAMPIONSHIPS

LLANRWST, CONWY, WALES

SATURDAY 6 JULY 2013 9AM



PENCAMPWRIAETHAU'R BYD LLWYBR IAU CYMRU 2013  
**CONWY 2013**  
IAU TRAIL WORLD CHAMPIONSHIPS WALES 2013

## The Course in Pictures



This document is aimed as an aid to indicate the features and underfoot terrain that runners will encounter at the championships. As outlined in the GIS (*General Information Sheet*) there is a mixture of conditions which will vary depending on the weather before and during the event. This guide does not detail all sections of the course as continuous stretches forest roads have been omitted for brevity, and should be considered inline with the detailed course map and elevation profile.

### Start - 1km

The start (9 Metres altitude) is on the Llanrwst Bridge ( Tu Hwnt i'r Bont – beyond the Bridge), passing **Gwydir Park** (Lowlands Park) on to dual width country lane with a smooth paved tarmac road surface. After a straight flat 500 metres the route turns uphill, with a sharp left hand turn on to stone chipping road into a car park area called "**Saw Bench**" which is the start and finish of each of the five forestry laps and also the principal aid/support point for athletes on the course.

Athletes will be assembled in the centre of the Eisteddfod Stones in the park before the race and led the 50m to the bridge.





### 1km - 3km

Through the off-set gate, a steep uphill twisting narrow forestry trail flattens off after approximately 300m and takes athletes along a flat trail for a kilometre before joining the hard packed forest road. For 700 metres the route climbs gradually before dropping slightly.



### 3km - 4km

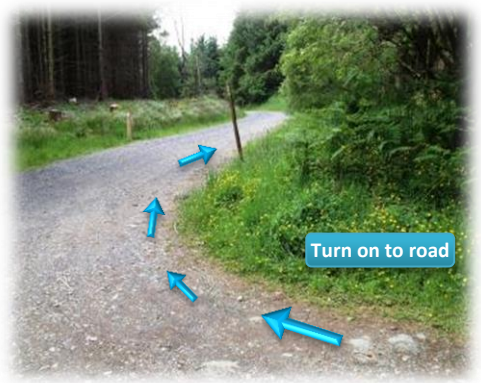
The course turns acutely onto a narrow forestry trail with mixed surfaces and gradients. It climbs steeply crossing over two forestry road, enroute to **Pen Y Parc** (Head/Top of the Park) (270 Metres)





### 4km - 6km

A 200 metre stretch of flat woodland trail emerges on to a forestry road dropping downhill, then turning sharply at **Piccadilly**.



### 6km - 7km

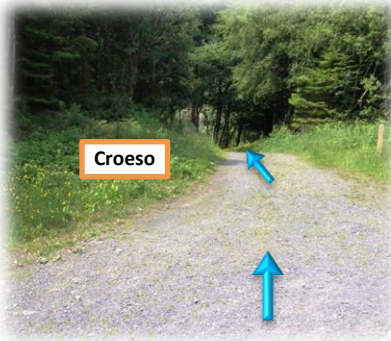
The route descends through the trees to **Llyn Y Parc** (Park Lake) and follows a flat and winding technical footpath along the side the water which is stony and woven in tree roots in places. The route climbs for around 100m and re-joins the gravel road.





**7km - 8.5km**

After a left hand turn at **Croeso** the road narrows on a down hill section. The course turns sharply left off the forestry road onto a narrow twisting loose shale path which undulates past two fenced off disused mines with narrow ascents and descents. There is a fallen tree to negotiate at **Coed Y Fuches-las** (Wood of the Blue Cow), before runners turn up a steep rocky climb of around 50 metres, and on into a densely forested section. The course then re-joins the gravel forestry road.





### 8.5km - 9.5km

After a few hundred metres there is a sharp left through a gate of the **Nant BH Outdoor Pursuit Centre** (Nant Y Bwlch Yr Hearn). Here the course narrows and twists on a gravel path with a stretch of stone sets. The loop emerges through trees at the centres buildings which houses toilets and showers, Around the corner there will be the second aid station, with medical support. There will be a timing mat for splits before the runners re-emerge through the gate back on to the forestry track.



### 9.5km - 11km

The route continues on compacted gravel forest roads along **Llyn Sarnau** (Lake Sarnau) firstly climbing (to 288 metres) past a small cottage before gradually descending on a narrow path back to the forestry road, before sharply turning right.



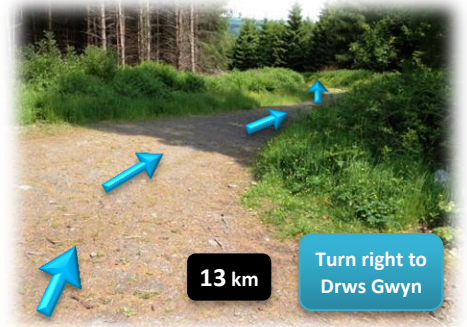


### 11km - 13km

The route deviates at **Coed Mawr** (Big Wood) on to a narrow undulating forest trail section for approximately 250 metres, before returning to a forestry road; before again following the "**Marin Cycle Route**" winding and descending along a narrow single-track section through **Pen Y Allt Isaf** (Head of the lower hill) which rises over the town of **Bettws Y Coed**; emerging back at the **Piccadilly** section of forestry road. This area will have a short section divided for athletes running in both directions.







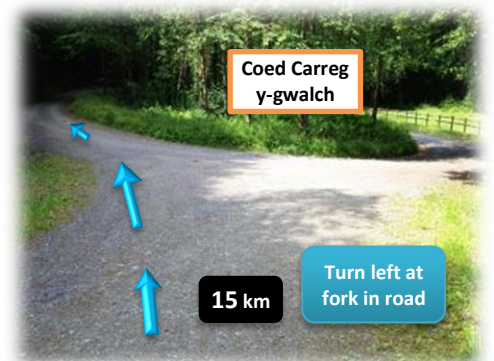
### 13km - 14km

The route returns on to the compacted forest road for the next kilometre undulating before gradually climbing to **Drws Gwyn** (White Door) and descending on a loose rock twisting trail which is normally wet due to a nearby spring. Care is required.



### 14km - 15km

The route drops gradually on a hard packed gravel trail widening into a forestry road, with open vistas over the **Conwy Valley**, descending to down to **Coed Carreg Y Gwalch** (Bowling Green)





### 15km - 16km

The route then climbs on the gravel road before dropping onto a narrow loose rocky cycle track, twisting around rocks and descending steeply in places with a loose underfoot surface. This continues for about 600metres back to **Saw Bench** and the **Aid Station** where athletes will turn in a small loop.



### Return to finish after final lap

On completion of the five laps, athletes will run down the hill and retrace their footsteps along the tarmac road back to the finish area at **Gwydir Park**.

