



Gwent Wildlife Trust are pleased to bring you:
6 MILE MULTI-TERRAIN TRAIL RUN
10.30am SUNDAY, 22nd OCTOBER 2017

RUNNERS INSTRUCTIONS & INFORMATION

ESSENTIAL READING

Thank you for registering for the Silent Valley Challenge, 2017. By entering this event, you're not only taking on a fantastic challenge but are also supporting a local charity to protect some of the wild places you love running in.

***Gwent Wildlife Trust** is the leading conservation charity in Gwent, working for the wildlife and people of our rich and varied landscape. For over 50 years, we have been protecting wildlife and working to educate, influence and empower people to understand and care about their environment. We manage over 25 of the best areas for wildlife in Gwent and hundreds more through working with local landowners. With the generosity of our ~10,000 members, businesses and other supporters in Gwent, our work is helping to secure the future of many important habitats and species, which might otherwise be lost.*

Our work around Ebbw Vale and the Eastern Valleys Living Landscape has expanded the successful People and Wildlife Projects funded by BIG Lottery People and Places and aims to connect communities with nature. The team manages five nature reserves as well as supporting community groups and landowners to manage land, creating stepping stones and corridors for wildlife. Through this work, we provide training and skills development, formal workshops for schools and visiting groups, public events and talks as well as activities for groups with specific needs, such as learning difficulties, substance abuse issues and young people disengaged from formal learning. www.gwentwildlife.org for more information, join us, or volunteer.

[Please read the instructions below carefully as they are for your safety and enjoyment.](#)

PARKING

Please car share as much as possible. There is parking available on the road to the north of The Baileys Arms. Please park along the roadside between Wat Will Motor Company and the turning onto Railway Terrace, when you arrive there will be a car parking marshal who will direct you.

Please note: We kindly ask that you please do not park outside people's homes on Cendl Terrace or any of the surrounding residential streets. Please also make sure you don't block the entrance to the cemetery on Cendl Terrace.

REGISTRATION

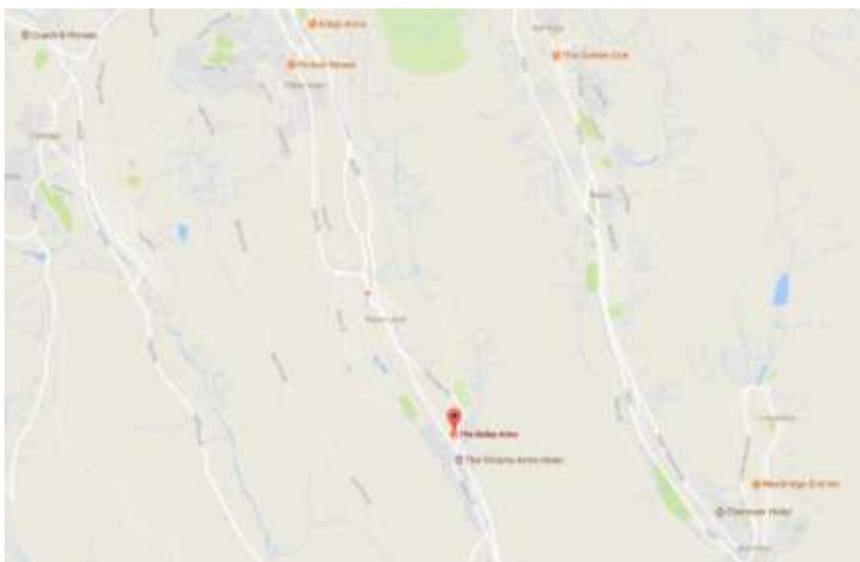
Registration, for both pre-entries and on the day, opens at 9am and closes at 10am at the event HQ at [The Baileys Arms, School Terrace, Cwm, Ebbw Vale, NP23 7QY](#). **Registration closes at 10am.** *On the day entries will be available until the race limit of 150 participants is reached.*

Pre-entries: Complete your disclaimer form, collect your race number and pins and write any medical conditions and emergency contact details on the reverse of your number.

On the day entries: Will need to complete a registration form and make payment in cash. £12 affiliated runners and members and £14 unaffiliated. *(Affiliated to UK Athletics or a member of Gwent Wildlife Trust – you'll be asked to show proof.)*

PLEASE NOTE: WE WILL NOT BE SENDING OUT RACE NUMBERS IN THE POST.

You'll be able to leave bags at the race HQ if you wish. This area will be manned at all times but you will be leaving any property there entirely at your own risk. There is also a gazebo at the race start, where your last layer of clothing can be left.



How to get there:

From Abergavenny

Join the A465/Heads of the Valley road going west. Carry on A465/Heads of the Valley road. Take the exit for A4281 to Ebbw Vale. At the 1st roundabout, take the 1st exit and follow the signs to Ebbw Vale. At the next roundabout take the 1st exit towards The Works. Take the 1st exit on the next 2 roundabouts as if going towards Newport. Turn left, following the sign to Cwm. Follow the road, and the Bailey's Arms will be on your left shortly after you come in to the village of Cwm.

From Pontypool

Join the A472 going west bound and follow the road. Turn right on to the A467. At the roundabout, take the 1st exit onto A4046. At the roundabout, take the 3rd exit onto Railway Terrace/A4046. Turn right, following the sign to Cwm. Follow the road, and the Bailey's Arms will be on your right shortly after you come in to the village of Cwm.

From East Newport

Head north-west on A4042 and keep on the A4042 until Pontypool. Take the A472 exit to Pontypool. Carry on the A472 until Crumlin. Turn right on to the A467. At the roundabout, take the 1st exit onto A4046. At the roundabout, take the 3rd exit onto Railway Terrace/A4046. Turn right, following the sign to Cwm. Follow the road, and the Bailey's Arms will be on your right shortly after you come in to the village of Cwm.

From West Newport

At Junction 27 of the M4, take the B4591 north exit going up High Cross road. At the roundabout, take the 1st exit on to stay on the B4591. At the next roundabout, take the 3rd exit and stay on Chartist Dr/B4591. At the roundabout, take the 3rd exit onto the A467 slip road to Brynmawr/Risca/Rhisga. Merge onto A467 and stay on the A4046 until Aberbeeg. At the roundabout, take the 1st exit onto A4046. At the roundabout, take the 3rd exit onto Railway Terrace/A4046. Turn right, following the sign to Cwm. Follow the road, and the Bailey's Arms will be on your right shortly after you come in to the village of Cwm.

RACE START

The race start and finish are in a small field at the entrance to Gwent Wildlife Trust's Silent Valley Nature Reserve. ([Directions and locations are here.](#)) This is a ten minute walk (uphill!) from the race HQ so please allow plenty of time to get to the race start for the briefing. There will be a gazebo at the race start, where your last layer of clothing can be left. There is one portaloo at the race start.

Race briefing will be on the starting line at 10.20am. It is essential that you arrive in time for the race briefing as this will include any last minute safety instructions.

THE RUN ROUTE

The route is approximately 10.3km / 6.4miles, comprising a loop. You will always be following a pathway or trail. The route follows a relatively clear path all the way around; we will have marked the route with canes and red/white tape and/or arrows to keep you on the correct path. Where there are options for going wrong, there will be a marshal to point you in the right direction.

However, we recommend that you research the route so you know where you are going and are as prepared as possible.

Marshals - There will be marshals located at key points along the course. They are there for your safety, so please listen to any instructions they may give. The main marshal points and mile points are indicated on the route map below.

Water Station - There is one water station at the far side of Mynydd Carn y Cefn, at around the 2.5 miles / 4kms. There will also be water at the finish. PLEASE NOTE: There isn't a water supply onsite so please bring a full water bottle with you if you wish to hydrate before the race.

First Aid

Severn Area Rescue Association (SARA) will provide first aid cover for the duration of the event. We will be providing details of any additional emergency procedures during the participant brief which is held before the start of the race.

Safety

Whilst all sensible precautions have been made by the race organisers including full risk assessments, it is the responsibility of all runners to ensure their own safety on the course. Due to the nature of this event it is a strenuous physical challenge. It is your personal responsibility to ensure you are fit and healthy enough to participate. Please stay on the paths within the nature reserve, these are narrow at times and you may have to wait for a safe place to pass another runner. You will need to cross a few stiles and go through some gates. Take great care going over the stiles as these can be very slippery. There are also sections of boardwalk over boggy areas, boggy areas without a boardwalk, thick mud, slippery leaves, protruding roots and stepped areas, all which present their unique challenges – grippy trail/fell shoes are essential, don't forget to tie your laces tightly enough and don't expect to achieve a PB!

Notable hazards along the route, are:

Rocks, uneven ground, potholes, mud, water, roots, low branches and fallen trees

Steps (up and down), stiles, gates, and kissing gates

Brambles, nettles, and bracken etc.

Steep, slippery slopes both on the ascent and descent

Sheep, cows, horses, walkers, dogs and wildlife.

There are some specific hazards on the path so barrier tape will have been used to cordon off areas; please keep to the path and do not attempt to circumvent these barriers – they are either to keep you from going wrong or to prevent unnecessary risks and injury.

If you become unwell or hurt during the race, or in some way unable to continue, please get another runner to inform the next marshal en-route. They will arrange for SARA to come and assist you. If you can make it to a marshal, even better – they will be able to make contact with the rescue team.

The weather can be changeable and it can be very windy, cold and wet particularly on the top. In mist or fog, visibility can become very low, often suddenly. In the event of the weather closing in during the run, please act responsibly and sensibly. At all times, you should be running on a path – do not leave the path, particularly on the mountain top where you could potentially fall. The path on the mountain top itself is very clear as it is used by farm vehicles regularly.

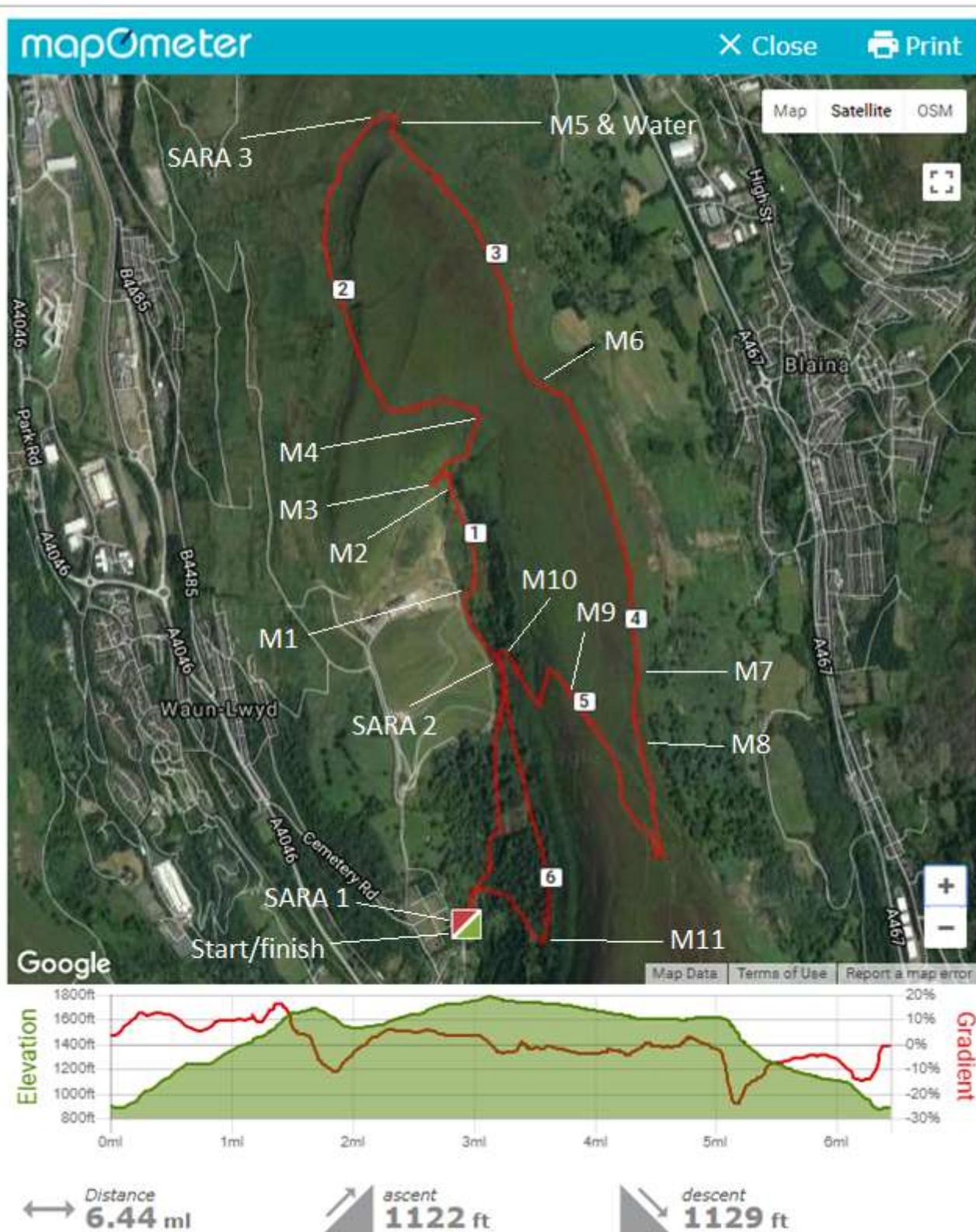
Important – Terms & Conditions

Please note that when you registered for the Silent Valley Challenge, you agreed to the terms and conditions set out on the registration form. Please be advised that competitors take part at their own risk and are responsible for their own safety. Event Officials will not be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence participation in the event.

Silent Valley Challenge Route map –

Although the route is clearly marked we strongly advise that you familiarise yourself with the course before the race. Livestock graze parts of the course and it's open to the elements so we can't guarantee that all waypoints will stay in place.

Numbers on the map denote mile marks. M numbers denote the main marshal points.



FINISH

The race finish is back near the start point, on the grass area of the Silent Valley Nature Reserve. Once you have crossed the finish line, please keep moving through the area to avoid congestion.

Toilet and showers

Toilets in The Baileys Arms are available for participants. There will also be a portable toilet at the start/finish point. Sorry, there are no showers located on-site.

Refreshments

There will be water and a snack available to all participants at the finish. Complimentary tea, coffee and cakes will be available at race HQ after the race.

There will be a winner's presentation at The Baileys Arms at approximately 1.00pm. Prizes will be awarded for the following categories:

Overall winners:

Female 1st 2nd 3rd

Male 1st 2nd 3rd

Categories: (After overall winners taken out)

MV40 1st 2nd 3rd

MV50 1st 2nd 3rd

MV60+ 1st 2nd 3rd

FV40 1st 2nd 3rd

FV50 1st 2nd 3rd

FV60+ 1st 2nd 3rd

The Silent Valley Challenge Race has been accepted as an official event in the Welsh Athletics calendar, licence number: EAST R.A.C.TR-50



Sponsorship

Please find attached sponsorship form for you to complete, if you prefer, please set up a fundraising page on the Virgin Money Giving website: www.virginmoneygiving.com. You can set up your own page, and email the link to your friends, colleagues and family. Just follow these simple instructions:

- Log on to www.virginmoneygiving.com
- Click on 'Start Fundraising' and follow the instructions

Gift Aid

A way for us gaining extra money for your donations is to ask your sponsors to tick the Gift Aid section of the sponsor form (or online at www.virginmoneygiving.com). This means we can earn other 25p for every £1 donated! Please send in your completed sponsorship to us so that we can claim Gift Aid. This can be the original or a copy.

How to donate the money you've raised to us:

1. Online

Gwent Wildlife is registered on www.virginmoneygiving.com so click 'make a donation' and underneath 'donate to charity' search for Gwent Wildlife Trust.

Or visit www.gwentwildlife.org/donate and pay a lump sum, please select general donation and remember to add in your unique reference number that we give you when you register your event.

2. By post

Please send us a letter with your details together with a cheque from your account which can be sent directly to us. Please make sure your cheque is made payable to "Gwent Wildlife Trust Ltd". Please send to: Robert Magee, Gwent Wildlife Trust, Seddon House, Dingestow, Monmouth, NP25 4DY.

3. In person

We would love to have a visit from you in person if you would like to bring in your cash or cheques. Please do pop into our offices at the above address, we would be happy to meet you!!

If you have any questions, please call the race organiser: Robert Magee on 01600 740600 (during office hours) or 07729 084096 (on Saturday 21 & Sunday 22 October only).

Supporters:

We are very grateful to Philip Jones Time Products, Ebbw Vale, for sponsoring the Silent Valley Challenge. Additional thanks to Sainsbury's Pontllanfraith and Tesco Ebbw Vale and Wilko Distribution Centre for donations of water and prizes.



And we are also very grateful for the support of the Severn Area Rescue Association, in providing emergency cover for this event. SARA are a specialist marine and land search rescue service for Gloucestershire, Hereford & Worcestershire, and Gwent and their website is at: www.sara-rescue.org.uk



Charity registration number: 242619

Gwent Wildlife Trust, Seddon House, Dingestow, Monmouth, NP25 4DY

