

# Offa's Dyke 15 2018

## Event Information/Overview

The 2018 race is the 4rd year of its regeneration, and its 28th running.

In case you missed the history first time around, for 25 years between the years 1977 and 2001 it was THE off-road race to do, with runners coming from all over the country (and abroad) to complete this beautiful but challenging race. Foot and mouth caused its cancellation in 2002 and following this the race organisers were unable to get momentum back to re-start this popular race.

In 2015 we had the help of David Joyce, the original Race Director to get it re-launched, and we are delighted to say it didn't put him off and he is back with us, we couldn't do it without him.

Whilst it broadly follows the Offa's Dyke Path, one of the quirks of this unique race is that to reduce the number of stiles runners must navigate, David has once again gained permission of every farmer/land owner to have the race go through their land and open their gates.

We hope the spirit of the event which was there every year from 77-01, will continue and you'll look forward to this great race.

## Registration

### Pre-Enter

Click on the red button to enter online. If you would like to enter by post, please contact us and we'll send you a postal entry. We don't send numbers or timing chips out but they will be available to collect on race day.

### Registration on Race Day

If the race limit hasn't been reached, then there will be entries available on race day. Registration will be open from 8:30am.

### Offa's Dyke 15 Course

Follows the Offa's Dyke footpath between Hay-on-Wye and Kington. In some sections to avoid stiles the route doesn't completely follow the Offa's Dyke Route. If you decide to do a route recce, please do not cross farmer's fields unless you're using the public footpath. We are very fortunate to be allowed to use the private land in this way and we want to minimise the impact of the race as a result. The route will be well marked and there will be marshals lining the entire route. A huge thank you to all our volunteer groups for their help.

The route follows the main road out of Hay for about half a mile and then turns towards Boatside Farm and across open fields and old tracks towards farm buildings at Bronydd. Up on to the main road, the A438, which must be crossed over. The route then starts its first real climb, up Betwys Dingle, sharply to begin with, and then a gentle pull through a wooded valley, the upper part having been clear felled. The route then follows country lanes for a mile or so to a short field crossing, and then back to the lanes for a further half mile, climbing steadily upwards. Over the top of the first hill and onwards towards Little Mountain and a descent to Newchurch. This is the approximate half-way stage. From here there is a steep climb to the top of Dysgwilfa Hill, with panoramic views (if you

have time to see them) before reaching Grove Farm and an easy run down to the next Village of Gladestry. The ultimate climb to the top of Hergest Ridge (pronounced Hargest and made famous by Mike Oldfield when he lived in the area) is amazing and once at the top it is a glorious run on the highest part of the route. This stretches for 4 miles before dropping down quickly to the finish in Kington at Lady Hawkins' School playing field. The total climb is approximately 2,500ft and distance is 14.50miles.

Please note, there are cut off times for this race.

### **Cut Off Times**

Whilst it goes against our philosophies to deter runners of any ability, this is a tough off road race. We cannot ask the marshals and farmers to keep the gates and access open indefinitely so we ask you to try your best to complete the course in three hours. There will be two cut off points. The first will be at the 7-mile point in Newchurch at 90 minutes after the start, so if you reach this after that time you will be able to get a lift back to the finish. The second cut off point will be at 10 miles in Gladestry, and two hours after the start. All runners will get their medals regardless of cut off.

### **Event location**

You need to decide if you're parking at the finish and getting the coach from there to that start before the race or is you're parking at the start and getting the coach back to Hay after the race.

### **Directions to Registration / Car Park in Hay-on-Wye (at the start)**

Car parking will be in the pay and display Oxford Road Car Park in Hay-on-Wye, Oxford Rd, Hay-on-Wye, Hereford HR3 5AJ. Registration venue to be confirmed.

### **Parking in Kington (at the finish)**

This will be on the playing field of Lady Hawkins School, adjacent to the finish area and will be open from the morning of the race. Follow this postcode – HR5 3AR.

### **Directions to the Start**

The start is on Broad Street near the clock tower in Hay-on-Wye. Please head there in good time ready for the race start at 11:00am prompt. There will be direction markers leading you from Registration to the start.

### **Transportation from the Finish**

Coaches will be made available to transport you before the race or after the race. Before the race the coach will leave Kington (The coach station beside Lady Hawkins School) at 9:00am and after the race at approximately 3.00pm. Please let us know if you need to use the coach or if you don't need to use the coach at all by ticking the correct box on the entry page.

### **Water Stations**

Those of you with memories of the race from the past will remember how warm it can be. There will be four water points, Bronydd (approx. 2.5 miles), 5 miles, Newchurch (approx. 7miles) and Gladestry (approx. 10 miles). If it is likely to be hot there will be another added at 12.5 miles. At each water station, there will be bottled water. If you pick up a bottle of water and decide to carry it with you, please only drop the bottle at a marshal point. We are very lucky to be able to run across this route and we cannot afford to litter the countryside, have any wildlife or livestock affected by it, or upset the landowners.

### **Post-Race Nutrition**

Tea, coffee, water and a mixture of sandwiches and cakes will be available to buy at the finish (once

you have gained your post-race appetite!).

### **Prizes**

Prizes will be handed out on the day in the finish area. There are lovely trophies for the individual winners and team winners, prizes for the first 3 runners male and female and also age group prizes – these start at 35 for both men and women and will be in ten-year age gaps.

### **Baggage & Toilets**

A baggage drop off vehicle will be based at registration in Hay-on-Wye to transport your baggage to the finish. Please avoid leaving anything lying around the village as it may be disposed of before you arrive back.

Toilets are available in the Craft Centre at the top of the main car park, and there is also a toilet by the clock tower right near the race start.

### **Withdrawal Policy**

Up to six weeks prior to the race entrants will receive a full refund less a £2.00 admin fee.

After this deadline, no refunds are offered, however an entry may be transferred to another runner on provision of full details prior to the race. Entries cannot be transferred on race day.

All contact should be made by email

### **Music Whilst Running**

No earphones please! From 1 April 2016, a new rule regarding the wearing of head phones in road races was introduced into the 2016-2018 edition of the UKA Rules of Competition: – “The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic.”

Whilst this is predominantly an off-road race the event crosses and passes along a handful of roads the first of which can be tricky to cross which is why we appreciate you adhering to this ruling about head phones.