

*tough. exhilarating. spectacular views*

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be challenged



## 13 MILE FELL RACE

SATURDAY 3rd SEPTEMBER 2011 CRYMYCH PEMBROKESHIRE



inglirunners.co.uk

## The Preseli Bluestone Fell Race

# Conquer the Preseli Ridge...

cross one of the oldest mountain ranges in the world

The **Preseli Bluestone Fell race** is an exciting event in its third year. Set in the heart of the Pembrokeshire Coast National Park, the route provides magnificent panoramic views encompassing mountains, coast and sea and follows a Bronze Age path that passes Prehistoric remains, Neolithic settlements and the rocky outcrop at Carn Menyn which is commonly thought to be the source of the bluestones used to form the inner circle of Stonehenge.

**Fell Race Course.** The challenging course is 13 miles long with some 2500 feet of climb and the terrain is tough and varied from the start. The half-way and turn-round point is at the peak of Foel Eryr (1500ft) and offers spectacular views to the coast. The return route includes the gruelling ascent and descent of Foel Drygam.

**Accommodation.** Why not benefit from special rates on offer and stay at the fabulous Bluestone National Park Resort and experience all it has to offer, you'll feel wonderfully refreshed. Bring the family, they'll really enjoy themselves.

**Telephone: 01834 862400 [www.bluestonewales.com](http://www.bluestonewales.com)**

**Assembly Point:** Crymych Leisure Centre, Crymych, Pembrokeshire; for parking, registration, changing and shower facilities.

**The Start:** is 1 mile from the Leisure Centre and has no available space for parking.

**Start Time:** 12:00 noon.

**Marshalling:** The course will be marshalled and signposted, with radio contact to the communication centre.

**Water Station:** Water will be provided at the halfway point; Foel Eryr.

**Return transport:** Buses will be provided to transport runners from and to Crymych Leisure Centre for the start and finish.

**N.B.** There will be a cut-off time for fell runners to reach the 7 mile (halfway) point within 2 hours 15 minutes.

**Adverse weather conditions:** If weather conditions are judged to endanger participants or prevent race marshalls carrying out their duties correctly, the organisers will cancel the event and entry fees will be carried forward.

**Entry forms:** Downloadable via: [www.preselibluestonefellrace.co.uk](http://www.preselibluestonefellrace.co.uk) and [www.inglirunners.co.uk](http://www.inglirunners.co.uk)

**For further information please contact:** Helen Walker 01348 891696 [helen@rhydyffern.co.uk](mailto:helen@rhydyffern.co.uk)

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### What last year's runners said:

"don't think twice, just enter for next year"

"So tough and so enjoyable"

"thanks again for a very special day out, it was worth the drive"

"you will be challenged like never before, as the hills just keep on coming but the scenery makes it worth the effort"



[www.preselibluestonefellrace.co.uk](http://www.preselibluestonefellrace.co.uk)

be there or be square