



**SATURDAY 12TH SEPTEMBER 2015**  
**Betws-y-Coed, North Wales**  
**Event Brochure**

Principal Partner



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# CHOOSE YOUR NEXT CHALLENGE

Principal Partner



## World Masters Mountain Running Championships

# £35

Entry Fee

ages 35-79

all abilities welcome

### ENTRY INCLUDES

- Race entry
- Championship Medal
- Technical t-shirt
- Goody bag
- Chip timing

12th  
Sept

## World Mountain Open Race Series

# £10-15

Entry Fee

All ages and abilities welcome

- 3 races to choose from
- Run on two world championship courses
- Take on Moel Siabod!
- Finisher tees
- Multiple race entry deals

12th-  
19th  
Sept

*And of course....*

## THE WORLD MOUNTAIN RUNNING CHAMPIONSHIPS & FESTIVAL OF SPORT

- Watch the world's best compete
- Take part in the open race
- Enjoy screenings, talks and more during the week

19th  
Sept



Register for all events at [www.wmrcwales.org](http://www.wmrcwales.org)

# WELCOME!



**On behalf of the WMRA I am happy to extend a welcome to all masters athletes who'll be in Great Britain for the 15th WMRA-**

**WMA Masters World Mountain Running Championships on the 12th September in Betws-Y-Coed.**

This is the third time that the Masters World Mountain Running Championships are to be held in the same venue as the WMRA World Mountain Running Championships, and the second time that the event has been held in the UK after Keswick in 2005.

The WMRA is sure that the LOC will prepare for a wonderful Masters Championships, and they are confident that there will be a large number of participants on a course that will be appreciated by all the runners.

Undoubtedly, the LOC together with British Athletics, Welsh Athletics and the support of local people and councillors of north Snowdonia, will work well together in offering all athletes a memorable Championships.

A special thanks to the WMA, above all to Stan Perkins (President), to Winston Thomas (Secretary), to Giacomo Leone (WMA Vice President Non-Stadia), to our WMRA Delegate Tomo Sarf for his good work, and to all WMA Officials for their friendly cooperation between WMRA and WMA.

Together, WMA and WMRA are continually trying to improve the regulations, making the competition more interesting for the masters.

Of course, masters mountain running, like the discipline of athletics, is permanently in the IAAF family and this is a very important detail to always keep in mind.

Finally, special thanks to the press and media and, above all, to Principal Partner Arriva Trains Wales alongside all sponsors and supporters of these Championships; without a sponsor it is not possible to organise anything!

Good luck and enjoy the Championships!

**Bruno Gozzelino**  
**WMRA President**



**On behalf of the World Masters Athletics organisation I extend to all athletes our best wishes for a successful race in this year's Masters World Mountain Running Championships.**

Mountain running is a very challenging event but it is attracting more and more masters athletes every year. WMA is pleased to see the introduction of mountain running into masters regional competitions, and this should ensure that this form of athletics will continue to increase in popularity.

WMA extends its thanks to the World Mountain Running Association who have again supported our athletes, providing masters athletes with their own World Championships. We also thank the organisers for their hard work in planning this event in North Wales; a beautiful part of the world that I am sure the athletes will long remember for both the event and the friendship of the Welsh people.

Good luck to all!

**Stan Perkins**  
**WMA PRESIDENT**



**On behalf of the Local Organising Committee, I am delighted to welcome you to Betws-y-Coed in beautiful Conwy.**

Having previously hosted the Commonwealth Ultra Distance Championships in 2011 and the World Trail Championships in 2013, the area is fully geared up to offer competitors the best possible experience, and a great atmosphere. I wish all competitors the best of luck!

**Cllr Graham Rees**  
**Cabinet Member for Tourism,**  
**Marketing and Leisure**  
**Conwy County Borough Council**



**As Principal Partner, Arriva Trains Wales welcomes you to North Wales for this prestigious mountain running event.**

We run an extensive rail network across North Wales so if you get any spare time during your visit, why not hop on a train and go exploring!

The Conwy line is known for its stunning scenery; you can change at Blaenau Ffestiniog to link with the popular steam train service to Porthmadog. Change at Llandudno Junction to head along the beautiful North Wales coast to experience the traditional Welsh seaside resort of Rhyl or the magnificent castle at Conwy.

**Ben Davies**  
**Arriva Trains Wales Stakeholder Manager**



**Croeso cynnes i chi gyd. A Warm welcome to you all.**

On behalf of British Athletics I am delighted to welcome you all to the 15th edition of the Masters World Mountain Running Championships.

As a member of the Local Organising Committee we have been working with local partners to deliver an exciting week-long programme of mountain running in this beautiful part of North Wales.

We hope that you all enjoy the competition and wish you every success in this festival of mountain running.

**Matt Newman**  
**Chief Executive of Welsh Athletics**

**GET IN TOUCH**

**E: [events@conwy.gov.uk](mailto:events@conwy.gov.uk) T: [@WMRCwales](https://twitter.com/WMRCwales) F: [facebook.com/worldmountainrunningchampsales](https://facebook.com/worldmountainrunningchampsales)**

# EVENT PROGRAMME

DATE	EVENT	LOCATION	TIME
<b>Thursday 10th September</b>			
10.09.15-12.09.15	World Masters registration open	Betws-y-Coed Tourist Information Centre	17:00-20:00 (Thurs) All Day Friday and Saturday
<b>Friday 11th September</b>			
11.09.15	World Masters opening ceremony	Betws-y-Coed Green	18:00-19:00
11.09.15	Pasta Party	Betws-y-Coed Green	19:00-20:00
<b>Saturday 12th September</b>			
12.09.15	World Masters Mountain Running Championships	Betws-y-Coed Green	10:00-15:00
12.09.15	Open Race 1: World Masters Course (10.8km Llyn Elsi Loop)	Betws-y-Coed Green	15:30
12.09.15	World Masters Closing Ceremony and evening entertainment	Betws-y-Coed Green	18:00
<b>Sunday 13th September</b>			
13.09.15	Social run	Royal Oak Hotel	10:30
<b>Monday 14th September</b>			
14.09.15	Film screening and talk (speaker TBA)	Memorial Hall, Betws-y-Coed	18:00-20:00
<b>Tuesday 15th September</b>			
15.09.15	Berghaus film screening and talk with Steve Birkinshaw	Memorial Hall, Betws-y-Coed	18:00-20:00
<b>Wednesday 16th September</b>			
16.09.15	Open Race 2: Siabod Summit Race (up only)	Siabod Café, Capel Curig	16:00
16.09.15	Siabod Café evening talk and entertainment	Siabod Café, Capel Curig	18:00-20:00
<b>Thursday 17th September</b>			
17.09.15	Salomon film screening and talk	Memorial Hall, Betws-y-Coed	18:00-20:00
<b>Friday 18th September</b>			
18.09.15	WMRA Congress	St George's Hotel, Llandudno	09:00-12:30
18.09.15	World Mountain Running Championships opening ceremony	Venue Cymru, Llandudno	13:30-14:30
<b>Saturday 19th September</b>			
19.09.15	World Mountain Running Championships	Betws-y-Coed, Green	11:00-15:00
19.09.15	Open Race 3: World Championship course (8km/10km loop)	Betws-y-Coed Green	15:00
<b>Sunday 20th September</b>			
20.09.15	Social run	Royal Oak Hotel	10:30



# RACE WEEKEND INFORMATION

## Race Location

The beautiful village of Betws-y-Coed is the start and finish location of all races at this year's World Mountain Running Championships.

The race start, plus pasta party and opening and closing ceremonies will all be held on Betws-y-Coed Green where there will also be catering facilities, activities, retailing and more on offer throughout race weekend. Post code district LL24

## Registration and Race Pack Collection

To enter the Masters World Mountain Running Championships, please visit [www.wmrcwales.org](http://www.wmrcwales.org) to sign up before 1st September. All information and prices can be found here.

During the event. Registration and race pack collection will be held at the Betws-y-Coed Tourist Information Centre from the evening of Thursday 10th September until Friday evening. Registration will then move to Betws-y-Coed Green during the event day on Saturday 12th September.

Please bring your confirmation email with you (either a printed copy or via a mobile device) to the registration desk. If you have misplaced your confirmation email, please contact [events@conwy.gov.uk](mailto:events@conwy.gov.uk) as soon as possible.

## Opening Hours

**Thurs 10th** - 17:00-20:00

**Friday 11th** - 09:00-20:00

**Saturday 12th** - 08:00-15:00

## Visa Information

Visas only to be applied for when travelling from outside of the European Union. For more information please visit [www.gov.uk](http://www.gov.uk)



## Opening Ceremony

The opening ceremony will be held on Friday 11th September between 18:00 and 19:00 on Betws-y-Coed Green. Exact details and specific timings for the opening ceremony will be available on the weekend.

## Pasta Party

The event pasta party takes place alongside the opening ceremony between 19:00 and 20:00 and is a great opportunity to catch up with old friends, meet fellow participants and enjoy the event atmosphere.

Reasonably priced tickets will be available on the weekend of the event via the registration and race pack collection at the Betws-y-Coed Tourist Information Centre.

## Race Timetable

RACE	TIME	AGE GROUP
<b>LONG COURSE</b>		
1	10:00	Master Men 35
2	10:30	Master Men 40
3	11:00	Master Men 45
4	11:30	Master Women 35 & 40
5	12:00	Master Men 50
6	12:30	Master Women 45 & 50
<b>SHORT COURSE</b>		
7	13:00	Master Men 55
8	13:30	Master Men 60
9	14:00	Master Men 65, 70 & 75
10	14:45	Master Women 55, 60, 65, 70 & 75
<b>LONG COURSE</b>		
11	15:30	Open Race

## Course profiles and distances

This year's Masters World Mountain Running Championships consist of two courses; one short and one long. Maps can be found later in this brochure whilst a Garmin profile of the course can be found at [www.wmrcwales.org](http://www.wmrcwales.org).

Races 7,8,9 and 10 will run the short course.  
Races 1,2,3,4,5,6 and 11 will run the long course.

### Long Course

Distance: 10.6km

Elevation Gain: +- 500m

### Short Course

Distance: 8.7KM

Elevation Gain: +- 450m

## Starting Pen

A starting pen will be in place and open 10 minutes before the start of each race. Competitors should assemble here with enough time before the start of their race.



## Baggage

A baggage tent will be available on Betws-y-Coed Green for competitors to leave bags during the event. This baggage tent is completely free of charge, secure and monitored at all times.

## Changing and shower rooms

Changing and shower rooms will be available during the weekend on Betws-y-Coed Green at the Betws-y-Coed Football Club. Further dry changing will be available within a tent near the start line.

## Medical Services

Extensive medical cover will be provided both on the course and at the start/finish of the race on Betws-y-Coed Green for all participants.

For any medical queries before and after the race, proceed to the medical tent as soon as possible to receive medical care.

## Doping Control

All competitors are liable to be requested to submit to a doping test before or after the competition. Number of doping controls will be determined by Jury.

## Results

Individual results are allocated to the following age groups:

35, 40, 45, 50, 55, 60, 65, 70, 75

Medals (gold, silver, bronze) will be awarded to the first 3 individuals in each category.

### Team Awards

Teams will be awarded in the categories

35, 40, 45, 50, 55, 60, 65, 70, 75

The first three runners per nation in the same age group build up a team by time scoring.

Medals (gold, silver, bronze) will be awarded to the first 3 in each category.

## Closing Ceremony

The closing ceremony, awards and evening entertainment will commence from 18:00 on Saturday 12th September on Betws-y-Coed Green.

More detail on both the opening and closing ceremonies will be available on the weekend of the race.



# FESTIVAL OF SPORT

*If you're staying for the week and making the most of what the Snowdonia National Park has to offer, the World Mountain Running Championships will have plenty more to offer throughout the week from Saturday 12th-Sunday 20th September.*

*As well as the abundance of mountain running opportunities, we'll also be hosting a wide range of open races, mountain running seminars, film screenings, junior and school events, food and drink opportunities and much more besides.*

## OPEN RACES AND SOCIAL RUNS

Places in all open races can be purchased in advance via [www.wmrcwales.org](http://www.wmrcwales.org) or during the week from our registration desk at the Betws-y-Coed Tourist Information Centre.

There will be two social runs hosted at 10.30am from outside the Royal Oak Hotel in Betws-y-Coed on Sunday 13th and 20th September. These gentle social runs are open to anyone and everyone who's looking to enjoy some of the local routes and runs available in and around Betws-y-Coed.

Details on all open races and what's involved can be found below or on our website:

### OPEN RACE 1: WORLD MASTERS OPEN RACE

**Date:** Saturday 12th September  
**Distance:** 10.8km (Llyn Elsi Loop)  
**Start:** 15:00 at Betws-y-Coed Green  
**Age:** 18+  
**Price:** £15 (includes finishers t-shirt)

**Description:** An open race for all age groups (including 80+) who would like to challenge themselves on the Masters World Mountain Running Championship course. The race will follow the conclusion of the Masters World Mountain Running Championships.

Numbers will be available to pick up from the Registration desk at the Tourist information Centre in Betws-y-Coed during the times listed in the event programme in this brochure.

### OPEN RACE 2 – SIABOD SUMMIT RACE

**Date:** Wednesday 16th September  
**Distance:** 4.5k (670m elevation)  
**Start:** 16:00 with evening talk and presentations from 19:00  
**Age:** 16+  
**Price:** £10

**Description:** Starting from the Siabod Café ([www.moelsiabodcafe.co.uk](http://www.moelsiabodcafe.co.uk)) – at the foot of the Moel Siabod Mountain which towers over Betws-y-Coed and Capel Curig – this up only race is a popular challenge for walkers and runners alike.

A challenging 670m climb which includes a bowl of soup/goulash back the the Siabod Café alongside awards and an

evening talk from The Ogwen Mountain Rescue on their role in supporting sporting events and races in the area.

Numbers will be available to pick up from the Registration desk at the Tourist information Centre in Betws-y-Coed during the times listed in the event programme in this brochure, or you can register on the day of the race. Please note that there will be a £2 surcharge for entries taken on the evening. Race limited to 500 runners. Childrens races for Under 12's, 14s and 16s (Must be 10+ on 1.1.15) will also be taking place during the event.

### OPEN RACE 3 – WORLD CHAMPIONSHIPS OPEN RACE

**Date:** Saturday 19th September  
**Distance:** 13km 3 Lap loop  
**Start:** 15:00 at Betws-y-Coed Green  
**Age:** 18+  
**Price:** £15 (includes finishers t-shirt)

**Description:** Following the conclusion of the World Mountain Running Championships, an open race will take place for all abilities and participants looking to challenge themselves on the World Mountain Running Championships course.

Numbers will be available to pick up from the Registration desk at the Tourist information Centre in Betws-y-Coed during the times listed in the event programme in this brochure.

### MULTIPLE RACE ENTRIES AVAILABLE

For those who want to take on more than one open race during the week, there are also a range of discounts available for multiple race entry.

**Multiple:** Open race 1 (12th), open race 2 (16th) & open race 3 (19th) = £30 (£10 saving).  
**Pair:** Open race 1 (12th) & open race 2 (16th) = £20 (£5 saving)  
**Pair:** Open race 1 (12th) & open race 3 (19th) = £25 (£5 saving)  
**Pair:** Open race 2 (16th) & open race 3 (19th) = £25 (£5 saving)

### TALKS AND SCREENINGS

There will be four mountain running talks and screening evenings held during the week-long Festival of Sport programme. Each evening will include a goody bag or spot prizes, a talk and Q&A with a well-known face in the world of mountain running, plus a few inspirational films to inspire and intrigue.



Tickets will be on sale via [www.wmrcwales.org](http://www.wmrcwales.org) and also during the week via the registration desk.

### FILM SCREENING AND TALK

Monday 14th September  
Memorial Hall, Betws-y-Coed  
18:00-20:00  
£10

(Speaker and film TBC)

### BERGHAUS TALK WITH STEVE BIRKSHAW

Monday 14th September  
Memorial Hall, Betws-y-Coed  
£10  
18:00-20:00



Legendary fell runner Steve Birkinshaw will be joining us to talk about breaking the Wainwright Peaks record last year. Steve completed all 214 of Alfred Wainwrights recorded peaks in six days and 13 hours. That's 320 miles (515km) and an ascent of 36,000m (118,000ft)!

Spot prizes from Berghaus will also be on offer for the audience, so pop in and hear more about Steve's impressive achievements and ask any burning questions.

### SIABOD SUMMIT TALK

Wednesday 16th September  
Siabod Café, Capel Curig  
19:00-21:00



After the completion of the Siabod Summit, the Siabod Café will be hosting a free to attend evening talk from The Ogwen Mountain Rescue on their role in supporting sporting events and races in the area. There will also be a bowl of goulash or soup on offer for all participants in the race.

### SALOMON FILM SCREENING AND TALK WITH IONATHAN WYATT

Thursday 17th September  
Memorial Hall, Betws-y-Coed  
18:00-20:00  
£10



On Thursday the 17th of Sept Salomon are excited to present an evening of inspiring stories, Q&A sessions and films from the world of mountain, trail and fell running. Join our special guest, 6-time world mountain running champion Jonathan Wyatt and members of the Salomon Trail Team GB, for what should be an evening to remember

# ACCOMMODATION & LOCAL AREA GUIDE

## Accommodation

Please be aware that accommodation during this event period and time of year will be extremely busy, so please ensure that you book as early as possible.

For further information on booking hotel accommodation for the event, please contact the local Tourist Information Centres who will be able to advise on all available accommodation in the local area.

**Llandudno** – 01492 577577 or [llandudnotic@conwy.gov.uk](mailto:llandudnotic@conwy.gov.uk)  
**Betws-y-Coed** – 01690 710426 or [tic.byc@eryri-npa.gov.uk](mailto:tic.byc@eryri-npa.gov.uk)

## Local Area

### Welcome To Wales

Wales is a place of natural drama; from the country's beaches to walking its mountain ranges. The nation's history is told through its ancient monuments and museums. While the bold 21st century Wales is there for everyone to enjoy on a short break in one of Wales' cities, to explore or get active in this wonderful natural playground is a brilliant opportunity.

Visitors to the World Mountain Running Championships in Wales will have access to the many possibilities as outlined. Above all though, this is about sport, and the wonderful sport of mountain running, and where better than amongst some of

the most dramatic scenery, terrain and vistas that the UK has to offer.

Llandudno, situated less than 20 miles away from Betws-Y-Coed, the location for much of the week-long activity, offers ample accommodation opportunities and a pleasant base to explore Snowdonia and the surrounding North Wales countryside.

### Llandudno

The town is known as the "Queen of the Welsh Resorts" which reflects the superbly maintained Victorian buildings which line its promenade. Nestled between the two headlands of the Great Orme and Little Orme, Llandudno began to be developed in 1857 as a holiday destination for wealthy Victorians. It has been voted the 3rd best UK destination by Trip Advisor and still boasts the longest Victorian pier in Wales. Llandudno plays host to the opening and closing ceremony for the World Championships.

### Betws-y-Coed

Easily accessible from Llandudno by train, Betws-y-Coed is the base for the world championship races, as well as hosting the previous weekend Masters World Mountain Running Championships.

The picturesque mountain resort of Betws-y-Coed was recently



declared the official "gateway village to Snowdonia".

Set amongst woods and riverbanks on the edge of this internationally renowned area of outstanding natural beauty, there is an abundance of outdoor activities to pursue in the area and consequently you will always find a variety of outdoor enthusiasts enjoying some time in the village which has a wonderful alpine feel. Betws y Coed has been consistently popular since Victorian times.

It was a hub of artistic activity during the 1800s and became known as the first artists' colony in Britain. The village's many attractions include the 14th century church of St Michael's, the famous Swallow Falls, railway museum and a range of unique shops. This magical setting has a distinctly Alpine feel enhanced by the dense Gwydyr Forest surrounding Betws-y-Coed.

## Transport

### By Air

Manchester Airport is the nearest airport for the Masters World Mountain Running Championships. [www.manchesterairport.co.uk](http://www.manchesterairport.co.uk)

### By Road

Llandudno can be accessed via The A55 coastal Expressway which links in seamlessly with the motorway network from the North West. From the Midlands and South of England use the M6, M5 and M1. For a scenic route from the Midlands take the A5 via Shrewsbury and Llangollen.

Betws-y-Coed (the location of all competitions) is situated on the junction of the A470/A5 trunk roads. The village has direct access from the North West via the M56 and A55 Expressway.

The A5 connects Betws-y-Coed to the Midlands and the motorways linking North Wales to the South of England.

Post code district LL24

### By Train

Trains on the main line from Chester and Manchester stop at Llandudno Junction where you then take a short train to Llandudno or Betws-y-Coed depending on your accommodation plans.

**Arriva Trains Wales run an extensive rail network across North Wales so if you get any spare time during your visit, why not hop on a train and go exploring!**

**The Conwy line is well known for its stunning scenery and you can change at Blaenau Ffestiniog to link with the popular steam train service to Porthmadog. Change at Llandudno Junction to head along the beautiful North Wales coast to experience the traditional Welsh seaside resort of Rhyl or the magnificent castle at Conwy.**

**Or if it's shopping you fancy, go east to discover the historic city of Chester or the vibrant city of Manchester.**

### Parking

The nearest car park to the start of all races is at Pont y Pair LL26 0LS. You can park overnight for 50p or all day for £3.50.

Please be aware that all participants must provide their own transport to and from the competition and there is no obligation for the Local Organising Committee to provide any for participants.

## Great attractions by train *Atyniadau gwych ar y trê*



 **ARRIVA** Trains Wales  
Trenau Arriva Cymru  
a  company | un o gwmnïau 

Low cost tickets to get you there  
**Tocynnau rhad i fynd â chi yno**

[www.arrivatrainswales.co.uk/greatattractions](http://www.arrivatrainswales.co.uk/greatattractions)



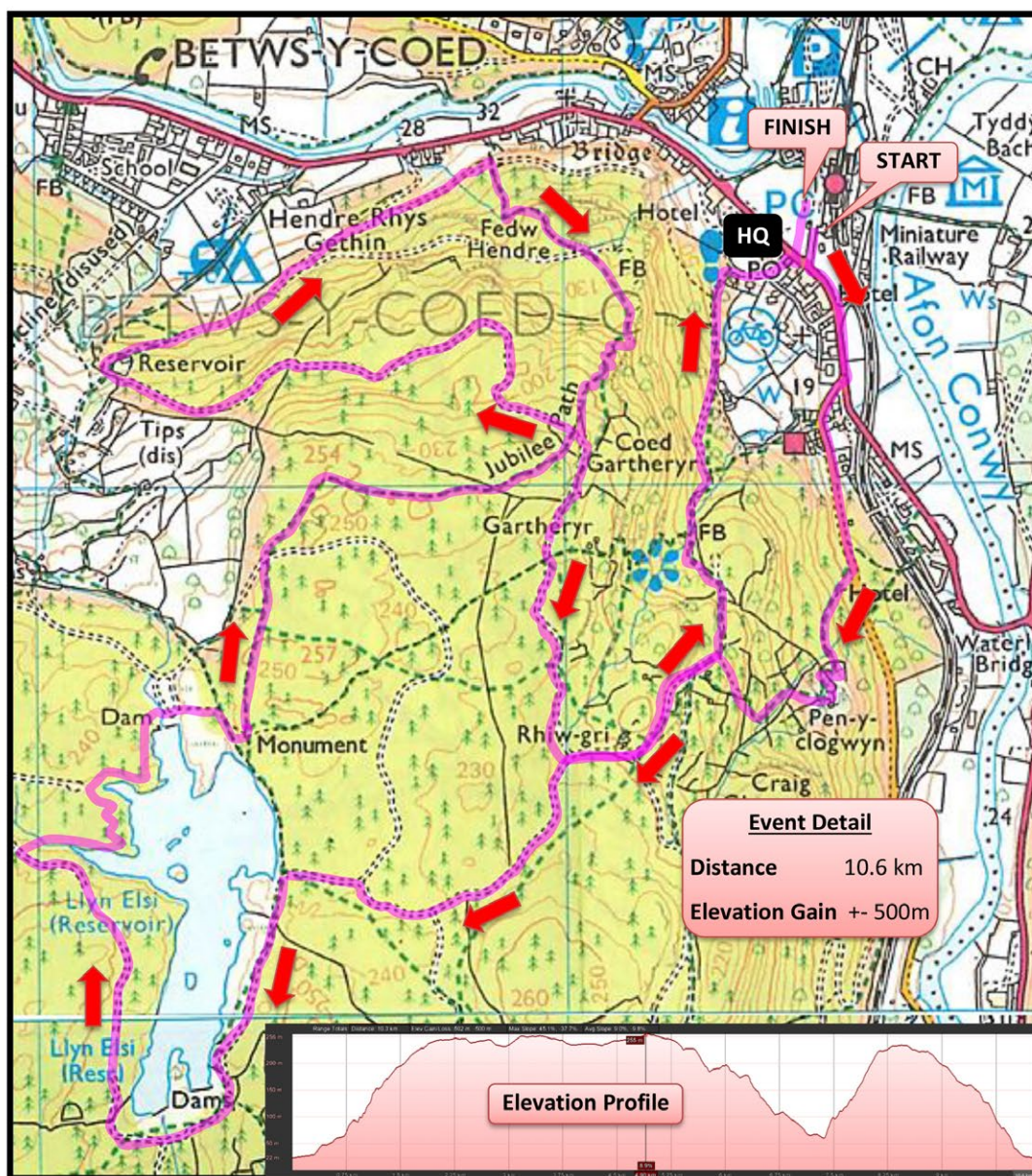
# COURSE MAP

## LONG COURSE

### World Masters Mountain Running Championships Course 2015

Timetable – Saturday 12<sup>th</sup> September 2015

RACE	TIME	AGE GROUP
1	10:00	Master Men 35
2	10:30	Master Men 40
3	11:00	Master Men 45
4	11:30	Master Women 35 & 40
5	12:00	Master Men 50
6	12:30	Master Women 45 & 50
11	15:30	Open Race



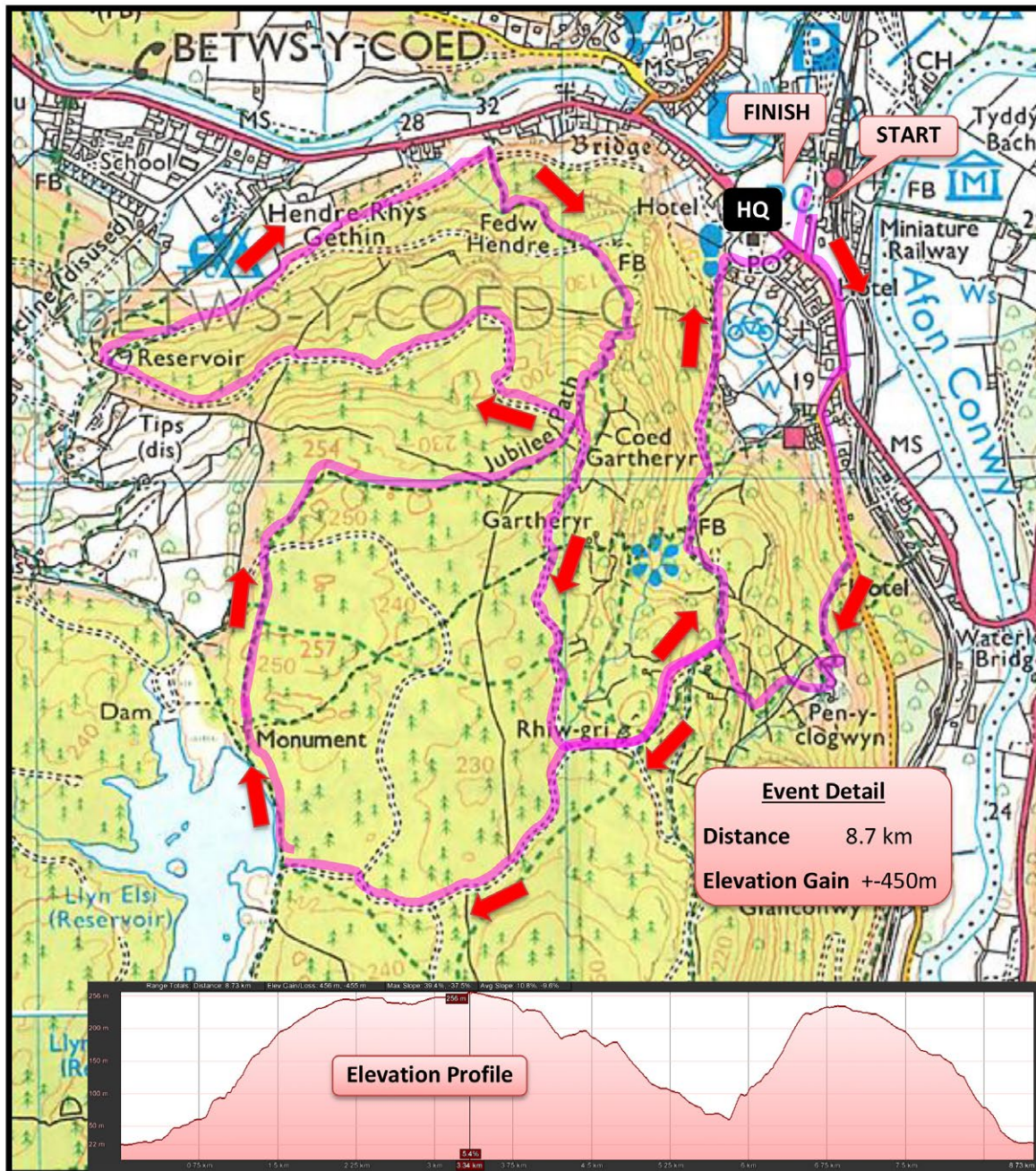


## SHORT COURSE

# World Masters Mountain Running Championships Course 2015

## Timetable – Saturday 12<sup>th</sup> September 2015

RACE	TIME	AGE GROUP
7	13:00	Master Men 55
8	13:30	Master Men 60
9	14:00	Master Men 65, 70 & 75
10	14:45	Master Women 55, 60, 65, 70 & 75







[www.wmrcwales.org](http://www.wmrcwales.org)

Principal Partner

