

Cwm Sirhowi Ride 02 / 03 June 2018

Thank you for entering Cwm Sirhowi

Please ensure you carefully read, and comply, with these details – particularly with due regard to everyone's Health and Safety.

Rider Numbers and Vet Times are as attached

The Venue: is the old Switchgear Sportsfield, Gelligroes, Pontllanfraith, NP12 2LP- courtesy of Islwyn Riding Club.

Directions to Venue: (Best approached from Junction 28 if coming on M4

You must approach the Venue from the third roundabout from Maesycymmer, or first after Newbridge on

A472 and join the B4251 at the second roundabout (both signposted "Pontllanfraith")- going left. At the

light controlled crossroads at the PLOUGH PUBLIC HOUSE turn left into Llanarth Road and follow to

Venue- about ½ mile after the housing ends.

Do NOT approach from the Switchgear roundabout- you will get stuck on a very narrow bridge! The entry/exit gate for the venue is shared with Riders leaving/returning - you **must** give them priority

Venue facilities:

Catering will be provided on Sunday. There is ample room for corralling and camping, and stabling is available via the website. There are 2 Pubs within a 5 minute walk and others within driving distance.

Water is only available from the River Sirhowi.

There will be toilets on site. Please make yourself familiar with the venue layout.

The Route

is varied going –good going along the mountain tops, Mynydd y Grug Common. Most Forest tracks have nice verges. There is one river crossing and several horse step overs.

You may encounter illegal trail bikes on the mountain. If you do they are mostly very courteous and will avoid you, but if you are concerned please report them to the next checkpoint who will contact the police.

Please remember it is your responsibility to ensure that Checkpoint stewards have your number when you pass.

The route will be marked with ORANGE spray arrows.

PLEASE make sure you study the map so you are familiar with your route.

Crewing

There are FEW suitable places for crewing. Vehicles are NOT allowed access to Mynydd y Grug common (the police could confiscate your vehicle).

There is NO space at Ynys Hwyl Barn. There is water on route so please carry a sponge and self crew.

Farrier will be in attendance at the Venue - see Rule Book for further information.

Late Campers- please ring Ride Organiser for access advice.

Camping and Corralling – please pay Secretary when you check in if you have not paid on line..

Relevant Medical Details (if rider requires) can be left in sealed envelope with the ride secretary.

GERs – please bring your filled-in “mastercard” (current and prior mastercard together). If you are new to the Sport- just ask the Secretary for help!

Class 1 & 2 – 80km and 64km (NB distances tbc on day)

– Hold time at Midway Vetting will be 40 mins. This could be subject to change if weather conditions change. After finishing, GERs and PRs must present for vetting within 30 mins of finishing.

For your health and safety, and that of others, please carefully read and comply with the following:

This ride is run under Endurance GB Rules, a copy of which is available at the Venue. Please ensure you comply with the new hat rules. (NB EN 1384 is no longer allowed)

Save for death or personal injury caused by the negligence of the Organisers or anyone for whom they are in law responsible, neither the Organisers of any event to which these rules apply, nor the Endurance GB, nor any agent, employee or representative of these bodies accepts any liability for any accident, loss, damage, injury or illness to horses, owners, riders, spectators, land or any other person or property whatsoever whether caused by their negligence, breach of contract or any other way whatsoever.

The Organisers of this event have taken reasonable precautions to ensure the health and safety of everyone present.

For those measures to be effective, everyone must take all reasonable precautions to avoid and prevent accidents occurring and must obey the instructions of the organisers and all Officials and Stewards.

In the Event of an Emergency:

At Venue – report immediately to ride secretary or organiser and First Aiders (4x4 responders) as necessary.

On Route: – report to nearest Checkpoint – or ask another rider to do so, giving exact location of emergency.

Emergency number is on the labels to be affixed to rider and horse, and is:

07867 512673

For other enquiries: Organiser 07867 512673

Riders have a duty of care to their crew members, other participants in the event, and members of the public.

They will be held responsible by Endurance GB for the acts and omissions of themselves or of their crew, they must not cause risk or hazard to others.

Please be courteous to other riders, crews, the public (especially cyclists and walkers in the Sirhowy Valley Country Park path), organisers and stewards.

NB. Rudeness will result in elimination.

Finally, the De Cymru Group would welcome your feedback.

Enjoy the countryside with spectacular views to the Brecon Beacons, Mendips and Quantocks (if clear!).

We hope you ENJOY YOUR RIDE. We are grateful to 4x4 Responders Wales for the Checkpoint provision, Health and Safety and First Aid and in particular their support when covering the Main Road Crossings.