



FINAL INSTRUCTIONS

9th September 2023

WELCOME

To the 2023 Black Diamond Torchlight Trail. This document contains all the information you'll need to have a great day and a safe race.

VENUE

Newborough Beach Main Car Park, Newborough Forest, Anglesey, LL61 6SG

EVENT DAY TIMINGS

18:45 – 19:45: Torchlight Trail Registration

19:40: Canicross Safety Brief at Finish Line.

19:50: Canicross races start, 5k and 10k.

19:50: Safety Brief 5k and 10k at Finish Line

20:00: 5k and 10k races start.

21:00: Prize Giving

22:00: Finish line timing will stop

You can find your race number, which you will need to collect your bib, via the [Event Start List](#). Please note that there is very little network signal in Newborough Forest, please check this before arriving.

IT IS COMPULSORY TO ATTEND YOUR SAFETY BRIEFING

The race organiser maintains the right to disallow a competitor to continue at any stage should it be deemed unsafe to do so.



GENERAL EVENT INFORMATION

FACILITIES

There are public toilets and portaloos in the event village. Please be sensitive and plan your comfort breaks for where there are facilities available.

You will be disqualified from your race if found urinating in a public place. Please use the toilets available.

RACE TIMING

The race will be timed using TDL services electronic timing systems. Your timing chip is contained within your race number which you will have picked up at registration. Please wear your number prominently on the front of the torso; ensuring that it is not covered by clothing.

Remember your number. No Number, No Race!

RESULTS

The Torchlight Trail features race timing & results by TDL Event Services. Race results will be live online at www.tdleventservices.co.uk



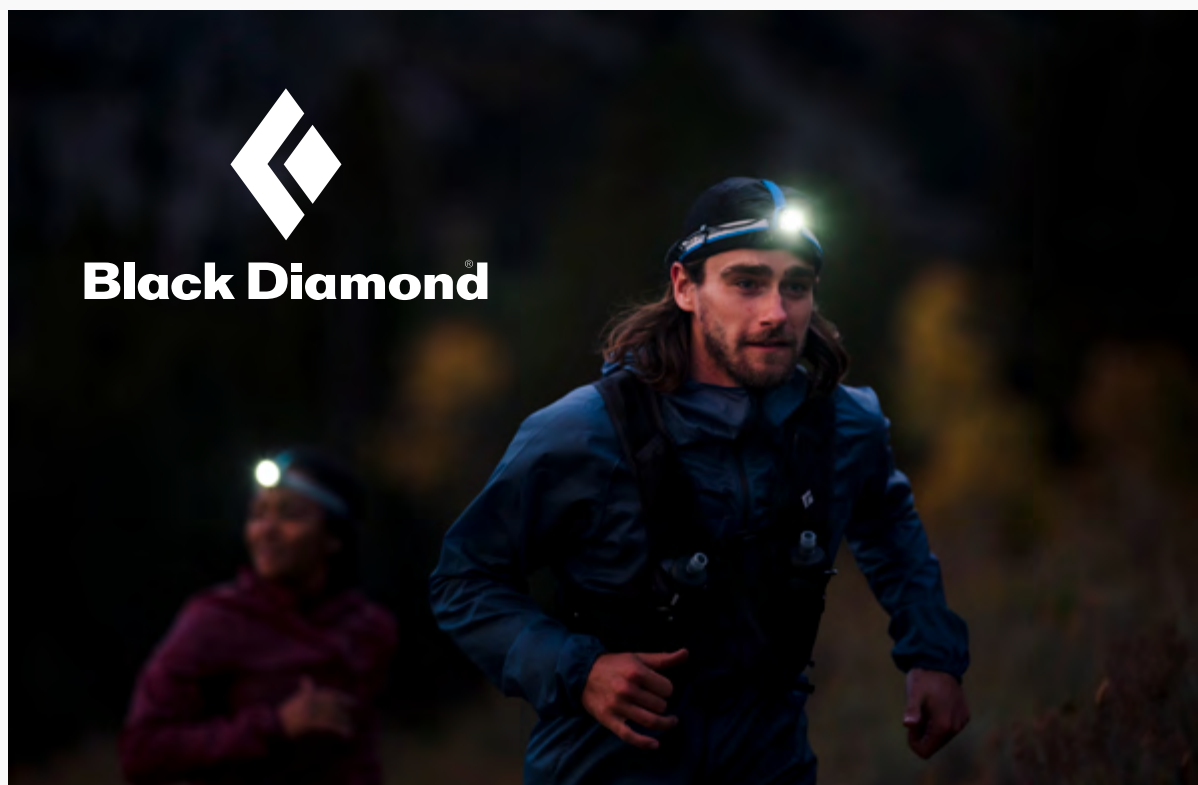
GENERAL EVENT INFORMATION

IMPORTANT SAFETY INFORMATION

The run takes place on mixed-use rocky and sandy trails. We would advise that you wear trail shoes with good aggressive grip. The venue will be open to other users so please take care and be considerate.

The use of bone conduction headphones is permitted. Use of any other headphones is prohibited.

If you retire from the race, please call 07527 034 308 quoting your race number.



INNOVATIVE, PERFORMANCE-DRIVEN AND RELIABLE HEADLAMPS TO DEFEY THE DARK. AVAILABLE [online](#) & IN THE AAH EVENT STORE.

GENERAL EVENT INFORMATION

CUPLESS DRINK STATIONS

There is no drink station on the 5k distances, but there is a drink station on the 10k as you pass onto your 2nd lap. This is a cupless drink station - if you do not have your own reusable race cup you can collect one at registration.

LITTERING

Any person found littering will be immediately disqualified from the event and banned from all Always Aim High Events. Please respect the beautiful location you are running in and dispose of any gels or bottles responsibly. You may dispose of your gel wrappers at the designated litter points and with event marshals.

ALWAYS AIM HIGH EVENT STORE

Pre-ordered t-shirts and hoodies can be collected at the event Registration. There will be a limited number of t-shirts and hoodies for sale on the day at the Always Aim High Event Store. All pre-ordered merchandise must be collected on the day from the event store, it cannot be posted after the event.

BALCK DIAMOND DEMO KIT

There will be a number of Black Diamond headtorches available to trial at the event, as well as demo trail running kit from the excellent Black Diamond range. Loan units available on a first come, first served basis at the Black Diamond gazebo, head over to meet George and the team.

PRIZE GIVING

The award ceremony will take place in the Event Village at 21:00 (approx). Prizes will be awarded to the top 3 OPEN and FEMALE winners in the 5k & 10k races, and first place in the Canicross races.

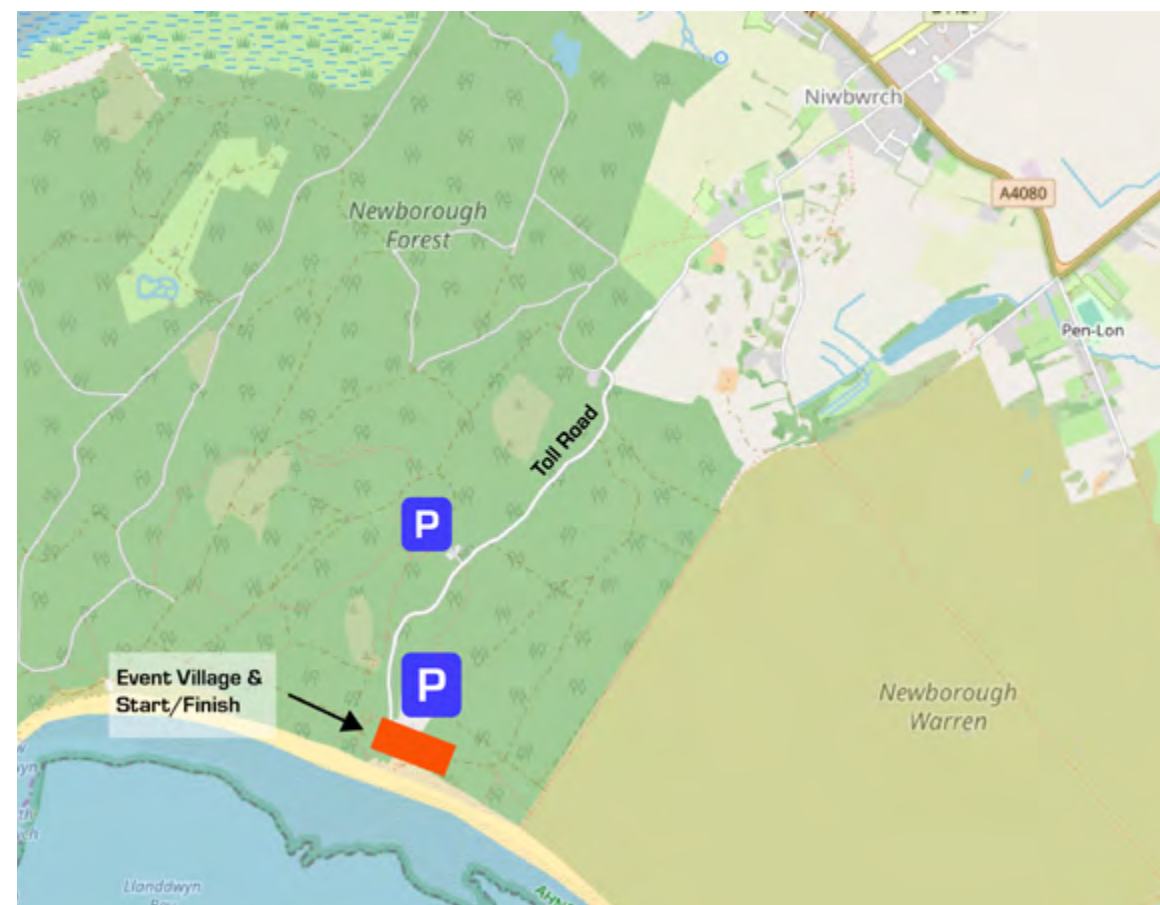
GENERAL EVENT INFORMATION

CAR PARKING

There are a few National Resources Wales (NRW) car parks available however, the main event car park is the beach car park next to the Event Village. Parking is extremely limited and fills up quickly, so please park sensibly and follow instructions at all times.

Please give yourself enough time to park. NRW charges for parking.

No overnight parking is allowed in any NRW car parks. PLEASE DO NOT PARK OVERNIGHT. Wardens do carry out checks.



FURTHER INFORMATION FOR RUNNERS

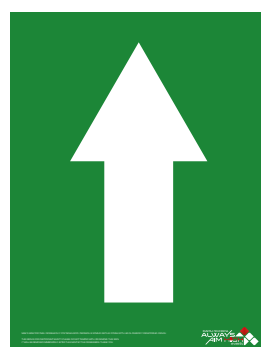
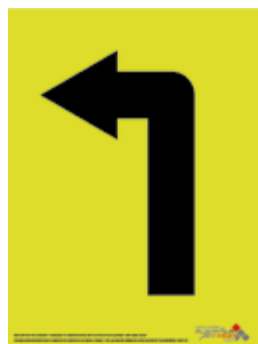
RACE SIGNAGE

Please pay attention to the following sign colourings:

Green = event village signage

Yellow = race course signage

At points on the course, it's not always possible to mark the way with arrows, in some circumstances ground stakes and ribbon will be used.



SAFEGUARDING

COMMITMENT STATEMENT

This event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice.

Event Safeguarding Officer – Brian Corcoran – 07734 853748

Safeguarding procedures can be found on the day in Event Control.

RACE DAY EMERGENCY CONTACT

If you need to speak to someone urgently on race day about the race, please call 07527 034 308. This phone number is for the race duration only and will not be activated at any other times.

RACE RULES

Please ensure that you have read and adhere to the race rules. Failure to do so will result in disqualification from the event.

ALL RUNNERS

- Head torches are compulsory for ALL runners and must be switched on from the start & throughout the race. You must wear a sufficiently charged head torch for the duration of the run. Runners without a head torch will not be permitted to race. **Head torches will be available to purchase from the Always Aim High Event store.**
- Follow the marked run course out of transition. Most signs will be reflective for visibility in the dark.
- Only turn if you see an arrow/marker or if a marshal tells you to do so.
- Please keep left on the course unless you are overtaking.
- If you are completing the 5km you complete a single loop of the course.
- If you are completing the 10k you will complete 2 loops of the course. Follow the lap signs through the transition area and out onto the course again. Do not cross the finish after your first loop.
- The use of bone conduction headphones is permitted. Use of any other headphones is prohibited.

CANICROSS SPECIFIC

- Strictly 1 dog per runner
- Dogs must be visible to other runners
- Dogs must be at least 12 months old
- In season, pregnant or lactating bitches are not permitted to race
- Dogs must be run in a correct fitting harness (not on a collar) and be attached to a waist belt worn by the runner. Lines should have some amount of bungee and be no longer than 2m at full stretch.
- Canicrossers must do their utmost to ensure that their dogs do not interfere with other runners or dogs.

RACE RULES

- The following are not allowed:
 - Footwear with studs or spikes
 - Choke chains or any collar that constricts your dog's throat
 - Electric shock or prong collars
 - Halties
 - Closed Muzzles
 - Flexi leads
- Water will be available at the Start/Finish and at the feed stations. However, canicross runners are responsible for providing water for their dogs at all times.
- You must carry poo bags and pick up after your dog. Dog waste must only be disposed of in the dog fouling bins.
- When overtaking, the advancing canicrosser must shout 'runner behind coming through' to warn the runner in front of their intentions.
- A canicrosser who is being overtaken must assume responsibility to ensure that their dogs are to one side of the track and do not interfere with the runner going past.
- Dogs should not be brought to the event to participate if they are coughing, on any pain relief, have recently been in contact with infectious disease or are generally showing signs of ill-health.
- It is the owner's responsibility to ensure their dog is fit and healthy before taking part. Should you have any doubts, please consult your registered/trusted veterinary professional before arrival. Details of the nearest veterinary surgery will be on show at the event or available from the Race Director.



WWW.ALWAYS AIM HIGH EVENTS.COM

