



2018 Event Booklet

INTRO

Welcome to Gritfest!

Thank you for entering the first ever Gritfest event. We have a packed weekend of riding and fun things to do throughout the weekend and look forward to showing you the incredible scenery and riding around the area.

LOCATION

Gritfest HQ is at Glangwenlais farm, just 400 metres outside the village of Cilycwm, Carmarthenshire.

Post code: SA20 0TF

IMPORTANT - Most Sat Nav devices will take you to the wrong location. When leaving Cilycwm, follow CYCLE EVENT signs and do not turn off onto unsurfaced roads.





SITE RULES

Glangwenlais is a working farm, although the area used is also a small caravan site and no livestock have been on the main camping fields this year.

Dogs are allowed, but it is extremely important that they are kept on a lead and under control at all times. Please ensure you clean up after your dog as bacteria can kill livestock.

Do not feed or touch any of the livestock. There will be lambs in fields near by and it is important that these rules are followed.

Please do not venture to areas of the farm outside of the event HQ area.

Do not discard or leave any litter. A refuse disposal point will be available to leave all rubbish, or if you can take it with you and recycle where possible we would appreciate it.

The venue and surroundings are fantastic and we hope to come back, so it is important that you follow these rules.



SCHEDULE

Friday:

10am – Campsite open.

4pm - Catering & drinks will be available

5pm to 7pm – Registration Open

Saturday:

7am – Catering Open

8am to 9am – Registration Open

10am – Mass Start

11am to 1pm – Archery with *Hawk Adventures*

2pm to 5pm – Bushcraft with *Hawk Adventures*

2pm – First Riders expected back

6pm – Evening entertainment starts

7pm – Live music from local band, *The Sliders*

Sunday:

7am – Catering Open

10am – Mass Start (10km neutral to first timed stage)

12noon – First Riders expected back

2pm – Prize Giving

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COURSE DETAILS

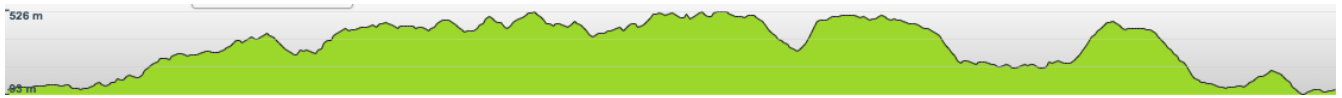
Saturday June 23rd:

Distance – 91.5km

Total Climbing – 2200m

Feed Stations – 21km & 54km.

Water Station – 66km



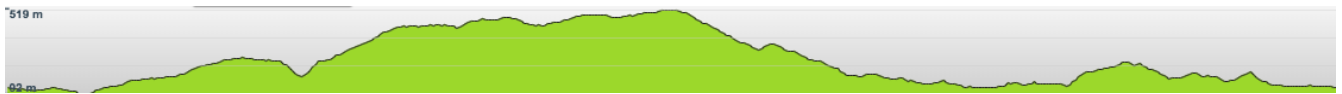
Bailouts will be possible at each feed station. They will not be signposted, but details and print outs will be available at each feed station.

Sunday June 24th:

Distance - 41km

Total Climbing – 1000m

Feed Station – 22km



Special Stage Details:

Special Stage 1

Type - Undulating

Distance from stage start – 11km

Stage Distance – 6.8km

Stage Climbing – 219m



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Special Stage 2

Type – Undulating

Distance from stage start – 31km

Stage Distance – 22.7km

Stage Climbing – 580m



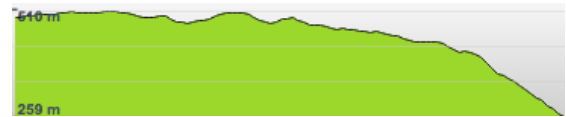
Special Stage 3

Type – Descent

Distance from stage start – 56.7km

Stage Distance – 8.9km

Stage Descending – 314m



Special Stage 4

Type – Climb

Distance from stage start – 10km

Stage Distance – 10km

Stage Climbing – 348m



Special Stage 5

Type – Descent

Distance from stage start - 21km

Stage Distance – 2.4km

Stage Descending – 170m



Special Stage 6

Type – Descent

Distance from stage start – 33km

Stage Distance – 5.2km

Stage Climbing – 179m





RACE TIMING:

The race will use SportIdent contactless timing chips for all stages.

The chips will be worn on riders wrists with a band provided.

Each stage start & finish will be signed with a marshall in place. It is important that riders follow the following points:

- Riders will be held 5-10 metres before the timing start and flow through one at a time
- Stage finishes will be signposted and a marshall will be present. There is likely to be some barrier tape and cones in place to filter riders through to a narrow finish line section.
- Riders are requested not to stop immediately after or before the stage start/finish. Several stages will have feed stations near by, but at least 20 metres from the timing points.

RACE CATEGORIES

The following categories will have prizes for overall winners (Male and Female for each). There are no prizes for individual stages, but each stage will have results on display.

Senior – 16-39

Veteran – 40-49

Grand Veteran – 50-59

Super Veteran - 60+



CAMPING & FACILITIES

Opens – 10am Friday, June 22nd

Closes – Midday Monday, June 25th

All vehicle types are allowed, but there is no hardstanding space.

Please only take as much space as you need, don't be greedy!

Families and non-riding friends are welcome to come, but camping is based on 1 pitch per entered rider.

Water is available

Portable showers & toilets will be available

There is no chemical disposal on site.

Please note, mobile signal in the area is poor on most networks.

O2 & Vodafone, very limited and unlikely to have signal

EE – Limited signal, 3G/4G available near-by but not always within the arena

3 – Likely to have a signal, but 3G/4G may be limited

Local bike shop Cycle-Tec will be on-site and have a range of spares available should you encounter any mechanicals.

The nearest location where signal is ensured on all networks is Llandovery.

Llandovery is also the nearest town with supermarkets, ATM, fuel & several food options.



CATERING

NB: Due to very limited mobile signal and likelihood that mobile card payments will not be possible we suggest you bring cash with you. The nearest cash point is in Llandovery, 4 miles & 20 minutes drive away.

We will have the following available throughout the weekend:

Nixons Farm Catering – Various food optionals, from breakfast to evening meals.

Pizza-ria – Freshly cooked stone-baked Pizzas

Gilly's Coffee & Cake – Barista Coffee & homemade cake

Neuadd Arms – The local pub in Cilycwm will be on-site with a full range of drinks including fantastic Real Ales from Welsh company, Tiny Rebel



ACTIVITIES & ENTERTAINMENT

We hope to have a full range of activities on site across the weekend to keep people & families busy when not riding.

Hawk Adventures:

On Saturday, from 11am Hawk Adventures will be on site and providing archery & bushcraft activities for non-riding family members and suitable for children. Places are limited, please let us know if you would like to book a spot.

Archery – 10am to 1pm

Bushcraft – 2pm to 5pm

On Screen:

We hope to have a screen available with MTB films playing and possibly World Cup matches if you must!

Live Music:

From 7pm on Saturday we will have local band, *The Sliders* playing. They are a great band and play a very diverse mix of music.

Cwm Rhaeadr:

The local forest of Cwm Rhaeadr is a fantastic forest just 2 miles from Cilycwm which has waymarked walking and MTB routes. It is a stunning spot with fantastic views from the top.

The MTB trail and some sections of the walking trail will be closed on Sunday as Gritfest is using sections of the forest.

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