

Pen y Fan Race Risk Assessment

Name of Assessor	Assessment Date
Crispin Flower, Race organiser 07984 807186	04 July 2026

Activity Assessed
Location: Pen y Fan from Cwm Llwh. 12.00 hrs on Saturday 11 July 2026 A fell/mountain race using public rights of way and access land on Pen y Fan. Approximately 5.8 km and 588 metres of ascent. Registered with and organised under the rules of Welsh Athletics.

No.	Description / hazard	Persons at risk	Risk Low Medium High	Control measures and considerations	Acceptable risk after mitigation? Yes/No
1	Collision with motor vehicle in parking area	Competitors Marshals	Low	The race route does not go near any public highway, and the parking area is extensive, on dirt track and grass so vehicle speeds are very low. High Viz Jackets to be worn by marshals in parking area.	Yes

2	Injury due to trips or falls during race	Competitors Marshals	High	Fellrunning is an arduous sport involving running over steep and often rough terrain and it is undertaken by people who have a clear understanding of what it entails.	Yes
	Illness, dehydration, hypothermia		Low	The race terrain, distance and accumulated height will be made clear to competitors. Race route map will be on display. Competitors are asked to complete an entry form which highlights the risks and includes agreement to comply with the requirements of the WFRA Safety Code. Competitors are required to carry protective clothing and equipment in line with the WFRA Safety Code. Competitors take responsibility for carrying their own fluid and protective clothing. In the event of a serious injury all parts of the course are within 1.5 miles of a road and therefore relatively easy access to emergency services. Whilst the route negotiates some terrain which is near to cliffs and steep ground, most of the route follows recognised well-trodden paths. The majority of competitors are familiar with the area, have competed over this course in previous years, and expect to assist other competitors in cases of emergency.	Yes

				Marshals will carry mobile phones to summon assistance if required. Competitors will receive information before the race regarding any specific hazards which are over and above those expected by running on rough terrain. Fellow competitors should stop and support an injured runner. Organisers will be aware of how many runners set out and runners will be electronically counted through checkpoints. In the event of a missing runner at a checkpoint or the finish, the race organiser will take responsibility for the route to be checked and deciding when to alert authorities. In fellrunning terms this is a short and relatively easy race, and therefore unlikely to produce incidents of extreme dehydration or hypothermia. Similar distanced road race events would not involve competitor drinks stations. The race follows safety guidelines issued by the Welsh Fell Runners Association and is insured by them for public liability. There will be a First Aid kit at Race HQ (car parking area). Individuals will be on site who are First Aid trained.	
3	Injuries due to falling/rolling rock	Competitors Marshals	Low	The steeper sections of the route are susceptible to occasional rock rolls due to the disturbance of loose rocks by walkers and runners. The risk to runners is no greater than that to which the	Yes

				general public are exposed whilst walking on Pen y Fan. Runners will not be racing directly below sheer cliffs.	
4	Injury to runners or general public through collision	Competitors Public	Low	The route being used is made up of popular paths also used by walkers. They are however clear of obstacles and allow good visibility. The paths are broad and passable by several people abreast, and/or have extensive open ground adjacent to the path.	Yes
5	Interference with livestock	Competitors	Low	Pen y Fan land owned by National Trust is a grazing area for farmed sheep. The land owned by Mr Powell of Modrydd is a grazing area for farmed cattle or sheep; Mr Powell has been informed of the race date well in advance, and is familiar with the route and the nature of the event. The race is mostly on well-used paths, with some sections on open ground, and will not put place runners into a position where they could inadvertently run livestock onto steep ground such that they might get injured. Any livestock in the area will be accustomed to the presence of people using Pen y Fan for a range of activities.	Yes
6	Environmental issues: Wear & tear of footpaths, stiles, gates, etc.	n/a	Low	The race uses well-trodden footpaths for the majority of the route. In the section of the route that is not on a well-trodden footpath, runners take a variety of routes across the open ground, minimizing erosion potential. The route does not interfere with or pass close to known nesting	Yes

	Adverse impact on flora and fauna.			sites, and does not bring runners onto the inaccessible ledges and steep north-facing cliffs above Cwm Llŵch that feature a rich moss, fern and herb flora. The race makes use of one stile, at the boundary of National Trust land. Competitors use the stile one at a time in the same manner as walkers, and bring no additional risk of damage. In the context of the wider use of Pen y Fan the race has minimal impact.	
--	------------------------------------	--	--	--	--

Signed: Crispin Flower

Date: 04 July 2026

This Risk Assessment will be reviewed periodically, and when triggered by known changes to the available information, up to and on the day of the event.