

Name of Assessor	Assessment Date
Crispin Flower, Race organiser 07984 807186	11 June 2023

Activity Assessed
<p>Location: Fan y Big Horseshoe Race. 1200 hrs on Saturday 8 July 2023. Llanfrynach.</p> <p>A fell/mountain race using public rights of way and access land on Fan y Big and Bryn.</p> <p>Approximately 16.5 km and 670 metres of ascent.</p> <p>Registered with and organised under the rules of the Welsh Fell Runners Association.</p>

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	<p>The parking area is extensive, on dirt track and grass so vehicle speeds are very low.</p> <p>High Viz Jackets to be worn by marshals in parking area.</p> <p>The race route follows a minor road for a short distance, then follows the road through Llanfrynach Village. Traffic volumes</p>	Yes

				are very low, and traffic speeds are low due to the nature of the roads. The road through the village has pavements that competitors will use. Marshals with High Viz Jackets will be on the route.	
2	<p>Injury due to trips or falls during race</p> <p>Illness, dehydration, Hypothermia, Hyperthermia</p>	Competitors Marshals	<p>High</p> <p>Low</p>	<p>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.</p> <p>The race terrain, distance and accumulated height will be made clear to competitors.</p> <p>Race route map will be on display.</p> <p>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.</p> <p>Competitors are required to carry protective clothing and equipment in line with the WFRA Safety Code.</p> <p>Competitors take responsibility for carrying their own fluid and protective clothing from the elements.</p> <p>In the event of a serious injury all parts of the course are within c.2 miles of a road and therefore relatively easy access to emergency services.</p> <p>Whilst the route negotiates some terrain which is near to cliffs and steep ground, most of the route follows recognised well-</p>	<p>Yes</p> <p>Yes</p>

			<p>trodden paths.</p> <p>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.</p> <p>Marshals will carry mobile phones to summon assistance if required.</p> <p>Competitors will receive information before the race regarding any specific hazards which are over and above those expected by running on rough terrain.</p> <p>Fellow competitors should stop and support an injured runner.</p> <p>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.</p> <p>In fellrunning terms this is a relatively easy race, and therefore unlikely to produce incidents of extreme dehydration or hypothermia.</p> <p>Weather conditions may be hot. Competitors are advised to carry drink and food, and to be aware of the symptoms of dehydration, hypothermia and hyperthermia. Drinking water will be made available at the race finish, and there is a stream for cooling down.</p>	
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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 general public are exposed whilst walking on Fan y Big. Runners will not be racing directly below sheer cliffs.	Yes
4	Injury to runners or general public through collision	Competitors Public	Low	<p>The route being used is made up of popular paths also used by walkers. They are however clear of obstacles and allow good visibility.</p> <p>The paths are broad and passable by several people abreast, or have extensive open ground adjacent to the path.</p>	Yes
5	Risks specific to Juniors	Junior runners	Low	N/A	N/A
6	Interference with livestock	Competitors	Low	Some of the race route is a grazing area for farmed sheep. The race is mostly on well-used paths, or on open ground, and will not put 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 the hills for a range of activities.	Yes

7	<p>Environmental issues:</p> <p>Wear & tear of footpaths, stiles, gates, etc.</p> <p>Adverse impact on flora and fauna.</p>	n/a	Low	<p>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.</p> <p>The route does not interfere with or pass close to known nesting sites, and does not bring runners onto the inaccessible ledges and steep north-facing cliffs that feature a rich moss, fern and herb flora.</p> <p>The race makes use of a few gates and stiles, on the outward route Competitors use stiles one at a time in the same manner as walkers, and bring no additional risk of damage. Competitors are advised to leave gates as found.</p> <p>In the context of the wider use of Fan y Big the race has minimal impact.</p>	Yes
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Signed: Crispin Flower

Date: 11 June 2023

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.