

<b>Name of Assessor</b>	<b>Assessment Date</b>
Crispin Flower, Race organiser 07984 807186	11 June 2023

<b>Activity Assessed</b>
<p>Location: Pen y Fan from Cwm Llwh. 1200 hrs on Sunday 9 July 2023</p> <p>A fell/mountain race using public rights of way and access land on Pen y Fan.</p> <p>Approximately 5.8 km and 588 metres of ascent.</p> <p>Registered with and organised under the rules of the Welsh Fell Runners Association.</p>

<b>No.</b>	<b>Description / hazard</b>	<b>Persons at risk</b>	<b>Risk</b> Low Medium High	<b>Control measures and considerations</b>	<b>Acceptable risk after mitigation?</b> 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	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	Yes

	<p>race</p> <p>Illness, dehydration, hypothermia</p>		<p>Low</p>	<p>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 1.5 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-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</p>	<p>Yes</p>
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				<p>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 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.</p> <p>The race follows safety guidelines issued by the Welsh Fell Runners Association and is insured by them for public liability.</p> <p>There will be a First Aid kit at Race HQ (car parking area). Individuals will be on site who are First Aid trained.</p>	
3	Injuries due to falling/rolling rock	Competitors Marshals	Low	<p>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 Pen y Fan. Runners will not be racing directly below sheer cliffs.</p>	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	<p>The above risks and mitigation measures also apply to Juniors.</p> <p>Additionally, there are measures in place to protect Juniors by limiting the distance they are required to run in accordance with recommendations made by the Fell Runners Association. The exception to this is the U13 race, which is longer than the U13 guidelines set out by the WFRA. However, the route is simple and extra marshals and signs will be placed around the Llyn in order to mitigate the risk of going off track.</p> <p>Marshals will be in place and briefed to turn around age-specific Juniors using a colour coded number system to recognise which category individual Juniors are in, i.e. under 7s, 9s, 11s, 13s and 15s.</p> <p>The colour-coded system additionally offers Juniors a broader level of protection by assisting adults (both marshals and spectators alike) to visibly see and identify juniors when on the course or around the race venue.</p> <p>The junior runners will not be electronically counted, but their</p>	Yes

				<p>routes are much simpler, with a simple “out and back” route for U7, U9 and U11, and a simple “out, around an obvious lake with signposts and back” for U13 and U15.</p>	
6	Interference with livestock	Competitors	Low	<p>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.</p> <p>The race is mostly on well-used paths, or 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.</p>	Yes
7	<p>Environmental issues:</p> <p>Wear &amp; 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 above Cwm Llwech that feature a rich moss, fern and herb flora.</p> <p>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.</p> <p>In the context of the wider use of Pen y Fan the race has minimal impact.</p>	Yes

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.