

THE HAY HILL RAISER 11 MILE + ROAD RACE.

How to find it;

HAY-ON-WYE is on the border of Wales and England, just off the Hereford to Brecon **A 438** road.

The H.Q. for the race is at HAY-ON-WYE school, postcode **HR3 5BT**, in the centre of the town. The school is off the main Car Park in Oxford Road.

Entering the town from most directions you can follow the blue-backed Car Park signs coupled with the brown-backed 'i' for the Tourist Information Centre – both lead to the Car Park.

The charge for use of the public car park is a maximum of £2.20 for any period from 4 hours to a full day (and night).

Race H.Q.

The School is entered from the car park and registration will be within the school grounds. Open from 9 a.m. 2nd. September, race starts 11.a.m.

A map and description of the course will be displayed in the grounds.

(Those who have received their numbers do not need to report to registration on the day).

Public Toilets are available at the top of the car park.

There will be refreshments available after the race.

First Aid personnel will be in attendance at the Start/Finish area, 2 minutes walk from the school grounds.

The Race;

The start will be on the road outside the Hay Surgery on Forest Road – directions will be posted from the school grounds.

The Course is all on road, the first 5 km. on two-lane road and the remainder on low-use single-track roadway. After the first flat kilometre the road climbs gradually up to about ten kilometres with one steep stretch at 6 km. There are then a few undulations before the long descent back to the start/finish area. It will be well marshalled and signed with water stations at 5,10 and 15 km.

Supporters;

Supporters who wish to see the runners during the race can be directed up to Hay Bluff Car Park – the lead runners should pass there about one hour after starting.

Have a great race!!

Pre-race Contacts:

Jo Lord, Secretary,
Shaun Emms, Race Co-ordinator,
admin@hayhotfooters.co.uk

07831 609889
01497 820389
www.hayhotfooters.co.uk