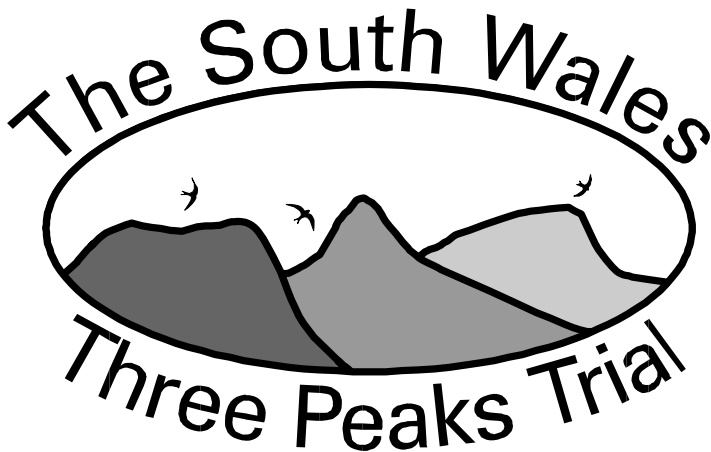


# The South Wales Three Peaks Trial



**SATURDAY, 28<sup>TH</sup> MARCH 2009**

**A Walk Designed to Test Endurance and Map Reading Skills**

Route	Mountains	Ascent	Distance
<b>*Platinum</b>	Bal Mawr; Pen Cerrig Calch; Sugar Loaf	5000' (1525m)	17 Miles
<b>Gold</b>	Blorengae; Sugar Loaf; Skirrid Fawr	5000' (1525m)	20 Miles
<b>Silver</b>	Blorengae; Sugar Loaf	4000' (1220m)	15 Miles
<b>Bronze</b>	Sugar Loaf	2000' (610m)	10 Miles

\* Although the Platinum Route is shorter than the Gold, the ascents are steeper and navigation more challenging, hence the higher grading.

THE THREE PEAKS TRIAL  
IS ORGANISED BY:



& SUPPORTED  
BY:



Longtown Mountain  
Rescue Team

RAISING FUNDS FOR:

1. LONGTOWN MOUNTAIN RESCUE TEAM
2. ELENYDD WILDERNESS TRUST

EVENT WEBSITE: [www.threepeakstrial.co.uk](http://www.threepeakstrial.co.uk)

E-mail: [3pt@cardiffoutdoorgroup.org.uk](mailto:3pt@cardiffoutdoorgroup.org.uk)

# Three Peak Trial Challenge Walk Entry Form 2009

NAME:

AGE:

HOME ADDRESS:

HOME ☎:

POSTCODE :

MOBILE ☎:

EMAIL ADDRESS:

## TICK WHICH ROUTE:

Platinum [ ] or Gold [ ]; or Silver [ ] or Bronze [ ]

How did you find out about the event?.....

### Group Entry

If you are entering as a group write all details as listed above for each member of your group on a separate sheet of paper or entry forms are available on the Three Peaks Trial website.

### Entry Fee for the PLATINUM Route:

There is an entry fee for adults of **£10.00 before the day of the event**. For juniors or unwaged the entry fee is **£5.50**. The entry fee includes the bus to Llanthony. **There is no entry on the day for Platinum Route.**

### Entry Fee for the GOLD, SILVER & BRONZE Routes:

There is an entry fee for adults of **£5.50 before the day of the event**. For juniors, unemployed people or students the entry fee is **£3.00**. **For those entering on the day, the entry fee is £10 for adults, £3.00 juniors or unwaged.**

Cheques should be made payable to **Cardiff Outdoor Group**.

## TOTALS

Route	No. of Entries (Adults)	Cost £	No. of Entries (Unwaged)	Cost £	Total £
PLATINUM					
GOLD					
SILVER					
BRONZE					

**Send the completed entry with a Self Addressed Envelope (SAE) to:**

3PT 2009, 122 Stow Hill, Newport, Gwent. NP20 4GA ☎ 01633 257632

**CLOSING DATE FOR PRE-ENTRIES 14<sup>th</sup> MARCH 2009**

I ENCLOSE A CHEQUE/POSTAL ORDER FOR £.....

(PAYABLE TO **CARDIFF OUTDOOR GROUP**).

**THE ORGANISERS REGRET THAT THEY CANNOT ACCEPT ANY RESPONSIBILITY FOR ACCIDENT OR LOSS, HOWEVER CAUSED.**

**The Three Peaks Trial** is an organised walk arranged each year in March by the *Cardiff Outdoor Group*. Designed to test the walker's map reading skills and endurance, the event was first held in March 1963. Over the years the event has been modified so in 2008 there is a choice of four routes:

**Platinum Route:** This is a linear walk of about 17 miles and 5000' of ascent from Llanthony to Abergavenny over Bal Mawr, Pen Cerrig Calch and Sugar Loaf. Entry to the Platinum Route is limited to 50. Although shorter than the Gold Route, the Platinum Route is more demanding both physically and in map reading skills as the area is more remote.

**Gold Route:** This is the original challenge, a circular walk of about 20 miles and 5000' of ascent, which crosses over three prominent peaks around Abergavenny in Monmouthshire; Blorengce, Sugar Loaf and Skirrid Fawr. This route is never far from civilisation yet there is no obvious route so that concentration on map reading is essential to keep to the best route.

**Silver Route:** This is a circular walk of about 15 miles and 4000' of ascent. The route follows the Gold Route from Abergavenny over Blorengce and Sugar Loaf then descends back to Abergavenny.

**Bronze route:** This is a circular walk of about 10 miles and 2000' of ascent. The route goes from Abergavenny to the summit of Sugarloaf, descending by a different path. This year proceeds from the event will be donated to:

1. Longtown Mountain Rescue Team;
2. To support Elenydd Wilderness Trust to maintain Ty'n Cornel & Dolgoch Youth Hostels;

One quarter of the proceeds will go to the Cardiff YHA Local Group, Cardiff Outdoor Group.

#### **Start Point**

The event will start from the Red Cross Hall at Fairfield Car Park, Abergavenny (GR S0299146) where there is ample car parking (£3.50 for the day). The walk will also be controlled from here and finish here. A street map showing the location of the Red Cross Hall is on the Three Peaks Trial website.

#### **Equipment check list:**

The following is required: **Map\* (1:25000 or 1:50000), Compass\*, Torch, Whistle, Emergency Rations, A simple First Aid Kit (to include plasters & a blister kit), Small change for the telephone, Waterproofs** - including overtrousers, **Sensible footwear** - boots with ankle support and good tread, experienced runners should have appropriate footwear.

**IF YOU DO NOT HAVE THESE ITEMS YOU WILL BE REFUSED ENTRY**

\*For entrants walking as groups for the entire route, one map and compass for each three entrants is acceptable.

#### **Accommodation:**

An Accommodation List for the Abergavenny Area is on the Three Peaks Trial website.

**Platinum**

**Gold**

**Silver**

**Bronze**

## **DETAILED INSTRUCTIONS PLATINUM, GOLD, SILVER & BRONZE ROUTES**

#### **Conditions of entry & Information**

- (1) Entry is restricted to a minimum age of 12 years.
- (2) Each walker must carry those items listed in the Equipment List. All walkers must sign the 'Kit Declaration' on the front of the Registration Sheet. Parents or Guardians must sign for juniors.
- (3) Walkers must observe the Country Code at all times.
- (4) The organiser has the right to :-
  - postpone or cancel the event if weather conditions are considered too severe. Neither the organiser, *Cardiff Outdoor Group*, nor the Youth Hostels Association can accept any responsibility for any loss, injury or financial loss sustained in the event that the walk is postponed or cancelled. If the event is cancelled due to severe weather the entry fee is non-refundable.
  - refuse entry and to require entrants to retire for any reason, but especially on the grounds of safety.
- (5) **No dogs** can be allowed on the walk as its lambing season and the walk passes through some farmland.
- (6) All walkers **must** stay on public footpaths through farmland.
- (7) **CLOSING DATE FOR PRE-ENTRIES IS 14th March 2009.**
- (8) A week before the event you will be sent a Registration Sheet to complete. Don't forget to bring it with you on the day of the event.
- (9) Entrants **MUST** comply with random checks to ensure entrants have the equipment listed in the 'EQUIPMENT CHECK LIST' on previous page.
- (10) All walkers **MUST** report to the Red Cross Hall at the end of the walk. All walkers retiring during the event **MUST** advise the organisers (the phone number is on the Checkpoint Card). Transport is available to collect walkers wishing to retire and needing a lift back to the Red Cross Hall. **Failure to report back may result in the Police and Mountain Rescue being called out.** Light refreshments will be available at the Red Cross Hall for all entrants between 2.30 pm and 7.30 pm. Unless there are unforeseen circumstances (eg. walker missing/injured etc.) then the Red Cross Hall will close at 7.30 pm.
- (11) Pre-registration and Registration details are given under additional information for each route below and on the next page.
- (12) Procedure at each checkpoint: Walkers may choose their own route between checkpoints, but they **must** check in at each in the order specified on the Checkpoint Card also shown in this leaflet. On arrival hand your card to the checker who will record your entry number and mark your card, your card will be returned to you to proceed to the next checkpoint. Unmanned checkpoints have an A4 size code letter. At unmanned checkpoints note this letter on your Checkpoint Card (pencil attached to checkpoint). On your eventual return to the Red Cross Hall present your Checkpoint Card at the check-in desk. If it is correctly marked you will receive a certificate confirming your achievement of completing The Three Peaks Trial Platinum, Gold, Silver or Bronze Route.
- (13) **Sunset time is 18:40 Hrs—Please endeavour to return to the Red Cross Hall before this time, otherwise you'll be walking in the dark.**

## ADDITIONAL ROUTE INFORMATION

**Please Note: Walkers who arrive after Checkpoints have closed must retire. Also you must inform the Organisers you have retired from the event (the phone number is on the Checkpoint Card) and make your way to the Red Cross Hall for refreshments.**

### Platinum Only

#### Pre-registration

Fill in the entry form at the end of this leaflet and tick the box for the Platinum Route. Send this with the entrance fee (£10.00 for adults, £5.50 juniors or unwaged) to the organiser and you will be sent a Registration Sheet. Cheques should be made payable to **Cardiff Outdoor Group**. No entries on the day will be accepted for the Platinum Route. The coach will leave at 8.00am and drop off entrants at Llanthony Abbey.

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#### Registration

Entrants should be at the Red Cross Hall by 7.30 am for registration. On arriving go to the Registration Desk and hand in your Registration Sheet and you will be given your Checkpoint Card. Then proceed to the coach waiting outside. The coach will depart at 8.00am to Llanthony Abbey for the walk to begin by 8.30am.

Time	Checkpoint	Checkpoint Opens	Checkpoint Closes	Grid Ref
8.00am	Bus leaves - Red Cross Hall, Abergavenny			299146
8.30am	Start - Llanthony Priory			288278
9.30am	Summit of Bal Mawr - 1 <sup>st</sup> Peak	9.00am	10.00am	267271
1.30pm	Summit of Pen Cerrig Calch - 2nd Peak	11.30am	3.00pm	217224
2.45pm	Outside Llanbedr Church	12.30pm	4.00pm	240204
4.30pm	Summit of Sugar Loaf - 3 <sup>rd</sup> Peak	9.30am	5.00pm	273188
6.00pm	Finish - Red Cross Hall, Abergavenny	7.30am	7.30pm	299146

**Please Note:** Water is available at all low level checkpoints.

<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
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#### Pre-registration

Fill in the entry form at the end of this leaflet and tick the box for either '**GOLD ROUTE**', '**SILVER ROUTE**' OR '**BRONZE ROUTE**'. Send this with the entry fee to the organiser ( £5.50 before the event , £3.00 juniors or unwaged) and you will be sent a Registration Sheet. Cheques should be made payable to **Cardiff Outdoor Group**. For those entering on the day, Registration Sheets will be available at the Red Cross Hall. The 'On the Day' entry fee is £10.00 for adults, £3.00 juniors or unwaged).

#### Registration

Go to the Registration Desk and hand in your Registration Sheet. You will be given your Checkpoint Card, ready to start!

TIME			CHECKPOINT		Check-point Opens	Check-point Closes	Grid Ref
GOLD	SILVER	BRONZE					
8.00am	8.30am	9.00am	Registration	Red Cross Hall, Abergavenny	-	-	299146
8.30am	9.00am	9.30am	Start (Latest)				
		9.50am	By the River, Castle Meadows		Unmanned		297137
10.30am	11.00am		Summit of Blorenge - 1st Peak		8.30am	12.30am	269118
		11.00am	By the River, Near Llanwenarth Church		Unmanned		273146
12.30pm	1.00pm		West side of Glangrwyney bridge		9.15am	2.00pm	239162
2.30pm	3.00pm	12.30pm	Summit of Sugar Loaf - 2nd Peak		9.30am	3.30pm	273188
		1.30pm	Near entrance to forest.		Unmanned		293173
3.30pm			Outside The Crown		10.30am	4.30pm	302179
4.30pm			Road east of Llwynfranc		Unmanned 'til 4pm-5.30pm		332192
5.15pm			Summit of Skirrid Fawr - 3rd Peak		11.00am	6.00pm	331183
6.15pm	5.00pm	3.00pm	Finish - Red Cross Hall, Abergavenny		7.30am	7.30pm	299146

**Please Note:** This time schedule is considered to be a rough guide only. In the event of deteriorating weather, slow walkers will be asked to retire for their own safety. **For those on the Gold Route who arrive at Sugar Loaf after 3.30pm must either retire or switch to the Silver Route.** Water is available at all low level checkpoints. The north slope of Blorenge is very steep. Extreme care is required when ascending, particularly in wet weather. Also be careful of loose stones on the north side of Skirrid.