

## **BRADDA NIARBYL FELL RACE ROUTE DESCRIPTION & HAZARDS – updated 4-7-15**

- Collect race number and sign FRA disclaimer at The Bay Hotel, Port Erin Beach 1900-2100 Friday 10th July OR 1000-1215 Sat 11th July. Race briefing and kit check 1245 on The Beach.
- Follow the marshalled route up from The Beach to the higher promenade, following the road, and **turning left onto the Coronation footpath**, initially following flags (through the finish area) to Milners Tower.
- Proceed past Bradda main summit then descend steeply to Fleshwick beach. The only section of road that it is permissible to run on is the short descent to Fleshwick forming part of Raad ny Foillan coastal footpath, beware of occasional vehicles on the road.
- Cross the stream next to the beach to access the ascent paths to **CP1** Lhiattee ny Beinne summit cairn GR212727
- Proceed to **CP2** Fishermans Stone GR223746 (40m West of Cronk Ny Arrey Laa summit cairn) via the Sloc GR216734 where water may be available.
- Descend to **CP3** Eary Cushlin **Car Park** (FIRST AID) **GR225763** The green lane South of the Car Park is OUT OF BOUNDS.
- **Ignore this section unless reccying, the route will be flagged on race day between CP3 & CP4**
  - Go North on the green lane for about 300m, then just before the gate go through the gap in the hedge into Kerroodhoo plantation on a mountain bike track.
  - Descend steeply through the plantation **\*\*follow the flags not the mountain bike track!\*\***, exit the plantation at the bottom, left on the path to Creggan Moar, left again at the road T junction (beware of occasional vehicles) and immediately left again on a footpath over the river
  - Go straight ahead up “the Slabs” green lane, take the 1<sup>st</sup> footpath on the right into the field, bear right following the flagged route across the field and over a cattle grid and private path to **CP4** Niarbyl Bay GR216771. [The marshals may be in a different location on this flagged route determined by best radio signal. **IF RECCYING REMAIN ON THE PUBLIC FOOTPATH**]
- From **CP4** follow Raad ny Foillan coastal footpath to **CP5** Gob ny Ushtey GR215757, keep to the landward side of the path next to a 10m section with a taped barrier marking the cliff edge, and do not overtake next to the barrier.
- Take any route to **CP6** Fishermans Stone GR223746, then re-trace the outward leg via the Sloc, **CP7** Lhiattee ny Beinne GR212727, Fleshwick, and Bradda summit path until GR188706. Follow the flagged route past Bradda lower cairn, descending to the Finish area above Bradda Glen Café GR193696.

*Please ensure numbers are on chest and visible to marshals and video cameras at check points and finish.*

*Any route may be used on open access land, but climbing walls, using roads/green lanes, or farmland is prohibited unless part of the Raad ny Foillan footpath or specifically flagged for the race, and will result in a time penalty or disqualification, as decided by The Organiser.*

*Although Raad ny Foillan is the 100 mile national coastal path a prior recce of the course is recommended - there are cliff edges near the path on Bradda, and between Niarbyl Bay and Gob ny Ushtey, which may be require extra caution especially during periods of high wind or if overtaking is attempted. It is strongly recommended to keep to the landside of path.*

*If using Raad ny Foillan footpath to descend (outward and return) from Cronk Ny Arrey Laa beware of deep ruts that are sometimes obscured by undergrowth on the path*

*Caution should be taken in Kerroodhoo plantation as tree roots and branches present an unavoidable hazard when descending.*

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