

Multi Terrain Race Risk Assessment for the Llantwit Major 1k 13:00 13th September 2026

Note: The format of this RA follows the numbering in the Welsh Athletics guidance document, providing mitigation for each of the items in numerical order.

This is the FINAL printed copy of the Risk Assessment. Any amendments made after 15:00 on September 2026 will be hand written in pen on this document.

Highlighted areas are alternatives for the start.

1	Event Facilities	Details of Arrangements and Precautions
1. 1	Traffic approach routes	B4265 from Cardiff and Barry. B4270 from Cowbridge and the north. Arrival by train will be recommended.
1. 2	Parking	There is limited parking in the vicinity of the Railway Station amounting to 105 spaces and 7 disabled spaces. There are also approximately 300 spaces between Le Pouliguen Way and Boverton Road at the rear of the shops and a further 30 adjacent to the CF61 Community Centre.
1. 3	Registration, Enquiries, Luggage drop and First Aid if required	The cricket pavilion on Frampton Lane/Windmill Lane with facilities available both inside and outside the venue.
1. 4	Covered Accommodation	The Pavilion will be available for cover in the event of rain.
1. 5	Toilets, Base and or Course	Toilets are available in the Pavilion.
1. 6	Route to Course	From the Registration area entrants will make their way a short distance to the start line adjacent to the Pavilion.
1. 7	Refreshments	Various commercial outlets will provide refreshments at the venue. In the town, other outlets will be available for coffee and cakes and other refreshments after the race.
1. 8	Handling of Cash	There are no entries on the day so cash handling will absolutely minimal if at all. The football club will be operating a bar as per their licence.
2	The Course	10k Multi Terrain Course, approximately 75% off and 25% on road.
2. 1	Start – Position	Start position for the race is outside the Pavilion.

2. 2	Finish – Position	The race is advertised as 1 kilometer with the proviso that this is not a precise measurement The finish position is adjacent to the start line.
2. 3	Route – Significant hazards, road crossings, steep banks, uneven ground etc. 1k	<ul style="list-style-type: none"> • The course is an entirely off road event on public fields. • The entry fee is intended to encourage participation rather than profit, indeed it is practically certain that the race will make a loss once the cost of medals and bibs is considered • The race is intended for children, to encourage participation in organised sports events. Adults will be encouraged to run with their children and enter as a competitor. • No single adults will be permitted to enter. • Entrants will clearly be aware of the type of terrain to be expected on such an event as they will be at the venue already. • The route will be identified by bright yellow and black arrow signs, posts and barrier tape. • The start line will be a simple affair. This is the only race of the three on the day that will be a mass start. • The race will constitute a single loop of the playing fields, clearly marked with barrier tape and signage. • There will be no formal timing. • Ground conditions are variable and in deference to the possible young age of some entrants, wherever possible, particularly muddy or soft areas will be avoided.
2. 4	Need for warning signs, no parking arrangements	The event does not require any road closures. The route will be laid out by members of the organising team on the morning of the race.
2. 5	Police assistance	Police assistance will not be specifically required. However, the local policing team are aware of the event as a matter of courtesy.
2. 6	Lead vehicle	No lead vehicle will be needed
2. 7	Sweep up vehicle / runners for off road section	The race is within a clear boundary with no road sections whatsoever.
2. 8	Drinks and sponge stations	There is no water point as it is a 1k race
3	Personnel and Equipment	
3. 1	First Aid Provision	As in previous years, Acute Medics will provide first aid cover at the start/finish and mobile teams will be

		available if required.
3. 2	Police liaison	See item 2.5 above
3. 3	Traffic / Parking marshalls	The race has no specific car parking set aside because entrants are expected to be reasonably local and entrants from further afield will be encouraged to use public transport.
3. 4	Erection / dismantling of course (tape, posts, barriers, signs etc	The course will be marked out with signage, tape etc on the morning of the race.
3. 5	Course Marshalls & communication	Course Marshalls will be drawn from local volunteers. They will all be adults and thoroughly briefed before the event and given the telephone number of the event organiser. Marshalls will be briefed on the morning of the race and given two telephone numbers and a whistle for use in an emergency. Blow the whistle to attract attention and immediate help, call for additional help using the telephone number.
3. 6	Erection of temporary structures	There are no temporary structures expected to be required specifically for this event.
3. 7	Other equipment e.g. PA system, generators, cabling, lighting etc	No timing is provided for this race. Refreshment suppliers will also be self sufficient. No other equipment is required for the race.