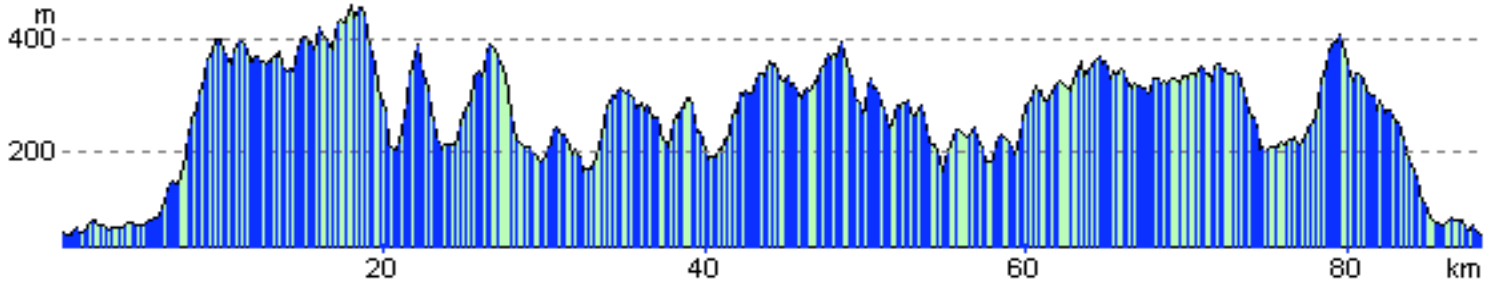


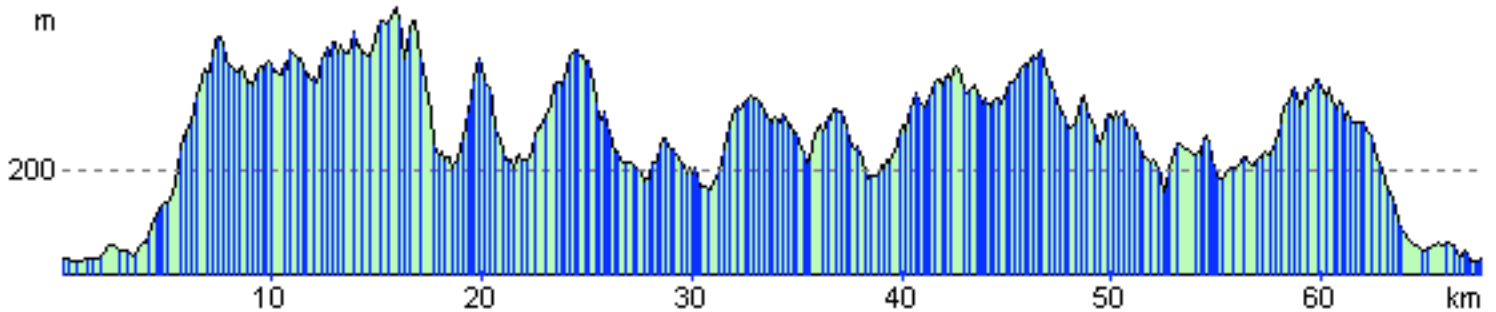
CRC MTB Marathon – Ruthin 19th September 2010

Full marathon



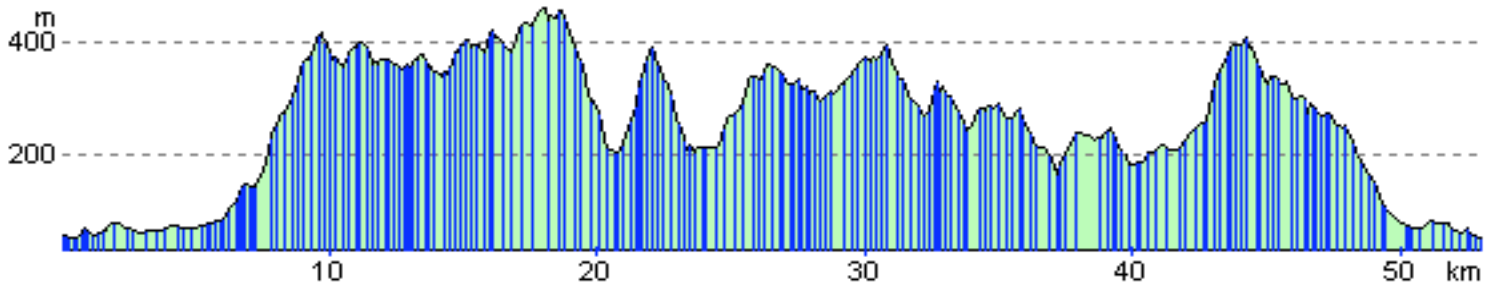
Distance: approx. **92km** Total ascent: approx. **3000m** Feeding stations at approx. **27, 44, 54** and **77km**

Middle marathon



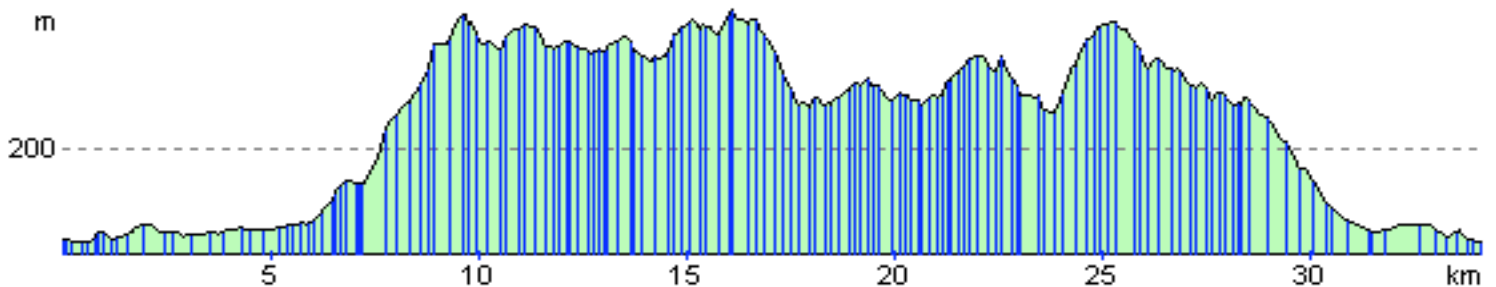
Distance: approx. **73km** Total ascent: approx. **2500m** Feeding stations at approx. **27, 37** and **59km**

Half marathon



Distance: approx. **55km** Total ascent: approx. **1900m** Feeding stations at approx. **27** and **37km**

Mini marathon



Distance: approx. **30km** Total ascent: approx. **1000m** Feeding station at approx. **20km**

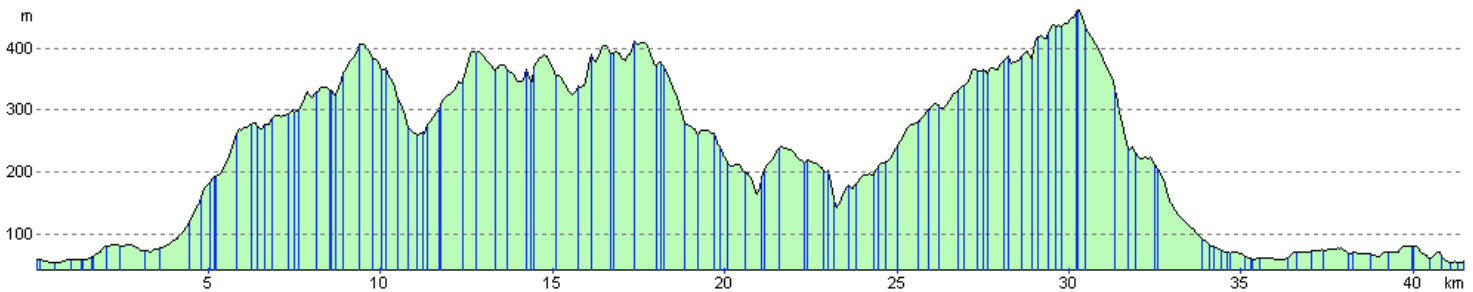
NOTE: All course profiles and distances are approximate subject to change.

Ruthin CRC Marathon, 2010

The Ruthin course heading out onto the Clwydian Hills, is a varied course using all the best there is to ride in the area. Fast flowing single –tracks linked by lots of interesting bridleways and technical forestry sections.

The course climbs up onto both Moel Arthur and Moel Famau, with spectacular views of the surrounding Clwydians and North Wales coast.

ELBNO Night marathon



Distance: approx. **44km** Total ascent: approx. **1350m** Feeding station at approx. **25km**

NOTE: All course profiles and distances are approximate subject to change.

Ruthin Night Course, 2010

Leading from Ruthin, the route goes out on the usual return route of the marathon, gently climbing through Bathafarn Farm and continuing to climb off road till it crosses the A494 by The Clwyd Gate Motel. The route continues off road to the forestry on Moel Famau, here the track alternates between forest track and single-track right through the woods, finally exiting the forestry and descending Frith Mountain.

After a spot of tarmac through the Village of Cilcain, the route climbs back onto Moel Famau, on single and dual tracks across the moorland. Here the route crosses the Offa's Dyke Path then descends rapidly all the way to Gellifor, from here its tarmac and bridleways back to Ruthin.