

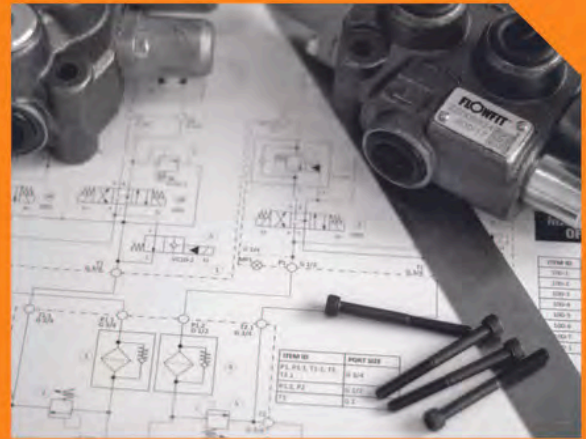


ANDALI EVENTS



Athlete Guide 2024



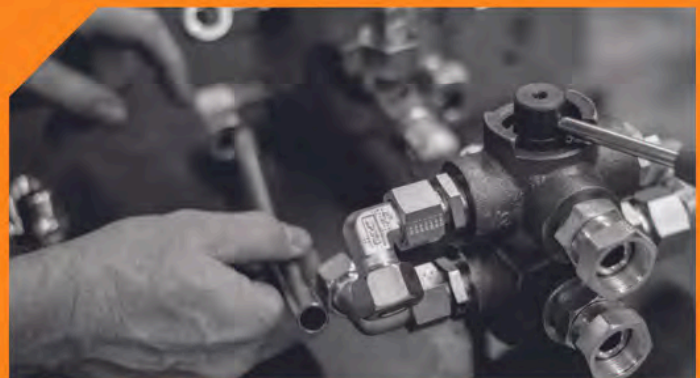


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Welcome

Welcome to the Beacons Ultra, Beacons Marathon, and Beacons Trail Marathon! We're incredibly excited to bring these races to you for the 16th year running, but the first time, after taking on the baton from Jonny and Kevin at UpHill Down Dale.

We're so grateful to all of you for signing up to be a part of it. Your participation makes this event possible, and we can't wait to see you tackle the challenge ahead!

The route takes you through some of the most stunning and varied landscapes the Brecon Beacons has to offer. You'll experience everything from rolling hills to rugged mountain paths, with breathtaking views around every corner. Expect to be treated to panoramic vistas, beautiful woodlands, and open moorland, with plenty of elevation changes to keep things interesting!

Your race guide contains everything you need to know to ensure you have a smooth and enjoyable experience, including links to course maps and .gpx files, checkpoint information, and important safety tips. We strongly recommend giving it a read before race day to familiarise yourself with the route, race rules, and any logistical details to help make your day as successful as possible.

If you're happy to share, we'd love to see your race reports and photos – your stories will help us capture the spirit of the event and inspire others to join future races. Please email them to andy@andalievents.com.

Best of luck, and see you at the start line!

Andy and Harriet



ANDALI EVENTS

Beacons Ultra is promoted by Andali Events. All information correct at time of going to press. The organisers reserve the right to change any aspect of the event if necessary, due to unforeseen circumstances.



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Key Information

At a Glance: Key Information

Race HQ & Race Start	Henderson Hall, Talybont-on-Usk, LD3 7YQ	
Race Director	Harriet Dearden - 07909 951 656	
Parking	Cattle Market, Station Road, Talybont-on-Usk, LD3 7JE (£5 charge)	
Registration	Ultra: 0600 to 0700	Marathon and Half: 0800 to 0930
Start Time	Ultra: 0730	Marathon and Half: 1000





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Race Day Information

Emergency Contact Numbers

The following numbers MUST be stored in your mobile phone.

Harriet Dearden Race Director 07909 951656

Andy Silvey Course Manager 07950 573505

Route and Countryside Code

The route of the race goes over farmland in many places. Participants need to be aware that there will be livestock in fields that the route follows. It is important that the **COUNTRYSIDE CODE IS FOLLOWED AT ALL TIMES** and any litter is taken with you. The full countryside code can be viewed on the Government website for the [Countryside Code](#). Please take the time to read it in full and familiarise yourself with it.

The route also goes past many houses and through farm yards. Please refrain from knocking on resident's doors to ask for anything, especially at unsociable times of the day, unless it is a real emergency.

Canal

Please take extra care on the canal sections, priority must be given to other canal path users and care must be taken around moored boats/locks etc. You must inform a member of the Andali Events team if you come in contact with canal water and should this happen you need to be aware of Leptospirosis (Weil's disease) which is caught from infected water.

Athlete Timing

We will be using Timing Monkey as our timing provider this year, the full results/timings etc. will be published shortly after the event.

Registration

There will be NO registration on the Friday night, registration will be at Race HQ on Saturday from 0800 to 0930



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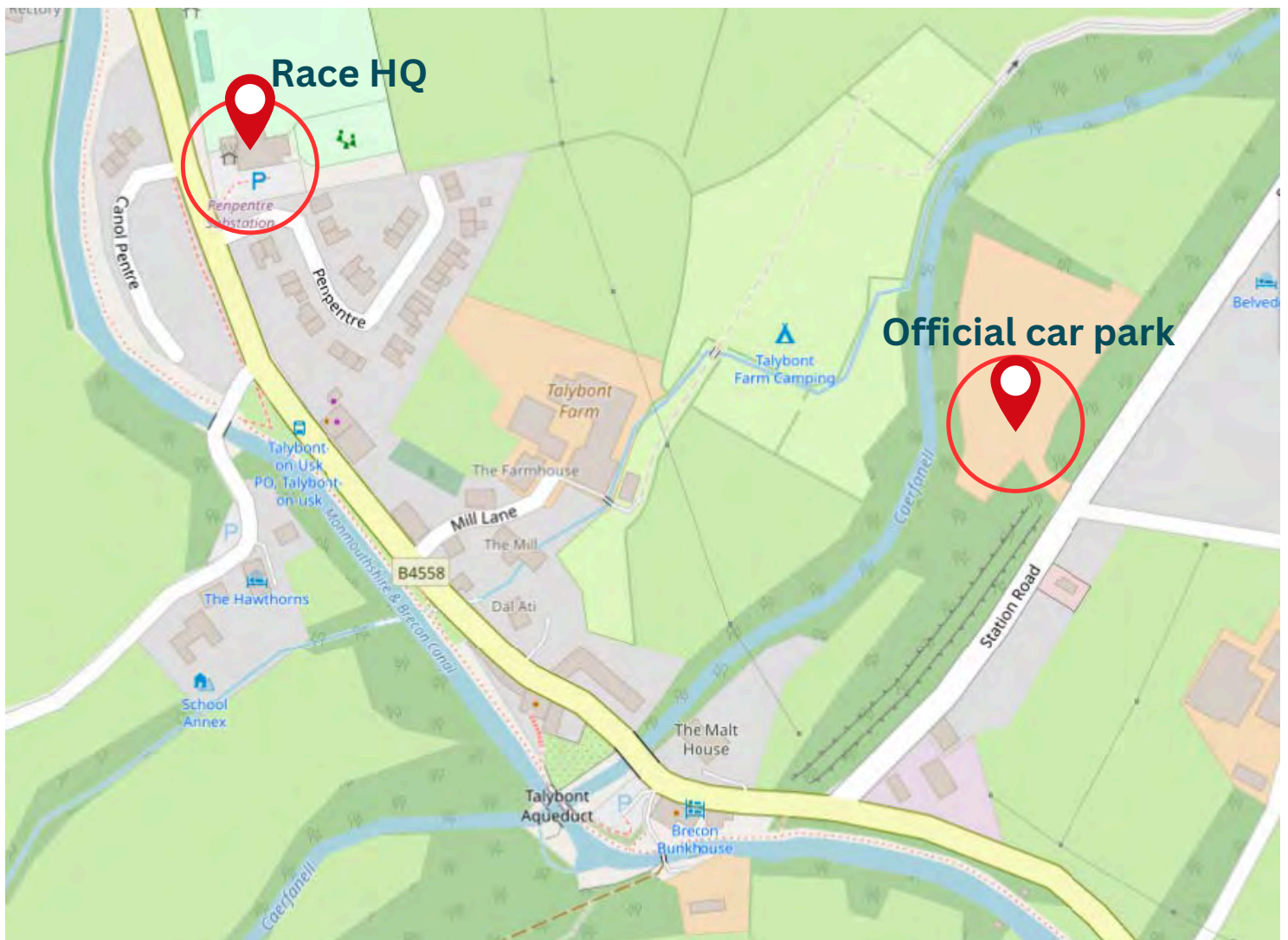
Race Day Information

Parking

There is strictly **NO** parking at the Race HQ or surrounding streets. Athletes must park in the official event car park:

Cattle Market, Station Road, Talybont-on-Usk, LD3 7JE (8 minutes walk to race HQ)

There is a £5 fee payable on the gate which goes direct to the local community. This year, the donation will be supporting Eif's Ewing's Sarcoma Research Trust which is part of the Bone Cancer Research Trust. Please help us by having the correct fee.



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Race Day Information

Compulsory Kit

Below is a list of the required kit for the race. You **MUST** have all the required items on the list and **MUST** be as described. **There will be NO EXCEPTIONS. The organisers' decision is final.**

We will be carrying out kit spot checks at the start/finish and the checkpoints any runner found to not be carrying all the compulsory kit will be disqualified, this is for your own safety and also ensures that all entrants are carrying the same kit whether a racing snake or back marker.

- Rucksack/Race Vest - suitable to carry the items on the compulsory kit list (!)
- Fully charged mobile phone – with emergency numbers saved
- Means of hydration - ability to carry an absolute minimum of 500ml of fluid
- Cup/Mug/Bottle - no cups will be provided at checkpoints
- Enough food for between checkpoints (no shops on route!)
- Full waterproof cover (jacket and trousers)
- Hat
- Gloves
- Fleece (or similar warm upper body layer)
- Survival/Space blanket/bag
- Basic first aid kit
- Head torch/Torch and spare batteries
- Compass
- Whistle
- Map (covering full route) - Ideally OS map but printed sections off the website will suffice



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Race Day Information

Route/GPX File

Route details and GPX file can be found here:

<https://www.andalievts.com/events/beacons/beacons-course-routes>

Please load and test the GPX file in your device prior to turning up at the event.

GPX files downloaded from other sources may be incorrect and may not download to your device correctly/completely so please ensure you have the correct GPX file loaded.

Retiring/Withdrawing from the Race

If you need or wish to withdraw from the race it is imperative that you notify the Andali Events team as soon as possible, make your way to the next checkpoint on the route and you will be transported back to Race HQ from there.



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Race Day Information

Support and Food

Supporters and crew **MUST NOT** travel to check point 1/2/4/5. Check point 1/4 is on Natural Resources Wales land and is not accessible by the public, CP 2/5 is along a single track road.

There will be plenty of food, water and snacks for you at each checkpoint. There is no access to CP 1/2/4/5 however if you wish to have someone meet you to supply food and/or water on any other part of the route you're welcome to.

We suggest that friends and family that would like to see athletes along the route do so at - Llangynidr, Torpantau/Taf fechan Forest, Llanfrynach, Pencelli all of which have good road access and parking.





Race Day Information

Checkpoints

Checkpoint	Location	Distance (miles)		
		Half	Marathon	Ultra
Start	Henderson Hall Race HQ Grid Ref: SO 11268 22883 What3Words: ///proper.summer.hawks	0	0	0
CP 1	Fire Road Grid Ref: SO 09174 17224 What 3 Words: ///testing.unloads.short Nutrition/Hydration: Water + snacks No access for crew/spectators	7.4	7.4	7.4
Virtual CP1a <i>Trail marathon only</i>	Pen y Fan Grid Ref: SO 01211 21579 What 3 Words: ///pinches.ticked.tenure Nutrition/Hydration: N/A <i>This is just a virtual checkpoint. You will be manually recorded that you reached this checkpoint.</i>	N/A	15.9	N/A
CP 2	Cwmcynwyn Grid Ref: SO 03797 23724 What 3 Words: ///blotchy.insiders.emperor Nutrition/Hydration Water + Snacks No access for crew/spectators	N/A	16.7	19.7



Race Day Information

Checkpoints Continued

Checkpoint	Location	Distance (miles)		
		Half	Marathon	Ultra
CP3	Henderson Hall Race HQ Grid Ref: SO 11268 22883 What3Words: ///proper.summer.hawks	N/A	N/A	23.6
Finish	Henderson Hall Race HQ Grid Ref: SO 11268 22883 What3Words: ///proper.summer.hawks	13.1	26.2	N/A
CP4	Fire Road Grid Ref: SO 09174 17224 What 3 Words: ///testing.unloads.short Nutrition/Hydration: Water + snacks No access for crew/spectators	N/A	N/A	30.8
CP5	Cwmcynwyn Grid Ref: SO 03797 23724 What 3 Words: ///blotchy.insiders.emperor Nutrition/Hydration Water + Snacks No access for crew/spectators	N/A	N/A	40.3
Finish	Henderson Hall Race HQ Grid Ref: SO 11268 22883 What3Words: ///proper.summer.hawks	N/A	N/A	47.1



Race Day Information

Cut offs

For Ultra Marathon runners, you must have started the second lap by **1430**.

All athletes must be finished by 22:30.

Maps and Navigation

The Beacons Ultra, Beacons Trail Marathon and Beacons Half Marathon are fully marked courses. However, part of the compulsory kit list is a paper copy of the route (printed off the website is fine). This is just for reference or in the case that signage is removed by the public.

If you decided to use a GPS device, It is essential that the GPX file is loaded on to your GPS device (and you have tested that it works) before you turn up to registration.

Race Brief

A race brief take place shortly before we start each race. Please ensure that you listen to it.

Drop/Finish Bags

There are NO drop bags, there will be an allocated area in the hall/tent outside Race HQ where a bag can be left during the event.

Rubbish

Do NOT litter the route, black sacks will be available at the checkpoint and the finish, littering will result in disqualification.

Pacers and Buddy Runners

Pacers and buddy runners etc. are not allowed.

Camping

There is no camping at Race HQ, there are several campsites locally in Talybont-on-Usk.



Race Day Information

Sleeping

There is no sleeping at Race HQ before or after the event.

Showers

There are 2 community showers (£1 fee) attached at Henderson Hall – Race HQ, you will be advised if these will be available on race day.

Weather

An up-to-date printed weather forecast will be available at registration. In the unlikely event that the weather is extremely adverse and deemed to be dangerous, the event will be cancelled or re-routed as appropriate. Possible scenarios for this include extreme heat or high winds.

If, in the view of the Race Director the weather is deteriorating to the point whereby it poses a safety risk to competitors whilst they are on the course, they will be held at the next checkpoint and transported back to the event HQ. The Race Director's decision is final on this matter and will be based entirely with your safety in mind.



Race Day Information

Dogs

We love dogs at Andali Events and this year we are piloting welcoming athletes to bring their canine companions to take part. But for the enjoyment of everyone (and every dog) there are a few common sense rules that canicross runners need to adhere to.

Not all people like dogs and some people are afraid of them, so please bear this in mind when approaching fellow athletes or members of the public.

The Henderson Hall (Race HQ, start and finish) has a strict no dog policy for Health and Safety reasons. To that end **dogs are only allowed** in the car park area of the hall, and are not permitted inside the hall or on the playing field.

To this end, when the respective races start, **canicross runners will be held on the canal footpath**, until athletes have run around the field and onto the canal path, whereby dog runners will be invited to join at the back of the pack.

1. Dog owners should ensure they carry appropriate fluid for themselves and their dogs for the run.
2. Runners should not bring their dogs on runs in extreme temperatures (either hot or cold).
3. If concerns are raised with the Race Directors regarding dog welfare, runners will be asked not to bring their dog to future events.
4. Any reports of antisocial behaviour by your dog will result in the dog potentially being banned from future /events.
5. Runners should ensure they have an appropriate harness for running with their dog.
6. All dogs must be insured with public liability insurance which covers compensation and costs awarded against the owner by a court if the dog causes death or injury to a person or causes damage to someone else's property.
7. Dog owners should ensure they have adequate poo bags to collect dog poo on the route, and dispose of the bag and contents in an appropriate refuse receptacle.

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The image displays a variety of design projects. On the left, a website for 'SOURDOUGH PIZZA BY CSONS' is shown on a desktop and mobile device. In the center, a laptop displays the '2023 Gift of the Year Awards' website. On the right, a large poster for the 'LUDLOW SPRING FESTIVAL' is held up, featuring a group of people and the text 'FUN, FEASTING, 150+ BEERS, LIVE MUSIC, COMEDY, TALKS, KIDS ACTIVITIES & MOTORS AT THE LUDLOW RUGBY CLUB 12TH, 13TH & 14TH MAY 2023'. Below the poster are four bottles of Ludlow beer: Gold, Stairway, Black Knight, and Red Dawn.

visualworks.co.uk



Race Day Information

Medical Support

Andali Events provides medical cover for the event. If you require medical attention, please follow the instructions below.

Minor Casualty

A minor casualty constitutes a non life-threatening injury such as a cut, abrasion or twisted ankle. The casualty will be able to walk and medical attention will be needed but not urgently.

If you become / find a minor casualty: continue or assist the casualty to the closest marshalled point (bear in mind this maybe backwards on the route) and ask to see the event medic or call the Race Director on 07909 951656.

Major Casualty

A major casualty will require urgent medical attention and will not be able to walk. Injuries such as broken legs, severe bleeding, heart attack etc fall into this category.

If you become / find a major casualty follow this procedure:

- Apply any known first aid
- Ring the Race Director on 07909 951656, who will then liaise with the medical team
- If in a bad mobile reception area, report the incident to the nearest marshal who will contact the Race Director.

Medals and trophies

Once you cross the finish line, you will be presented with your medal. There will be trophies awarded to 1st, 2nd and 3rd placed athletes in the open category and female category at all three race distances. These will also be presented to the respective athletes as they cross the finish line.

Special Thanks

Special thanks to the National Trust, Natural Resources Wales, The Canal and Rivers Trust, Pencelli Estate, Natural Resources Wales, National Parks, and the Commoners Associations for allowing this event to go ahead using the land.

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Our Services

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House Clearances

At Wicked we aim to minimise waste and operate a zero-landfill policy. Where possible we donate items to various charities that we have teamed up with, mainly the Ludlow Ukrainian Support Group and the Rural Charity Furniture Shop. We have a dedicated storage unit for these goods as sometimes demand from the charities is sporadic and this ensures that they will have constant access to these items. Where it is not possible to donate these goods, all other waste is taken to the Quick Skip depot in Hereford where they operate a zero-landfill policy also.

House Cleaning Services

We offer simple dusting and vacuuming to full deep cleaning including carpet washing, oven cleaning fridge and freezer cleaning. This is ideal to fully prepare a house for resale.

Handyman Services

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From simply cutting the grass to clearing overgrown garden and even brickwork and paving repairs.

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Storage

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We are fully insured, and VAT registered.



Race Day Information

Race HQ/Registration/Start Location/Finish Location:
Henderson Hall, Talybont-on-Usk, LD3 7YQ

Grid Ref: SO 11268 22883

What 3 Words Address - [///proper.summer.hawks](http://proper.summer.hawks)

Nutrition/Hydration - Water + Snacks





Race Day Information

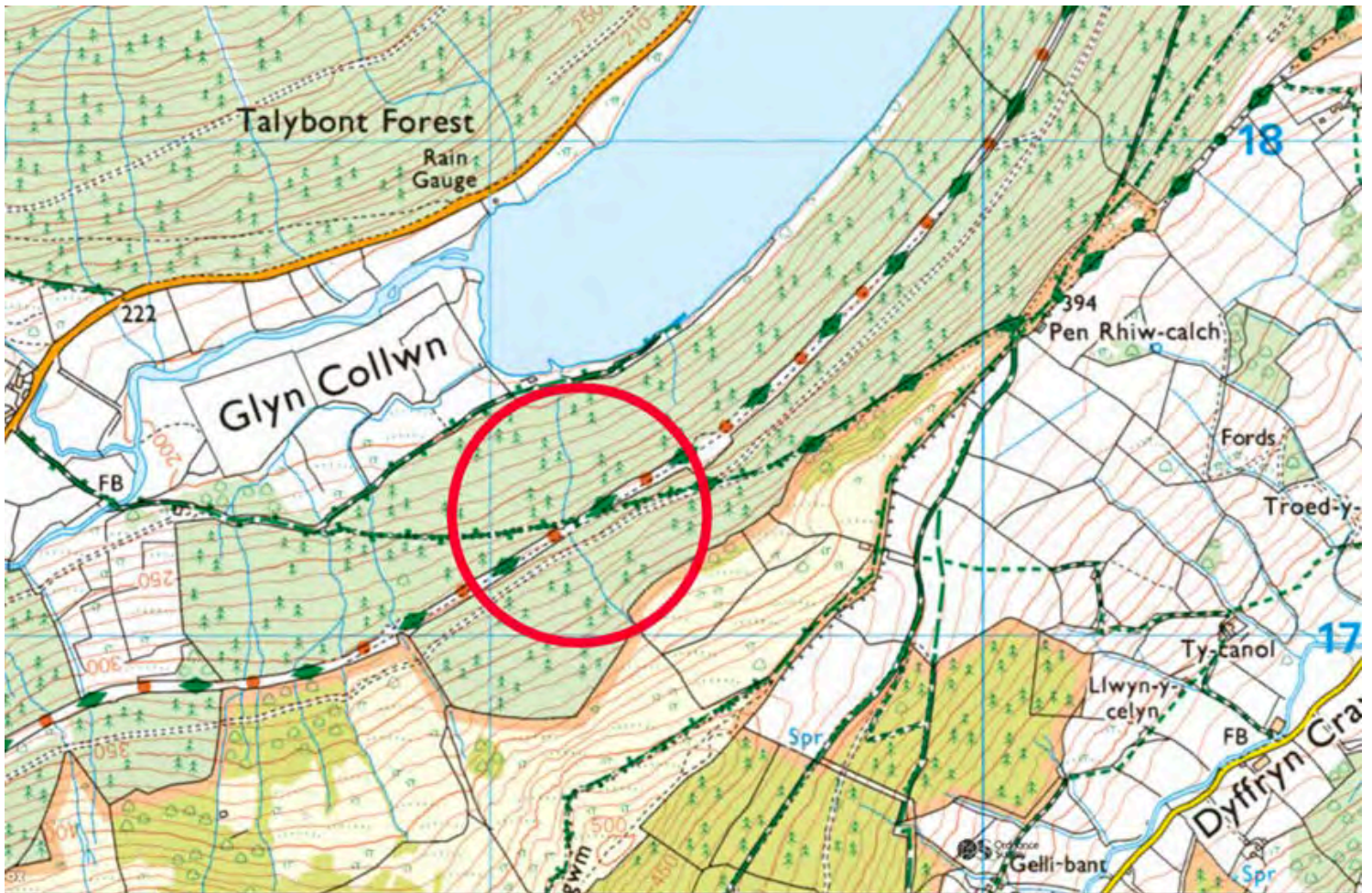
Checkpoint 1 & 4 – FIRE ROAD (NEW LOCATION)

NO ACCESS FOR CREW/SUPPORTERS

Grid Ref: SO 09174 17224

What 3 Words Address - [///testing.unloads.short](http://testing.unloads.short)

Nutrition/Hydration - Water + Snacks





Race Day Information

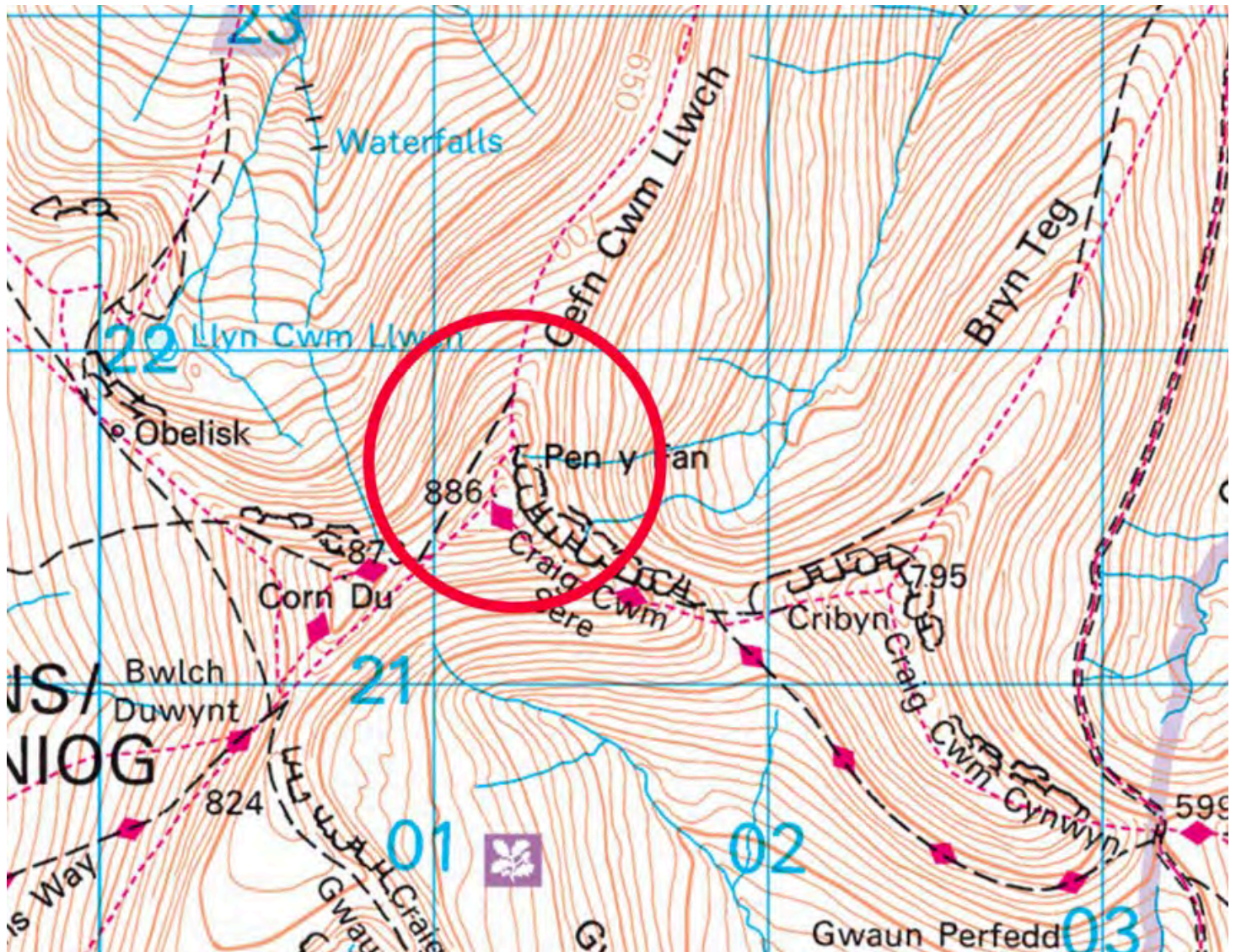
Virtual Checkpoint 2 – Pen y Fan

Marathon route only

Grid Ref: SO 01211 21579

What 3 Words Address - [///pinches.ticked.tenure](http://pinches.ticked.tenure)

Nutrition/Hydration – N/A





Race Day Information

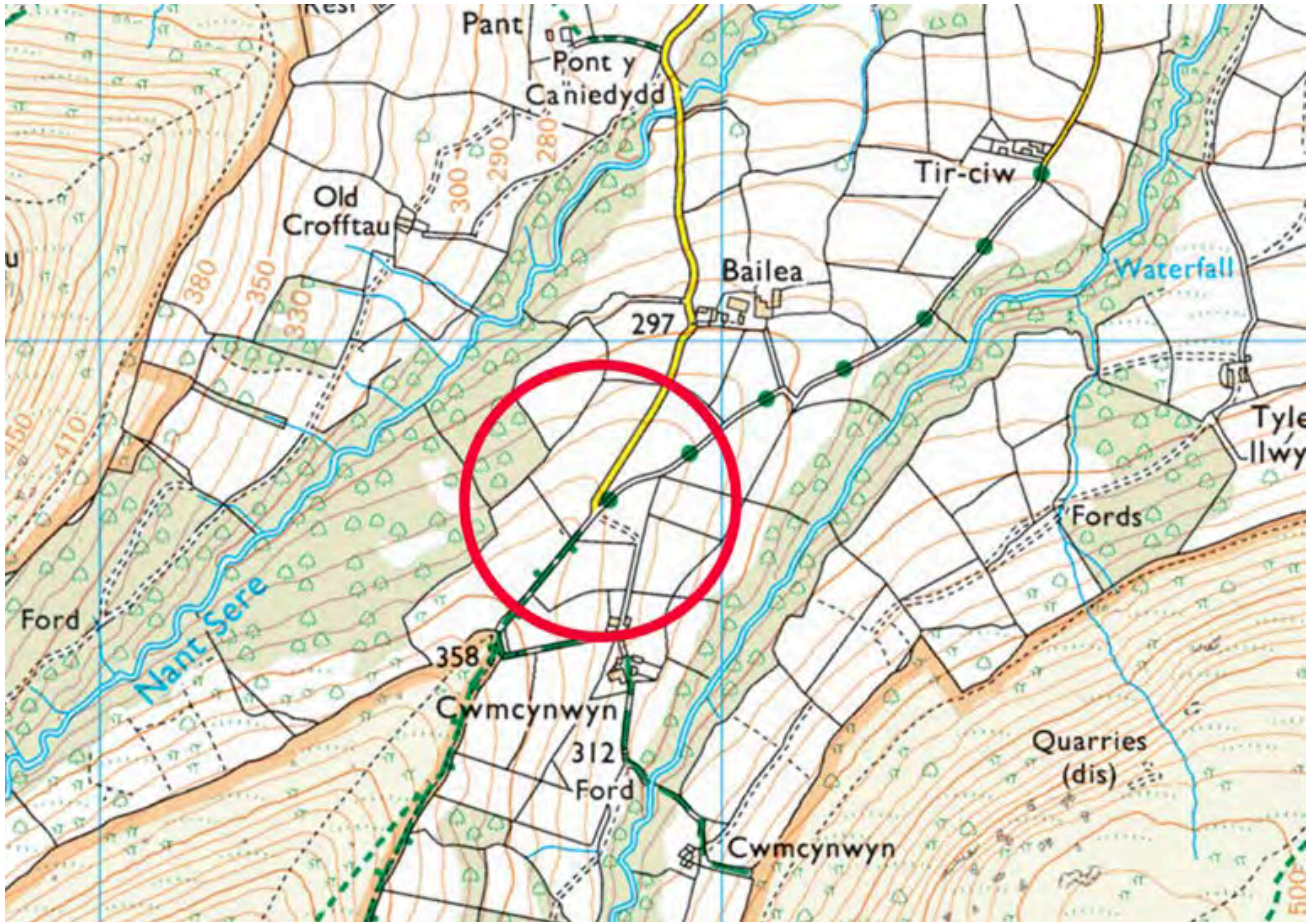
Checkpoint 2 & 5 – Cwmcynwyn

NO ACCESS FOR CREW/SUPPORTERS

Grid Ref: SO 03797 23724

What 3 Words Address - [///blotchy.insiders.emperor](http://blotchy.insiders.emperor)

Nutrition/Hydration - Water + Snacks



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