

# Race the Sun Brecon Beacons 2021 Saturday 27 March

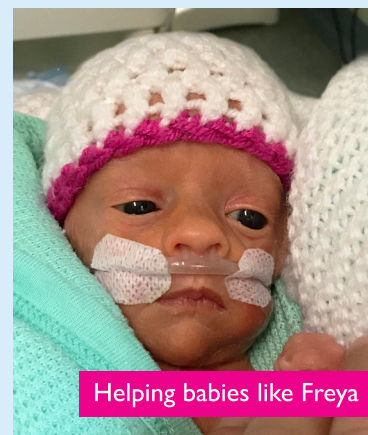
raising funds for  
**action** medical research  
for children





We are a UK-wide charity funding vital research to help sick babies and children. We're on a mission to save and change children's lives through medical research, developing treatments, vaccinations and cures.

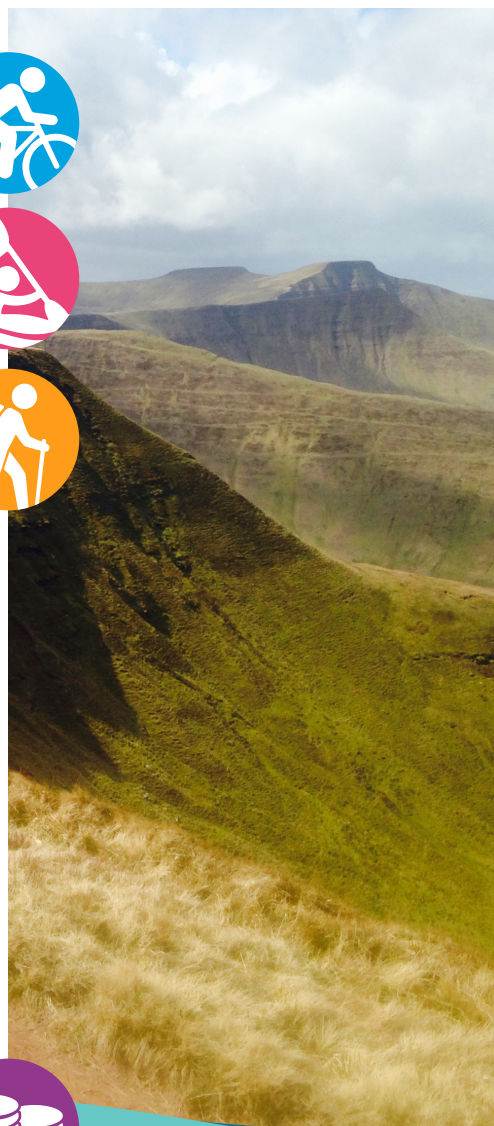
By taking on this triple challenge not only will you have a great experience but by fundraising for Action you will be helping us save and improve the lives of babies, children and young people. How amazing is that?



Helping babies like Freya

## The challenge

Tackle this incredible team race whilst taking in the stunning views of rugged peaks and meandering streams in this globally renowned national park. Push your limits to complete the course of cycling, canoeing and hill walking between dawn and dusk – **racing the sun!**



### Friday 26 March

**6pm** – You'll arrive at Henderson Hall in Talybont-on-Usk ready for event registration and there will be dinner available to purchase.

**7.45pm** – You'll drop your kit bags with the events team for the next day, will be given your start time and be fully briefed on everything that's in store for you on the day. This is a great chance to meet other teams and ask any burning questions!

### Saturday 27 March

#### Dawn

**6am** – Following breakfast, teams will start setting off on bikes.

Throughout the course of the day you will:

**Bike 55 miles** – around the incredible winding roads and lanes of the Brecon Beacons and alongside the Brecon and Monmouthshire canal\*

**Hike 7.5 miles** – to the summit of Pen Y Fan, the highest mountain in the Brecon Beacons and a famous testing ground for the British army\*

**Canoe 2 miles** – navigating the course as a team on Lake Llangorse in open top canoes\*

\*all distances are subject to weather conditions on the day

#### Dusk

Push on to the finish line and collect your hard-earned medal, have a drink on us and enjoy your well deserved celebration BBQ!



Team registration £195  
Fundraise £1,800 as a team

Action Medical Research is a registered charity:  
England and Wales no. 208701; Scotland no. SC039284

Register online: [action.org.uk/brecons](https://action.org.uk/brecons)



@actionevents



@amr\_events



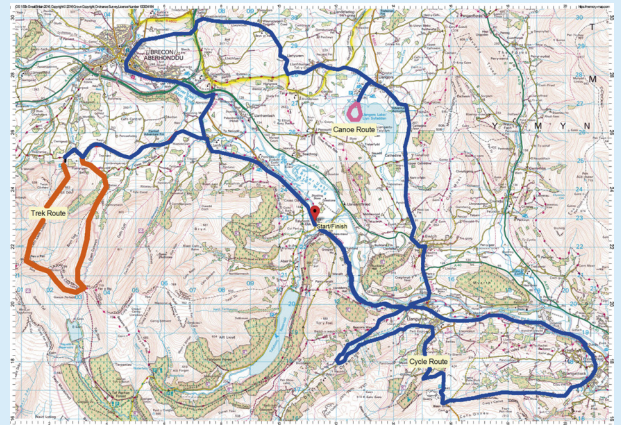
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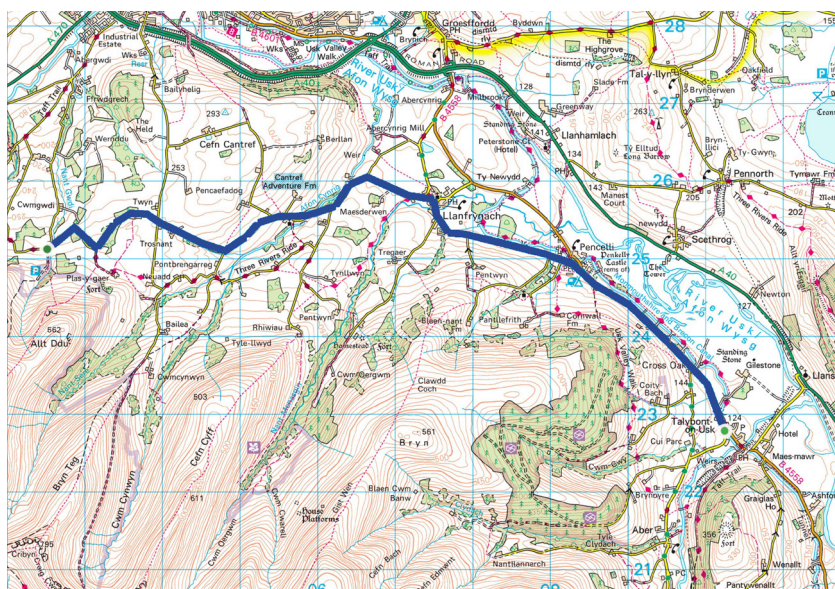
# Route Overview

The challenge is based at Henderson Hall in the village of Talybont-on-Usk, just a short distance from the market town of Brecon. Here is where your event briefing will be the night before and where you'll start in the morning and (quite a bit later that day) cross the finish line! You'll have use of the facilities and there are also showers at the cost of £1 per use.

First thing, you will complete the bulk of the cycling before arriving at Pen Y Fan to start the hike. Once you've conquered the mountain, you'll ride to Lake Llangorse and get in the canoes to complete this section before the last section, back on your bike, to the village hall.



**Bike** ————— **Canoe** ————— **Hike** —————



## Bike



From a staggered start (of 1 minute intervals), you will cycle the first phase of the challenge, sign posted and marshalled 22 miles and following the Brecon and Monmouthshire canal eastwards before looping back to Talybont-on-Usk. Whilst the initial section of this loop follows the canal, when you reach the turn off you will face your first real test with a 350m ascent to the highest point of the cycle route. From here you will have views across to your next test, the summit of Pen Y Fan.

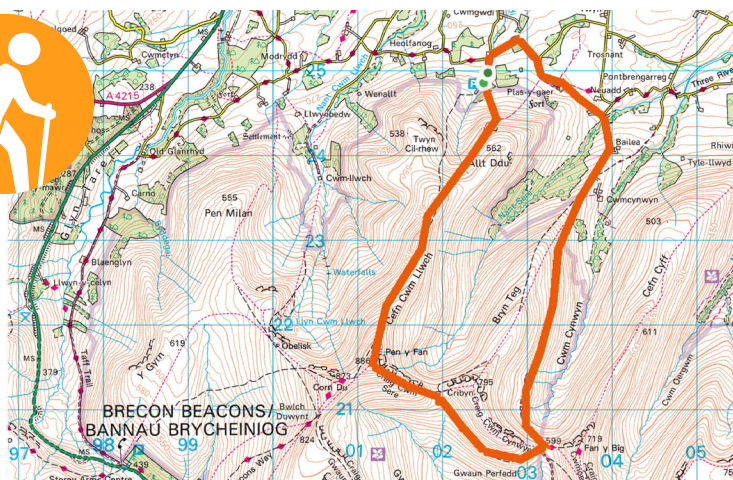
This first section of the ride will return you to the event base in Talybont-on-Usk where you can refuel and change your kit before the hiking section. You'll then ride a further 7.5 miles to get to the start of the hike.





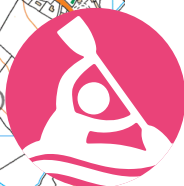
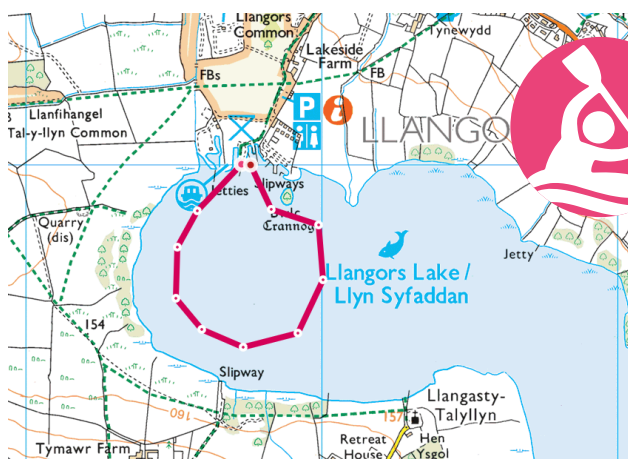
## Hike

After leaving your bikes with the event marshals, it is time to tackle Pen Y Fan, a 7.5 mile round trip to an altitude of 886m. The ascent begins immediately as you follow well walked paths, fully supported by the mountain leader trained marshals who will be supporting you the whole way. Once you reach the summit you will head eastwards, along the famous ridgeline, for a short distance before beginning your descent and return back to your bike. As you descend you'll be able to look north and see the town of Brecon as you head towards the canoes.



## Bike

When you've completed the hike you'll get to refuel and have a drink before heading off on your bike, through the town of Brecon, and out towards Lake Llangorse. This is a 15 mile cycle, mostly following country lanes.



## Canoe

Upon reaching southern Wales' largest natural lake, you'll leave your bike with the event marshals and transition to the Canoe phase. Llangorse Lake is steeped in history, and you will canoe close to a 9th century 'crannog' (artificial island). You will be given instructions by our fully trained canoe marshals before setting off on your 2 mile journey. Using open canoes rafted together so that there is space for your four team members, the challenge will be to navigate around a 2 mile course on the lake. All safety equipment is provided for you and you will be fully supported throughout by trained instructors. (No canoe experience is needed).



## Bike

Having navigated the canoe section, the finish line is finally within sight as you get back on your bike for an 10.5 mile ride back to Talybont-on-Usk. You'll be greeted at the finish line by our support team to celebrate your achievements.



# How we support you

## Fundraising

The Events Team at Action are here to help you achieve your challenge and we'll support you all the way. We're here to answer any questions you might have about fundraising, training or the challenge itself.

Once your team has registered for Race the Sun Brecon Beacons, your team captain will be sent a welcome pack which includes challenge information and fundraising advice. It will also include details about setting up your JustGiving page for the event. But if you're raring to kick-start your fundraising already then simply search for Action Medical Research on JustGiving.com, click fundraise for us, and choose the event: Race the Sun Brecon Beacons then follow the steps to get your page up and running.

As a team, you're asked to raise a minimum of £1,800 for Action Medical Research and in order to be confirmed on the challenge, your team must have reached £900 of fundraising by 29 January 2021. With your support we can fund more vital research for sick babies and children, so we really encourage you to raise as much as you can!



## On the day

The team will be there to support you from dawn to dusk! We'll be there to make your challenge as enjoyable as possible and help you with every step, paddle and pedal of the way. You will have loads of encouragement at all the check-in points along with drinks and snacks to keep you going!



### Jack's story

When Jack was born more than three months prematurely, his parents were told he had a fifty-fifty chance of surviving. His early arrival was a terrible shock. He was delivered by emergency caesarean section, weighing just 11lb 15oz.

**Jack needed oxygen, help with his breathing and feeding tubes to survive. He suffered a collapsed lung and brain bleeds, and contracted the potentially deadly bowel infection necrotising enterocolitis (NEC).**

Now four, Jack is doing well but has experienced some developmental delay. He has chronic lung disease, due to the oxygen needed in his early months, and there are concerns about his eyes. He may also have epilepsy.

His mum Jenny says: "Anything that helps identify why women go into labour too soon is vital. Without research, we wouldn't have medical advances, and Jack probably wouldn't be here today."



## Team awards

Just completing the Dawn to Dusk Challenge is tough enough in itself, but if you want to push yourselves even more, there are awards on offer for...

The Fastest Team

2nd Fastest Team

3rd Fastest Team

Fastest All Female Team

Fastest Mixed Team

Golden Oldies (teams with a combined age of 200+ can enter this!)

Best Team Spirit – this will be awarded to the team that triumphs over adversity, supports each other and other teams and has a lot of fun doing it!

Top Fundraising Team – this is awarded after the challenge





# Questions and answers

## How fit do I have to be?

Race the Sun Brecon Beacons is achievable by people with a reasonable level of fitness who are prepared to put in plenty of training beforehand. The more you train, the more you'll enjoy the challenge. It's a great incentive to get fit and work a load of different muscles, whilst knowing you're raising funds for an excellent cause at the same time.

## Do I have to carry all my stuff?

Due to the logistics of this challenge, you will need to pre-pack 2 separate bags the evening before to have different equipment for the start of the trek and canoe sections. You will hand bags to our event team on the Friday evening so they can be ready and waiting for you the next day. This will enable you to carry with you the bare-essentials for each section. We would recommend that everyone have a bag for the hike section that contains warm layers and your hiking boots or shoes to change into. For the canoe section it is not necessary to change into different clothes, what you will be wearing for the bike sections will be fine.

## What about bikes?

You need to provide your own bikes and we would suggest a road or hybrid bike for this challenge as the route is all on-road (for those of you who have taken on this challenge before, we've taken out the off-road sections so that road bikes can be used). Your bike must be well maintained and in good working order and we recommend a thorough service before the big day. You should carry a spare inner tube each and one pump per team. There will be a bike mechanic on hand at the event briefing and on the day to deal with any urgent repairs.

## Do I need canoe experience?

Canoe experience is not necessary for this challenge. Your team of four will use two-seater sit-ontop canoes that are rafted together. The canoes, paddles and buoyancy aids are provided and we also have qualified canoeing instructors to brief and help you out if needed.

## Do I need special equipment?

This is a tough event and you really need to come prepared with the correct equipment for the challenge and know how to use it. We will provide you with a full kit list but this can give you an idea: For the cycling, you must wear a helmet and bring your own bike, fitted with front and rear lights, in case of fog or if you start or finish in the dark. For the trekking section, walking boots or fell-running trainers are advised. It's a good idea to also carry a first aid kit just in case. All specialist equipment for the canoe section is provided.

## What if I don't have a team of four yet?

Don't worry if you haven't confirmed your team of four yet; you can register now to secure your place anyway! When you manage to secure your other team mates you can then get them registered via the online booking system.

## What about accommodation and parking?

Parking at Henderson Hall is free so you can pull right up to the event base without having to worry about where to go. With a choice of hotels, private rentals and a youth hostel within a few miles of Talybont-on-Usk, you can stay close by and enjoy all the beauty of the Brecon Beacons.



## Rules of the event

- 1** Each team will carry a GPRS tracker. This will give the Event Marshalls your location on the route at any given time. The tracker must be carried by one of your team on all stages of the event.
- 2** Timings for the event will be recorded as follows:
  - a Overall event time:** is the total time taken to go from the start of the event to the end of the event, having completed all sections i.e. it is sum of the time taken to complete each section plus all intervening periods, changing time etc.
  - b Section time:** is the time taken to complete each section. The time starts when all team members check in for the section and finishes when all team members report in at the end of the section.
  - c** Times are recorded when the last team member arrives at the section finish.
- 3** Teams must remain together in such a way that all team members can communicate with each other.
- 4** Marshals' instructions must be followed. If teams or individual team members are asked to leave the event by a marshal, they must do so immediately.
- 5** If the event is stopped or suspended, and there is no prospect of a section being completed, teams will be awarded a time for each incomplete section equivalent to the average time for that section achieved by teams so far (if no teams have completed the section in question, then the average time from last year's event will be used).
- 6** If you present yourself ready to start a leg, but you have to wait (eg. a canoe is not available, or the event has been temporarily suspended), the time you wait will be deducted from your team's overall time.
- 7** All teams must have finished the challenge by 8pm. Event marshals will be operating cut-off times following the hike section. For this reason it may be necessary for teams who finish the hike section after 3pm to bypass the canoe section. Event marshals will ensure that this is communicated clearly to all teams. The Marshal's decision is final.
- 8** If any team member retires from a section of the event, the remaining members may continue at the discretion of the Marshal. Only complete teams of four will be eligible for the awards.
- 9** Team members must use the same bikes for the entire route.
- 10** Teams must bring all items on the kit list. At the safety briefing the night before, you will be informed of the weather conditions for the challenge and any kit that you won't need to take with you for the day.