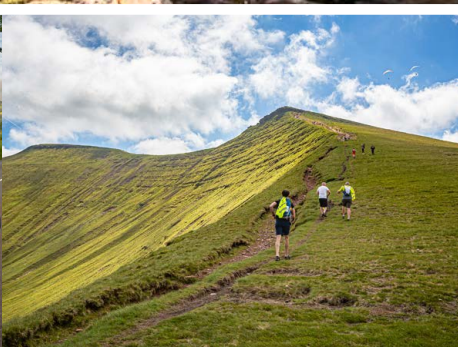


Race the Sun

Brecon Beacons 2022

Saturday 11 June

raising funds for
action medical research
for children



[w action.org.uk/brecons](http://www.action.org.uk/brecons) [t 01403 210 406](tel:01403210406) [e events@action.org.uk](mailto:events@action.org.uk)

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 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, kayaking and hill walking between dawn and dusk – racing the sun!

The week before the event you will have your start time confirmed and have an online safety briefing to run through everything that's in store for you on the day. There will also be an opportunity to ask questions.

Friday 10 June

Evening – You'll arrive at Brecon Showground at pre-allocated timeslots to register for the event and drop your bags and bike. There will be dinner available to purchase from the Spanish catering company Ele's Little Kitchen. We encourage you to have a bite to eat and it's a chance to meet and check out your competition!

Saturday 11 June

Dawn

From 6am – Following breakfast of pastries and fruit, teams will start setting off on bikes.

Throughout the course of the day you will:

Bike 15 miles – around the incredible winding roads and lanes of the Brecon Beacons to Cwm Gwdi and the start of the trek

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

Bike 40 miles – following the Monmouthshire and Brecon canal to Gilwern before looping back to the Brecon showground

Kayak 2 miles – navigating along the Monmouthshire and Brecon canal in 2 person sit-on-top kayak

*all distances and details are subject to weather conditions and other external factors 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! We will also be presenting team awards when the majority of teams are present.



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

@actionevents @amr_events @actionevents

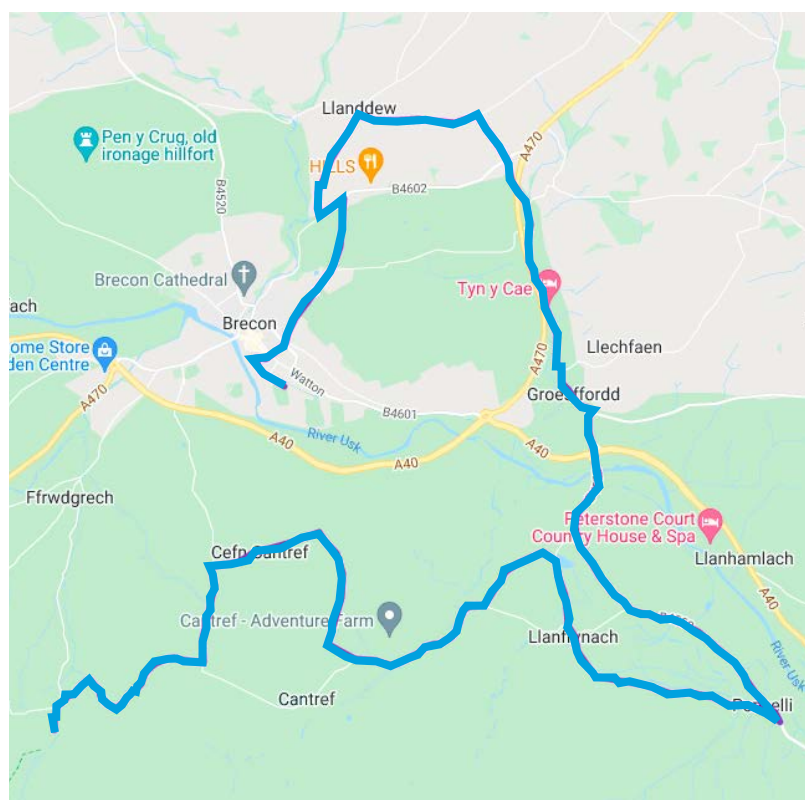
Route Overview

The challenge is based at the Brecon Showground, just half a mile from the market town of Brecon. This is where you'll start from in the morning and (quite a bit later that day) cross the finish line! At the start line you will have use of the facilities before you get under way.

First thing, you will complete the first part of the cycling before arriving at Pen Y Fan to start the hike. Once you've conquered the mountain, you'll ride west, towards the village of Gilwern, before looping back around and heading back to the Brecon showground to get in the kayaks to complete this section before the short walk back to the showground and the finish line.



Bike #1 — Bike #2 — Hike



Bike

From a staggered start (of 1 minute intervals), you will cycle the first phase of the challenge, sign posted and marshalled 15 miles and heading eastwards before looping back to Cwm Gwdi and the northern spurs that lead up to Pen Y Fan. You begin by carefully following the canal footpath before turning through the streets of Brecon and out onto the quiet country lanes. It is a slow and gradual ascent of just over 100m before the route starts to head southwards, crossing the river Usk, and making a westward turn at the small village of Pencelli. From here you have 6 miles and 200m of ascent before reaching the bike-trek transition area.



Distance – 24 km / 15 miles

Total ascent – 510m

Highest point – 296m

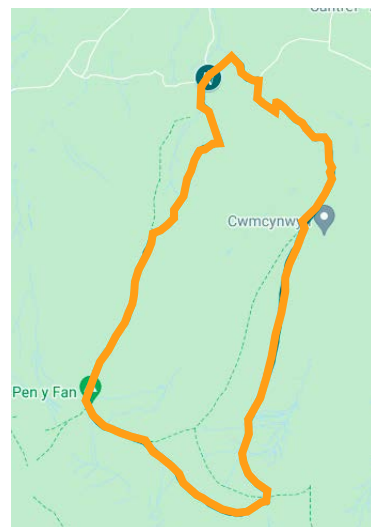
Highlights – Crossing the river Usk and cycling directly towards the imposing ridgeline of the Brecon Beacons.



Hike

After leaving your bikes with the event marshals, you will have the opportunity to take your packed lunch with you or leave it until after the trek, where you set off 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 kayaks.

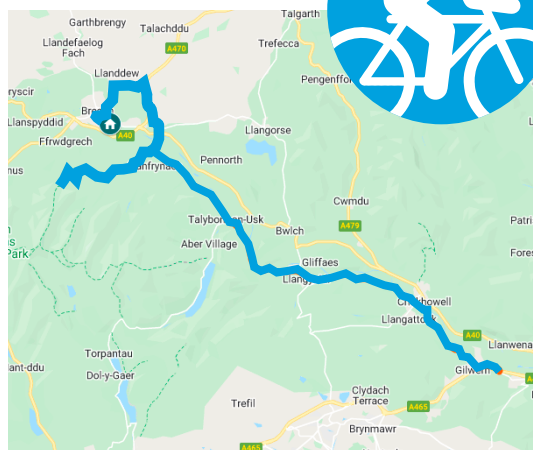
Distance – 7.5 miles | Total ascent – 803m | Highest point – 886m
Highlights – Views across the whole of the Brecon Beacons National Park.



Bike

When you've completed the hike you'll get to refuel and have a drink before heading off on your bike, following the Monmouthshire and Brecon canal, and out towards the small village of Gilwern. As you approach the turning point of the loop you will be presented with a short but challenging 100m ascent before descending steeply to the apex of the route. From Gilwern you will retrace your route towards Brecon before heading back across the river Usk and towards the Brecon showground. This is a 40 mile cycle, mostly following country lanes. When you return to the Brecon showground you will once again have the chance to refuel before our marshals will direct you to the kayak launch area along the canal.

Please note: Because the canal footpath is a popular and busy walking area the event marshals will be holding people in the showground until there are kayaks available. This is to prevent congestion on the canal footpath. This will not be counted in your overall time.



Distance – 64 km / 40 miles
Total ascent – 810m
Highest point – 296m
Highlights – Following the Monmouthshire and Brecon canal.

Kayak

Upon returning to the Brecon showground you will leave your bike with the event marshals and transition to the kayak phase. The Monmouthshire and Brecon canal is steeped in history and is still a popular canal. Before you begin you will be given instructions by our fully trained kayak marshals before setting off on your 2 mile journey. Using 2 person sit on top kayaks the challenge will be to navigate around a 2 mile course along the canal before turning in the canal basin and returning. All safety equipment is provided for you and you will be fully supported throughout by trained instructors. (No kayak experience is needed).



Distance – 3 km / 2 miles | Approx time – 1 hour
Highlights – Kayaking on a historic waterway.

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 10 April 2022. 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!



Hi, I'm Lucy and your Event Manager for Race The Sun. I'm here to help you achieve your challenge and support you along the way. I'm also here to answer any questions you might have about fundraising, training or the challenge itself.

You can contact me on lholloway@action.org.uk



Sophia's story

Sophia is one of 2,500 children born every year diagnosed with cystic fibrosis. Children experience a range of symptoms including a persistent cough, shortness of breath and frequent chest infections – caused by sticky mucus clogging their lungs and airways.

Mum, Sarah, is so grateful for the work that Action does: "Research is a real lifeline and gives hope. Being able to fundraise or help with research is so important to feeling you're making a difference."

Team awards

Just completing the 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 All Male Team

Fastest Mixed Team

Best Dressed Team – non compulsory option to get creative!

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 to the team who raises the most.



Frequently Asked Questions

What happens if COVID-19 restrictions affect this event?

If we cannot go ahead with the event due to COVID-19, you will be able to transfer your place to the postponed date, join another similar event or transfer your place to another person.

How fit do I have to be?

Race the Sun Brecons 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.

How old do I need to be to take part?

You must be a minimum of 18 years old on the challenge date. 16-17yr olds may also participate in the challenge, with the agreement of Action and our Events Partner, when accompanied on the challenge by their parent or guardian.

Do I have to carry all my stuff?

We would recommend that each person arrives brings to registration on Friday night the bag that they intend to carry on the trek. This bag can be left with our team and will be transported to the start of the trekking area. On Saturday morning you can arrive ready to cycle and then when you reach the bike-trek transition area you can collect your bag. Once you have completed the trek you can then leave your bag with the event marshals and collect it when you reach the finish.

What bike do I need and what mechanical support will there be?

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 puncture repair kit and pump with you, along with a spare inner tube. 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 kayak experience?

Kayak experience is not necessary for this challenge. Your team of four will use 2-person sit on top kayak. The kayaks, paddles and buoyancy aids are provided and we also have qualified kayaking 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 kayak 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. 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?

Your parking is covered by us, so you can pull right up to the event base without having to worry about where to go. You will need to book your own accommodation near Brecon. Please note it is a popular destination so we do recommend booking well in advance if you can.

What food is included in the event?

There will be fruit provided in the morning, we recommend eating a heartier breakfast before arrival. Lunch, snacks and water will be available at the bike-trek transition area during your challenge and when you've crossed that finish line there will be a BBQ and drink of bubbly or IPA waiting for you! There will also be water and snack stops along the route.

This is all included in the event.

At the registration the night before, there will be dinner available to purchase from the Spanish catering company Ele's Little Kitchen but this is not included in the event.

What do I wear for best dressed team?

This is not compulsory but just a fun award for participants to get creative, no matter on your ability! You can dress up or simply co-ordinate themed accessories with your team. Please note that your outfit choices must be safety conscious and not hinder your ability on the challenge – no full body suits or inflatable costumes please!

How will Action Medical Research help me fundraise?

You will have your own dedicated contact at Action Medical Research who will be on hand with telephone and email support to provide you with tips and guidance on how to fundraise for this challenge event, even during a pandemic!

You can always get in touch if you need any extra fundraising help - events@action.org.uk

Why is there a 50% sponsorship deadline?

We ask that you raise 50% of your fundraising target 2 months before the event (£900).

Fundraising is something that is always done on a goodwill basis. The 50% deadline is there to make sure everyone puts effort in to fundraise for their place on the event. It also reassures us that we can pay the practical event costs relating to the team's place on the event, knowing that the charity will not be out of pocket.

What if we don't raise 50% of our £1800 fundraising target by the deadline?

We rely on the conversations that we'll have with Team Captains in the lead up to the deadline date to understand your team's fundraising plans as you cook up different wonderful fundraising ideas! However please be aware that if you do not raise 50% of the fundraising target two months before the event then your team's place may be at risk. Although it's a shame to lose any of our participants, unfortunately, we may not be able to confirm you on the event if we don't feel confident that you will meet your team's target which also covers the costs to us as a charity. Please do bear in mind you have until six weeks after the event to raise the remaining 50% and we feel the overall target is achievable in the timeframe. We will always do our best to support you with fundraising ideas so we'll stay in touch to see if we can lend any help if needed.

Rules of the event

- 1 Each team will carry a GSM tracker. This will give the Event Marshals 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, and you must also check in and out with the marshals between each section.
- 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 kayak is not available, or the event has been temporarily suspended), the time you wait will be deducted from your team's overall time.
- 7 In order to complete the full event you must have completed the trek by 2pm. Teams that have not reached the bike-trek transition area by 2pm will not be able to complete the full 40 mile bike route and instead will be required to retrace the bike route back to the Brecon showground. Upon returning to the showground teams will then be able to complete the kayak section. All teams must have started the kayak section by 6pm. 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.