



JOINING INFORMATION

15th June 2024



raising funds for
action medical research
for children

YOUR ADVENTURE
IN SAFE HANDS



THE
ADVENTURE
ELEMENT



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OUR EXPERIENCE MAKES YOURS A BETTER ONE.

The date for your Race the Sun, Bannau Brycheiniog (Brecon Beacons) Challenge is rapidly approaching!

We are delighted to be the delivery partner of this event and I would like to thank you for taking part and being involved in what will be an incredible day.

Our role is to ensure the smooth and safe delivery of the event. As part of your preparations, please read through this document carefully so you are fully prepared before your arrival at the Event Registration.

1. EVENT DATES & OVERVIEW



EVENT DATE

Saturday 15th June 2024

EVENT REGISTRATION / EQUIPMENT DROP

Friday 14th June 2024

From 18:00 - 20:00

ONLINE SAFETY BRIEFING

Tuesday 4th June 19:00 - 20:00

<https://us06web.zoom.us/j/89369350892?pwd=TwFrdHDV2FRSKeFbCLUnPcaVoKtllb.1>

Meeting ID: 893 6935 0892

Passcode: 227160

OVERVIEW

Race the Sun Bannau Brycheiniog (Brecon Beacons) is part of the Race the Sun Series. Race the Sun is an 'Adventure Triathlon' where participants complete three activity phases as either a team of two or four. Participants will complete the Bike, Hike and Paddle phases between dusk and dawn raising vital funds for Action Medical Research.

The event begins with all teams setting off from Brecon by bike riding to the course split. Here half the teams will head to the Hike Transition and half to the Canoe Transition. Teams will then complete the relevant phase before cycling to the opposing transition and completing that activity. Once both the Hike and Canoe have been completed then teams will return to Brecon by bike to finish the event.



SAFETY BRIEFING

All participants must attend the online safety briefing 2 weeks prior to the event. The briefing will be presented by the Event Director who will cover the logistics for before, during and after the event. They will also discuss equipment and clothing as well as important safety information.

REGISTRATION

Registration is held the evening prior to the event at the Event Hub.

[Brecon Leisure Centre](#)

Brecon Leisure Centre, Penlan, Brecon, LD3 9SR

///hunt.scrub.good

At registration teams will be given their event packs, including event numbers, safety pins along with waterproof transition bags. Teams must put all the kit they need for the Hike and Canoe phases into the transition bags at registration, these are then placed onto the event vehicles to be transported to the transition areas ahead of the event.

Teams can have their bikes safety checked by the event mechanics. These can then be left at the event hub overnight.

START

Teams will be allocated a start wave time, each wave consists of 15 teams and will alternate between the three activities in 15 minute departures from 07:00. You will receive your start time and phase order closer to the event date.

At the start line, teams will be issued a tracker which will transmit the teams live location to an online map allowing friends and family to follow their progress.

TRANSITION

There are two event transitions, one at Parkwood Outdoors for the Canoe Phase. The other at Taf Fechan Forest for the Hike Phase. Teams will cycle between these two transitions. Transition bags will be transported to the transitions for you.

Arriving at the transition teams will rack their bikes, change clothing before heading onto the next phase.

Water refills, refreshments, bike racking, toilets, and changing rooms will be available at the two transition areas. Packed lunches (provided) will be collected from the Hike Transition to take onto the Mountain.

Once a team has completed their final activity their transition bags will be transported to the event hub, this should arrive before the team finishes.

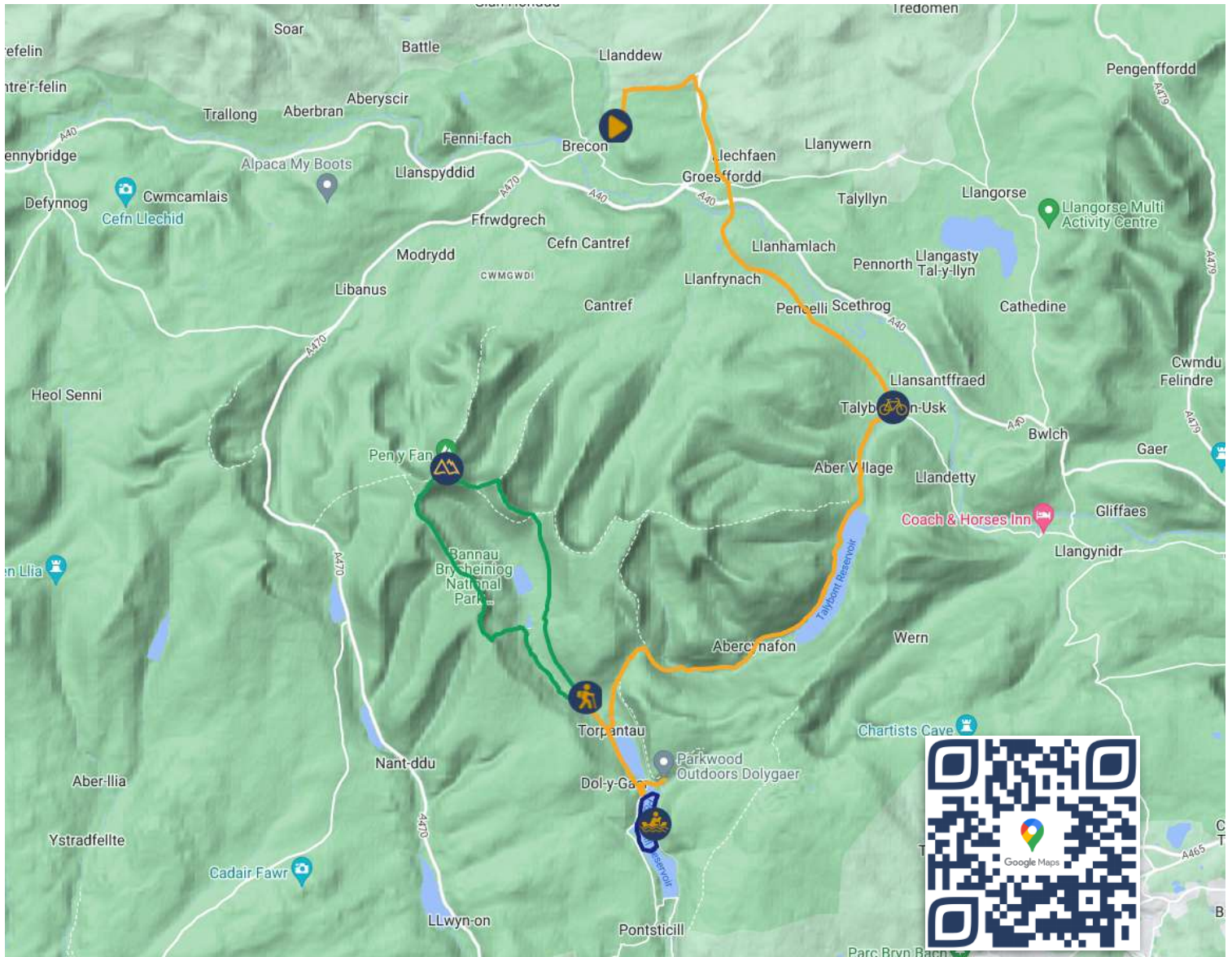
FINISH

Once all three activity phases have been completed teams will receive a medal, a complimentary alcoholic or soft drink to celebrate their success and a post-event evening meal consisting of a BBQ with salad buffet.



1. EVENT DATES & OVERVIEW

ROUTE OVERVIEW



Click or Scan for
Google Maps

CYCLE PHASE

The 56km cycle route is completed over 3 stages. The first stage is 24km along the Talybont valley towards the Pontsticill Reservoir. At Torpantau an even split of teams will be sent either to the Canoe Phase or the Mountain phase. The two transfers between phases accounts for 8km. The final phase is a return along the Talybont valley for 24km back to Brecon.

CANOE PHASE

Launching from Merthyr Tydfil Sailing Club, teams depart on a circular 3km route along the shores of Pontsticill Reservoir with a short crossing to the opposing lake shore before returning to the Sailing Club.

HIKE PHASE

A 15km circular route departing from Taf Fachan Forest taking in the horseshoe of The Cribyn and Pen-y-Fan returning to the Forest.

3. BIKE PHASE

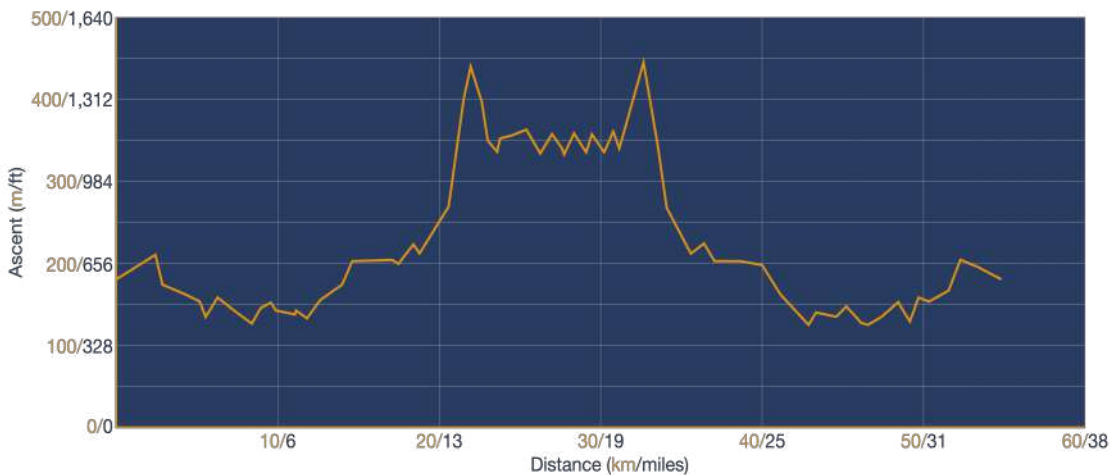
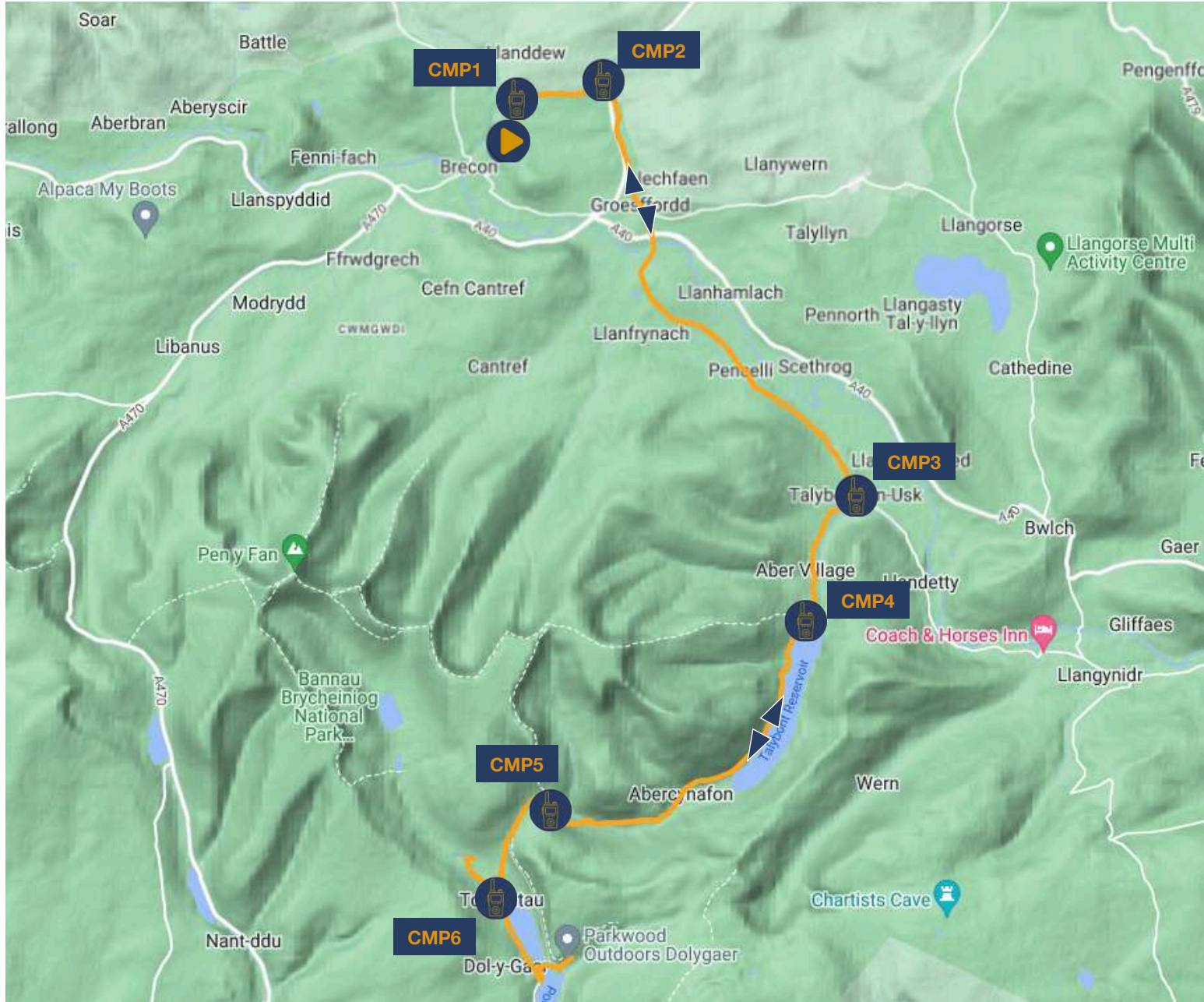
DISTANCE: 56km / 36miles (Split over three segments)

TOTAL ASCENT: 900m / 2,953ft

OPERATIONAL TIME: 0700 - 1900

DURATION: 1.5 - 2.5hrs (each way)

DIFFICULTY: Challenging undulating road ride with a lot of ascent.



Click or Scan for
STRAVA

4. CANOE PHASE



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DISTANCE: 3km / 2 miles

Actual route and distance will vary depending on weather conditions.

OPERATIONAL TIMES: 07:00 - 18:00

DURATION OF PHASE: approx. 45min - 1hr

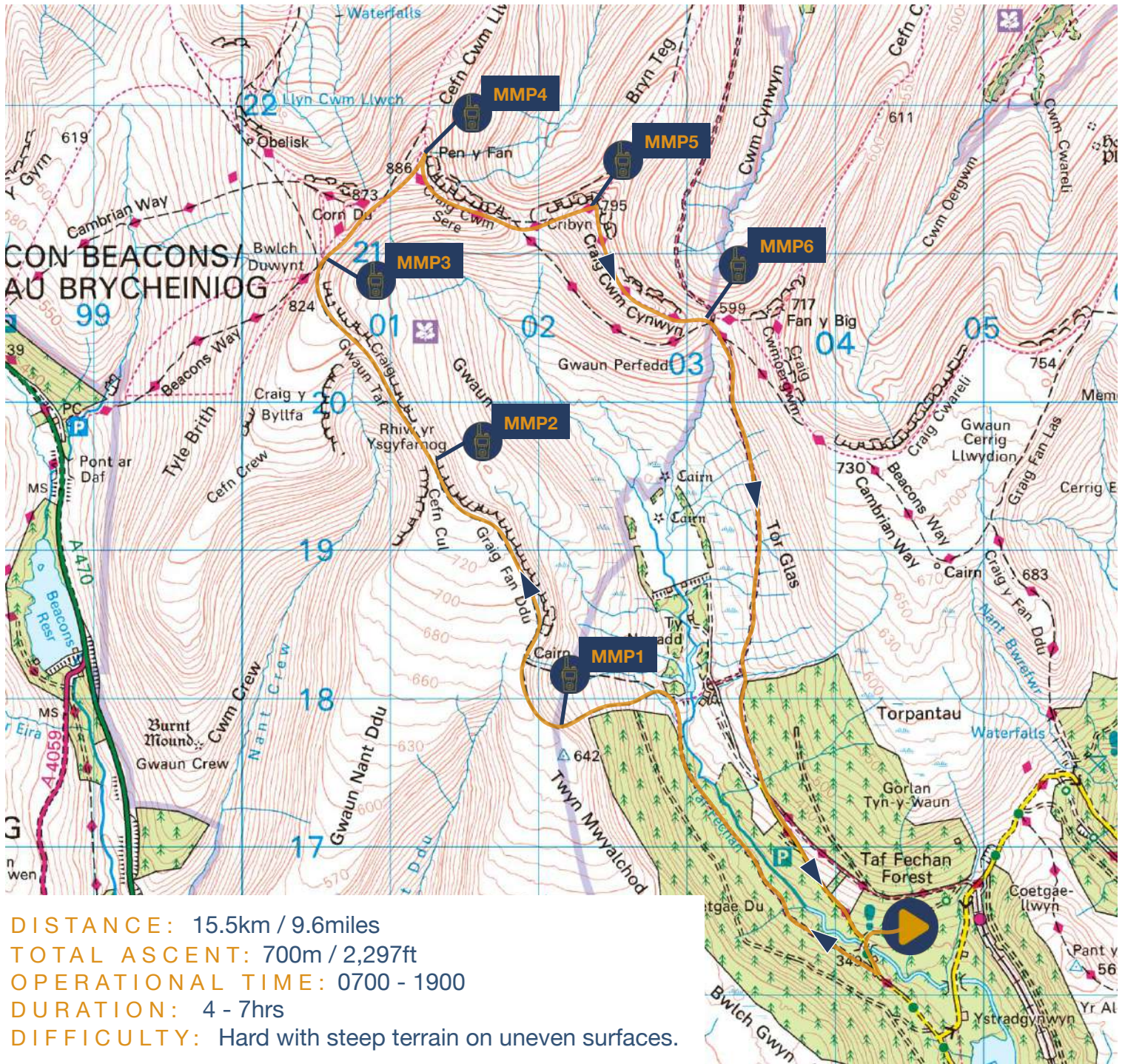
DIFFICULTY: Easy (unless it's windy!)



5. HIKE PHASE



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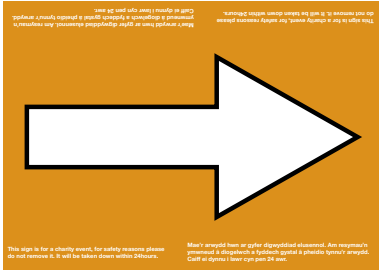
Click or Scan for
OS MAPS

6. NAVIGATION

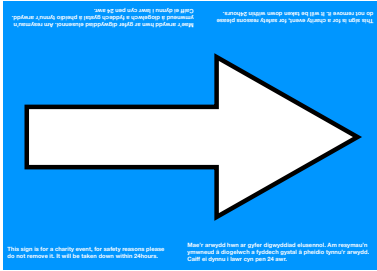
DIRECTIONAL ARROWS

These signs will be used by the participants to navigate whilst on your relevant phase. The colour denotes the phase you are on. They will be positioned at all junctions as well as reassurance on long straights. They are A4 in size.

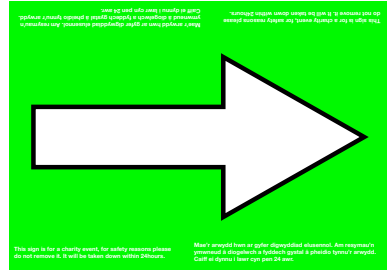
CYCLE ROUTE



CANOE ROUTE

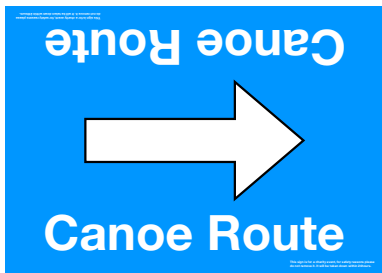


HIKE ROUTE



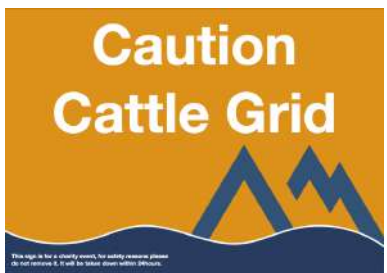
TRANSITION SIGNS

To differentiate routes coming out of the event hub participants will follow the below signs. They are A2 in Size.



CYCLE PHASE SIGNS

Once on the cycle route warning signs will be erected to alert participants of a particular hazard. Examples below. Printed in A3.



MOUNTAIN PHASE FLAGS

We aim not to use any route marking on the mountain. Orange flags will only be used if a marshal has to leave their position on the mountain and there is a junction to take. Or if on the event day visibility is poor.



CANOE PHASE MARKERS

Once on the water a route will be laid out using orange buoys. Safety marshals on powerboats help guide teams.



6. NAVIGATION



GPX FILES

Any participants wishing to download the route to their devices can do so below:

Click or Scan for
GPX file download



UPLOADING THE FILE TO YOUR DEVICE

Either scan the QR code with the camera on your phone or click on the QR code if viewing on your phone. This will take you to a page to download the GPX file, it will then appear on your phone in your files folder or in your downloads folder on your computer.

You can then upload the file to your device from your phone by sharing the file to the app you use to sync the device you want to use.

CONVERTING THE GPX FILE

To convert the GPX file into other formats such as TCX visit the following website:
www.alltrails.com/en-gb/converter

VIEWING THE ROUTE

To view the routes in more detail click or scan the QR codes below:

Click or Scan for
Google Maps



Click or Scan for
STRAVA



7. REGISTRATION

REGISTRATION

Participant registration takes place the between 18:00 - 20:00 on Friday 14th June.

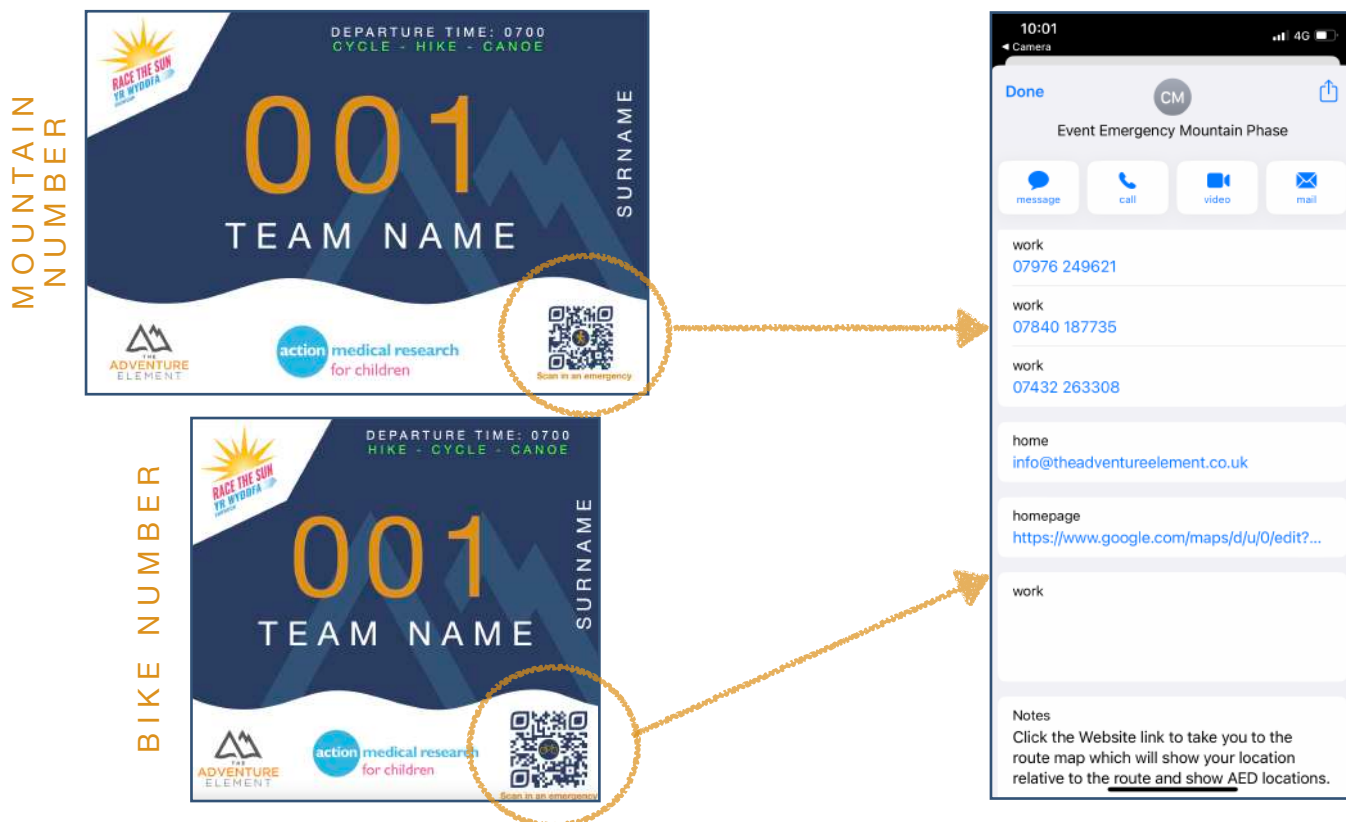
Registration will take place at the Event Hub, teams will be able to book a registration slot closer to the event. Action Medical Research will be in touch to arrange this.

REGISTRATION PACKS

Upon registering each team will be given an envelope with instructions containing:

- 🚩 Teams bike numbers with cable ties, to be attached to the front of each bike
- 🚩 Teams bib numbers with safety pins, to be attached to individuals mountain rucksack
- 🚩 Coloured wrist band denoting which phase order the team is completing

Hike	Canoe
Canoe	Hike



The diagram illustrates the registration packs. It shows two cards: a Mountain Number card and a Bike Number card. Both cards feature the 'RACE THE SUN' logo, departure time (0700), and phase order (CYCLE - HIKE - CANOE for Mountain, HIKE - CYCLE - CANOE for Bike). The cards display '001' as the number and 'SURNAME' as the team name. A QR code on each card is circled in orange, with arrows pointing to a smartphone screen. The smartphone screen shows a vCard for 'Event Emergency Mountain Phase' with contact information for work and home, a homepage link to the Adventure Element website, and a Google Maps link. A note at the bottom of the vCard instructs users to click the website link to access a route map and AED locations.

QR CODE FOR EMERGENCY CONTACT DETAILS

On the front of both the cycle number and bib number is a QR code. During registration scan the QR code and save the vCard to your phone.

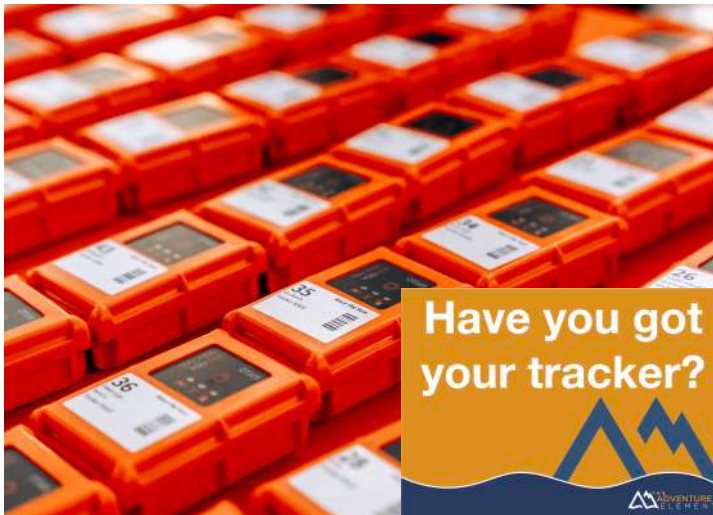
The vCard contains:

- 🚩 Phase Lead contact number for either Bike or Mountain
- 🚩 Safety team lead contact number
- 🚩 Event Directors contact number
- 🚩 GoogleMaps weblink to show event map, AED locations and Marshal locations

8. TIMING & TRACKING

TIMING

The event will be timed using a 'dibbing' system. Each team will be given a 'dibber' at the start line which they will use to signal the start and end of each of the different activity phases. This will give each team a total time for the event as well as a time for each of the activity phases. The teams 'total time' includes all the activity phases plus the time for transitions.



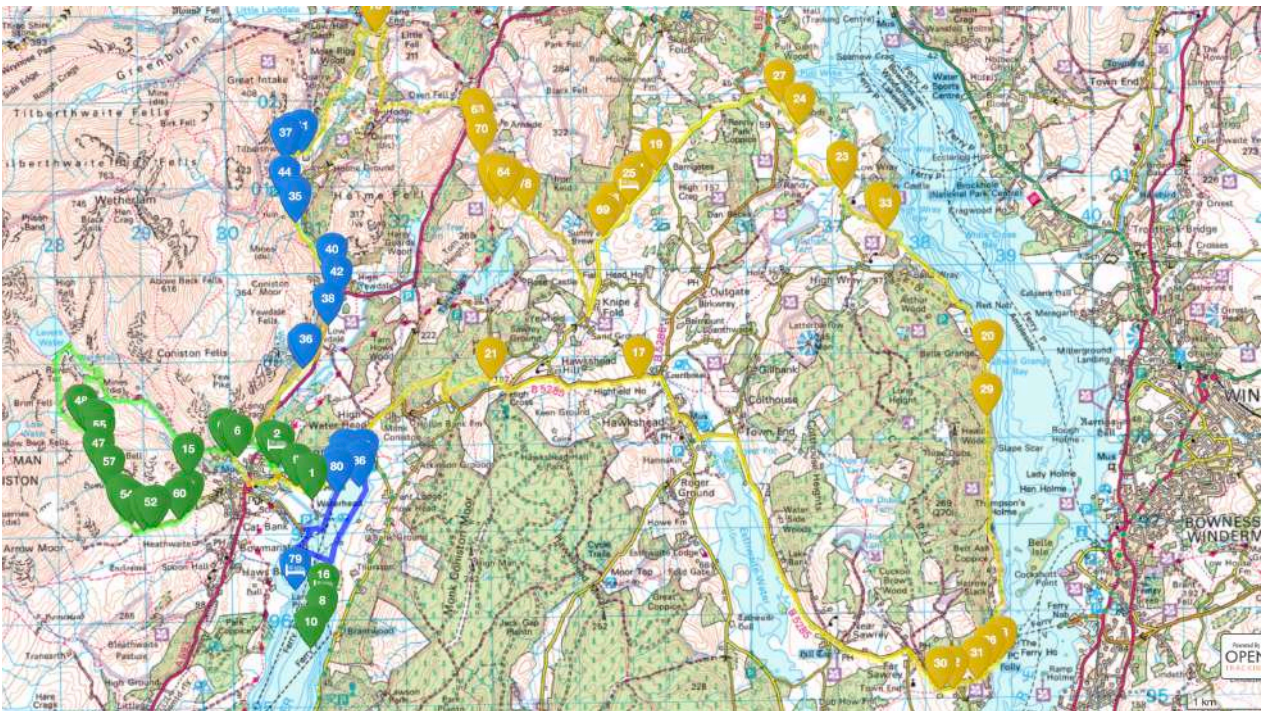
TRACKERS

Each team will be given a GSM tracking device at the start line. This will enable the event management team to monitor the teams progress. It will also be used to locate a team should they run into any difficulty whilst on route.

Teams will be reminded at transition to take their trackers with them.

TRACKING LINK

The tracking link will be streamed live at the Event Hub for participants and friends and family. In your final email pre-event a link will be sent out which friends and family can have access to if you wish to share it with them. It has been proven that embedding this link on your JustGiving page can increase donations.



9. KIT LIST



EQUIPMENT

It's really important to ensure you are ready for the conditions the Brecon Beacons can throw at you. This kit list provides you with the essential equipment and clothing you'll need in order to stay warm and safe throughout the event. The following kit list is not a comprehensive list of all you are required to wear but a list of the essential items or items to consider.

All of the teams equipment must be loaded into the transition bags at registration, this is the only chance that teams will have to get their kit transported to the transitions. There will be no further opportunities for kit to be taken to the transitions, if a member of your team cannot make registration then the team must have their kit to load into the bags for them.

BE PREPARED FOR ANY CONDITIONS!

NOTE: Items in the kits list with an * are optional items. Items denoted ** in grey boxes are essential and will be checked by an event marshal before starting an activity phase in adverse weather conditions. This is to ensure all participants have appropriate or adequate clothing/equipment for the prevailing conditions. Failure to show these items may mean you are not allowed to start the event or phase.

CYCLING EQUIPMENT

Item Needed	Got it	Packed it
Bike** (see note below)		
Helmet**		
Spare inner tube and repair kit.**		
Bike Pump**		
Bike Computer and mount*		
Bike lights front & rear** (you may be starting the event in the dark)		

CYCLE CLOTHING

Item Needed	Got it	Packed it
Cycling gloves*		
Cycling shorts*		
Cycling shoes* or trainers		
Waterproof and Breathable Jacket. (Gore-tex or Similar)**		
This could be the same as your trekking jacket.		

NOTE: We recommend using a road or hybrid bike for this event. As the route is on-road we would not recommend using a mountain bike. However, if you have trained on it and are confident you can complete the course you are more than welcome to use it.

All participants must provide their own bike, which should be in good working condition. We recommend servicing your bike before the event. On-site bike mechanics will be available at registration on Friday evening, upon request they will ensure your bike is safe for the event and is fitted correctly.

Once you have had your bike checked or if you are happy your bike is fit for the event then your cycle number can be attached to your bike. Each team has a designated bike rack where they can be left overnight, the bikes will be supervised overnight but it is still recommended to bring a bike lock.

Cycle mechanics will be on route to fix any mechanical issues or punctures, they can be contacted via the QR code on your cycle number (see section 7). It is still recommended to bring your own puncture repair kit as it will speed up getting you back on the road as the mechanic might already be busy.

9. KIT LIST



HIKE PHASE

Each team will be provided with a 100ltr roll top dry bag to serve as their hike transition bag. All of the teams Hike equipment must fit into this bag as it will be transported to the Hike Transition area. The only transfer of equipment available is at Registration, there will be no further transfers of kit to the transitions. The 100ltr bag will fit your teams kit as long each team members hike bag isn't bigger than 20ltrs.

TREKKING EQUIPMENT

Item Needed	Got it	Packed it
Rucksack 20+ litres. Must have 2 x padded shoulder straps. **		
Waterproof rucksack liner or heavy duty rubble bag.		
Head torch with batteries**		
Sunglasses		
Walking Poles		
Water bottle or bladder (Min. 2 litres). **		
Hiking boots/shoes with ankle support and good tread (you are not permitted not wear 'street trainers' or fashion boots for the mountain) **		

TREKKING CLOTHING

Item Needed	Got it	Packed it
Fleece jacket or soft shell**		
Gloves waterproof/windproof **		
Lightweight fleece top		
Sun hat		
Trekking Trousers (you will not be allowed to wear jeans)		
Trekking Socks		
Warm Hat**		
Waterproof and Breathable Jacket. (Gore-tex or Similar)** This could be the same as your Cycle jacket.		
Waterproof Trousers**		

CANOEING PHASE

Each team will be provided with a 40ltr roll top dry bag to serve as their Canoe transition bag. All of the teams Canoe clothing must fit into this bag as it will be transported to the Canoe Transition area.

Most participants will wear their cycling or trekking clothes, with waterproofs over the top along with your second set of footwear. If the weather forecast is bad then pack a change of clothes.

CANOE CLOTHING

Item Needed	Got it	Packed it
Footwear to get wet on canoes (Bare feet will not be allowed)		

NOTE:

4 PERSON TEAMS

You'll be using open canoes, which will be rafted together to make a stable platform for your team of four. It is not envisaged that you will be getting too wet, but we can't guarantee it.

2 PERSON TEAMS

You'll be using two person 'sit on top' kayaks. You will get much wetter from drips coming off the paddles and will likely need a full change of clothes.

10. EVENT TIMINGS

EVENT TIMINGS

06:30 onwards	Teams begin to arrive.	Light breakfast available. Teams allocated 30 minutes to arrive and depart.
07:00 onwards	Teams begin departing from event hub onto the cycle phase.	15 teams departing every 15mins
08:30	All teams departed	Hub staff to change the Hub set up to 'Finish' and depart to transition hubs.
08:00 onwards	First teams arrive at Transitions	An even split of teams arriving at the Mountain and Canoe Transition hubs.
13:00	Cut off for departure onto Mountain Phase	
13:40	Fastest teams to arrive back - based on 6hrs	
15:45	Teams sent back to the Hub from CMP6 - no further teams will depart onto Canoe Phase	
18:00	Average time for teams to return, based on 10hrs	
19:30	Last teams to arrive, based on 12hrs and implemented cut off times.	
20:00	Course Closed	All teams will have returned to Event Hub.
16:30 - 20:00	BBQ to be available.	Available for all participants
21:00 EVENT TO CLOSE.		



Do I need to train for the event?

The challenge is not to be underestimated and increasing your general level of fitness before the event through cycling, walking and aerobic exercises will help you with event preparation.

Will I need to carry my change of clothes for each challenge?

No, you will load all of the clothing and equipment you need into your teams transitions bags (provided at registration). These will be delivered to the transitions for you. Once you have completed both activity phases they will be brought back to the Event Hub.

Is it essential to get all the items on the kit list?

Yes, all items on the kit list are important for safety reasons and must be carried. In the event of bad weather, some items will need to be produced for inspection by the Event staff. Failure to produce these items may result in you not being allowed to start the activity phase.

Will there be food/refreshments during the event?

Yes, at each phase you will be able to refuel with fruit/ tracker bars and rehydrate with water. If you have your own preferences, please bring these along with you. You will be provided with a packed lunch which will be available from the Hike Transition. An evening celebration meal will also be provided.

Can I leave my bike overnight after the Event Registration?

Yes, there will be bike racks available at the Event Hub. Please bring a bike lock for extra security. The Adventure Element staff will camp at the Event Hub, but cannot take responsibility for your bike.

Will there be toilets along the route?

Yes, at both the Canoe and Hike Transitions. Other than that, you can use local facilities as you pass them.

What first aid provisions will be on the event?

All Adventure Element staff are first aid qualified and will be carrying first aid kits. There will also be first aid kits in the transport and safety vehicles. Most staff are local to Brecon and will be able to contact emergency services if required.

Will there be route signage?

There will be orange coloured arrows to follow on the Bike and some of the Hike phases. In addition, there will be roaming mountain guides who will be on the mountain climb to guide you on your way.

What happens if the weather is really bad?

It is rare that we have to completely cancel an event due to bad weather. It is important that you come prepared for any type of weather.

We have already planned an alternative mountain route we can use, and the canoe route can be adjusted to suit most conditions. Completing the challenge in harsh conditions just makes that fund raising money even more worth the effort!



#YourAdventureInSafeHands

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