

10-12 June 2022

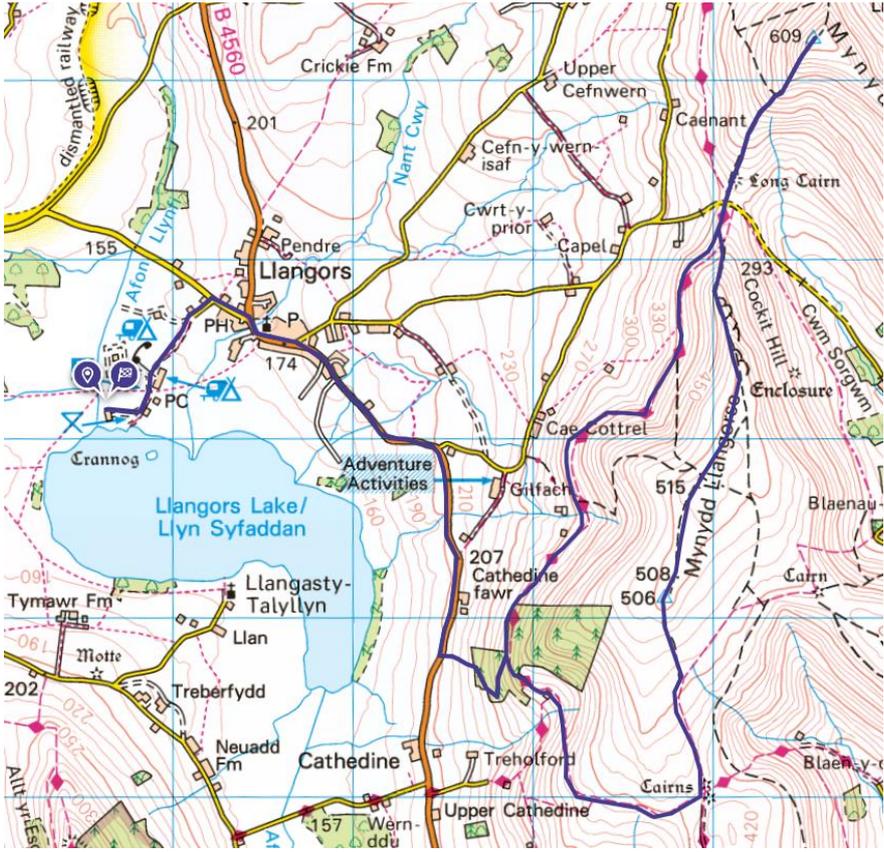
EVENT START LOCATION: LLANGORSE LAKE, BRECON, POWYS. LD3 7TR

All teams must arrive at Llangorse Lake for team registration between 07:30 and 08:00.

Kit checks will end at 08:15 with the event day briefing taking place promptly at 08:20 with the first wave of the race beginning at 09:00.

All teams must register a maximum of 7 participating team members for the day upon arrival.

ALL STAGES ARE ELECTRONICALLY TIMED IN 2022. PLEASE WEAR YOUR TIMING TAG AT ALL TIMES AND PASS OVER THE TIMING POINT AT THE START AND END OF EACH STAGE.

<p>Stage 1</p>	<p>Mountain Bike Duathlon – Mynydd Llangorse and Mynydd Troed</p>	
		
<p>Distance: 19.28km</p>	<p>Start: SO 12627 27170 End: SO 12627 27170</p>	<p>Height Gain: 740m</p>
<p>(OFF CLOCK)</p> <p>From the lake you will pass the start sign before heading on a gentle track towards the exit of the car park allowing you to get used to your bike. You'll then follow a single lane road towards a T-junction.</p>		

- Once you have arrived at the T-junction you will take a right turn following the road then taking another right turn at the second T-junction.

- You will then ride through Llangorse village and follow the B460 for 2.54km

(Directional marshals will be on the route to assist on key junctions on this section of the route)

- Once you've passed a farm on your left you will take a left turn onto a fire road where you will be greeted by marshals and prepare for a hill climb

(ON CLOCK)

Follow the fire road up the hill until you reach a crossroads in the path where you'll take a left turn and travel around the side of the mountain

- As you ride along the narrow path you will come across two gates and cross a river before having to stay right to continue along the path around the mountain

(TRANSITION)

- You will reach a small grassy car park where you will leave your bikes to complete the Mynydd Troed Mountain Run Challenge.

- Head directly to the summit, meeting the summit marshal and returning to the transition point to collect your bike

(TRANSITION)

- Once you have collected your bike head up towards the mountain summit of Mynydd Llangorse (dismount and push until the terrain levels out)

- Cycle past the trig point staying on the main path then start to descend the mountain taking a right after the second cairn

- Follow the path around the mountain into a wooded section (please take note of the dismount signage)

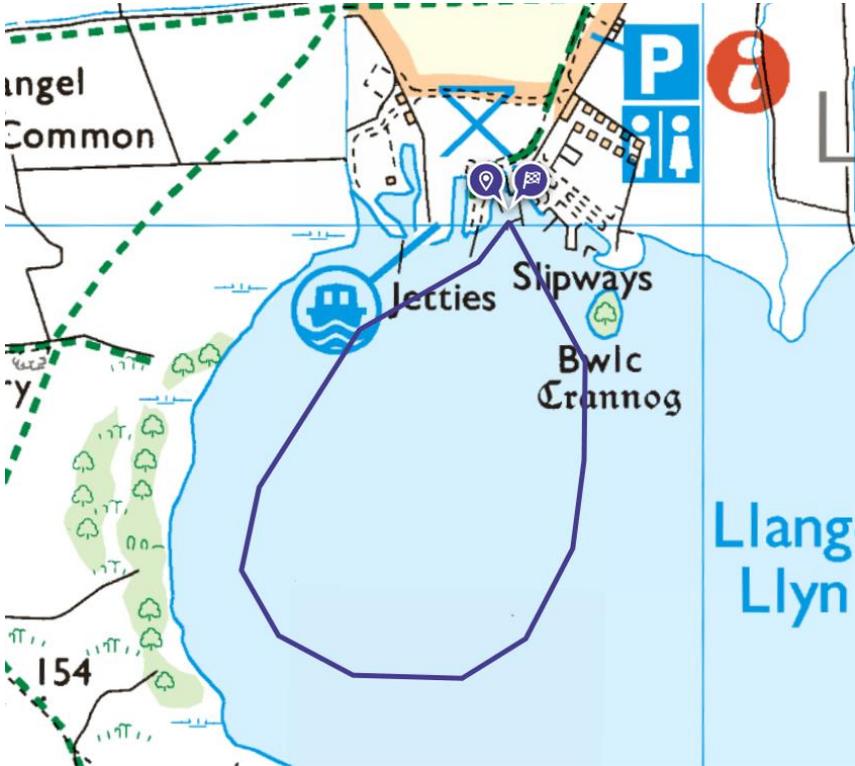
- Turn left once you've exited the woods and follow the fire road back down towards the road

(OFF CLOCK) Once you get back to the road take a right and cycle back to the lake the way that you came.

(Directional marshals will be on the route to assist on key junctions on this section of the route)

On return to the start line you will receive further instructions on the Bike Assault Course Time Bonus Challenge

Please note - this route is not suitable for riders with SPD/Clipped shoes as there is a running section and some sections where there are 'no ride' zones.

Stage 2	Team Canoe	
		
Distance: Approx. 1.5km	Start: NA	Height Gain: N/A
<p>(OFF CLOCK) Time will be allocated to kit up and receive a safety briefing. Teams will then be asked to assemble at the edge of the lake when ready in order to start the next stage.</p> <p>(ON CLOCK) The team canoe will take a circular course around the lake with your time being manually timed from the edge of the lake.</p>		

Following Stage 2 teams will need to be taken to the next stage by their support vehicle.

STAGE 3 START LOCATION: THE BEGWNS (Grid Reference: SO181445, What3Words: ///protester.tickets.caked)

All teams must arrive at the start location ready for stage 3 by 14:00 for a briefing.

Stage 3	Begwns Run – Logic Puzzles – Run back to Event HQ	
Distance: Approx. 14km	Start: SO181445 End: SO223424	Height Gain: 200m
<p>(OFF CLOCK) Time will be allocated for teams to be able to plot a route around the Begwns after being given a map of the logic puzzles</p> <p>(ON CLOCK) Teams will set off onto the Begwns using the route they have plotted.</p> <ul style="list-style-type: none"> - Once all checkpoints are reached and logic puzzles completed, runners will use the information they have been earned (which includes a grid reference) to plan the quickest route to that location. - From this point the route is not set, but teams will be expected to navigate themselves to the designated location. - At this location teams will have a chance to earn time off their stage time after which they will be directed to the finish. - After returning to Racquety Farm, teams will be encouraged to complete an archery safety briefing and practice in the archery zone. Please report to the archery zone after completing your stage. <p>Cut off time for return – 18:00</p>		
<p>Day 1 Total 35.5km 940m Height Gain</p>		

