


RACE DAY ATHLETE PACK



VIVO
LIFE


GORUCK

**WIPER
AND
TRUE**

SATURDAY 21ST MARCH 2026

Event Site Location

Henderson Hall
Talybont-on-Usk,
Brecon
LD3 7YQ

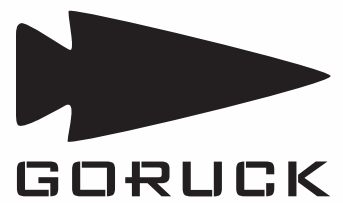
What 3 Words:
[disclose.compress.topic](https://www.google.com/maps/@51.75,3.15,15z)

Car Parking Location

11 Station Rd,
Talybont-on-Usk,
Brecon
LD3 7JH

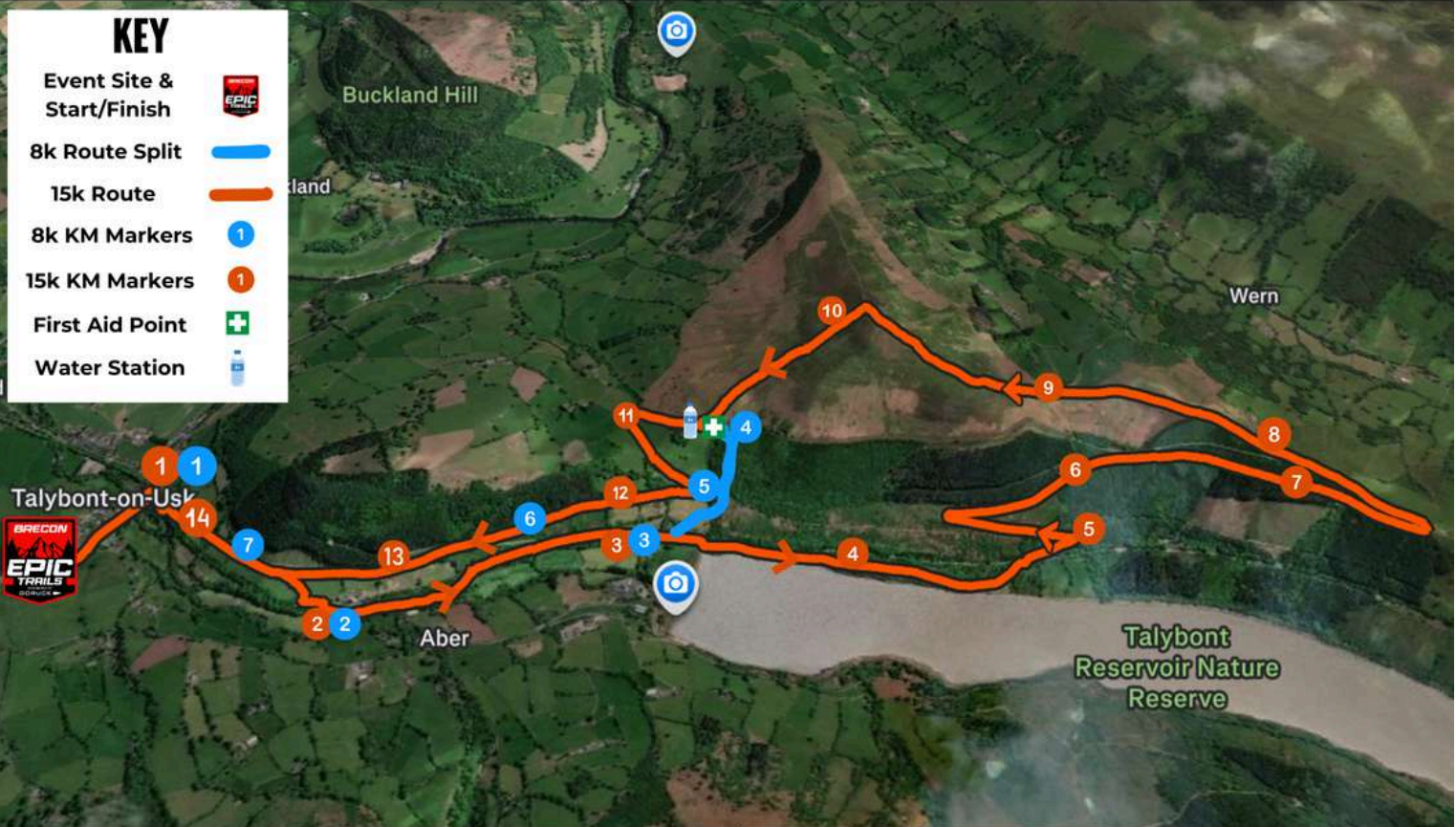
What 3 Words:
[craziest.bandwagon.toads](https://www.google.com/maps/@51.75,3.15,15z)

THE ROUTES



ROUTE MAP

KEY	
Event Site & Start/Finish	
8k Route Split	
15k Route	
8k KM Markers	
15k KM Markers	
First Aid Point	
Water Station	



8K ROUTE: 8.45KM (235M ELEVATION GAIN)

15K ROUTE: 15.2KM (490 ELEVATION GAIN)

RACE DAY SCHEDULE

10.00am: Car parking, event area & registration opens

10.50am: Athlete briefing (everyone to attend)

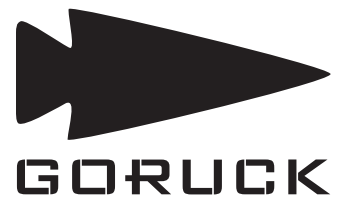
11.00am: Heats begin

11.35am: First runner estimated to cross the finish line.

2.00pm: Final runner expected to cross the finish line

3.00pm: Event ends

PARKING



Our car park for the event is located a 5 minute walk from the event site. Those wanting to use the car park must pay for parking beforehand via the link below. The car park is £5 per car.

Car park payment link [here](#)

Please show the parking attendant your parking confirmation email when you arrive on the day.

The location of the car park is:

11 Station Rd, Talybont-on-Usk, Brecon, LD3 7JH

What3words:

craziest.bandwagon.toads

Given the remote location, we recommend that you use the What3words App when driving to the car park as this will ensure you are taken directly to the entrance of the car park.

Car park entrance

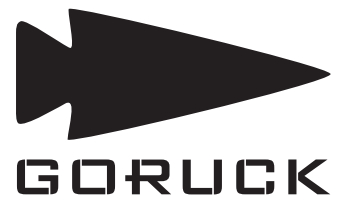


Please note: if you do not have access to the What3words App, you can still use standard maps on your phone. If doing so, just head to the address listed above, the car park is located inside the Talybont-On-Usk Livestock Market, the entrance is on Station Road (directly opposite the entrance to Maesmawr Ln)

Once parked, please follow the signs and head to the event site on foot (see front of this pack for address).



GET RACE READY



Heat Times & Athlete Briefing

All athletes must attend the athlete briefing at 10:50am. Heats are provisionally scheduled to start between 11:00–11:10am.

Your exact heat time will be emailed during the week of the event. If you haven't received it by Thursday 19th March, please contact events@superhumansports.com.

Arriving At The Venue

Please arrive 45–60 minutes before your heat to allow time to park, reach the event area, collect your registration pack and get ready.

Registration & Start Line

Once on site, visit the registration tent to collect your bib number and ruck (if applicable). After the briefing, make your way to the start line before your heat.

Clothing

Please bring appropriate clothing and footwear. **We strongly recommend a sturdy, grippy pair of trail running shoes.** A secure bag drop will be available at the site. If you'd like to use the sauna or ice baths at the finish line, please bring suitable clothing (e.g. swimming shorts or costume). Changing facilities will also be available on-site.

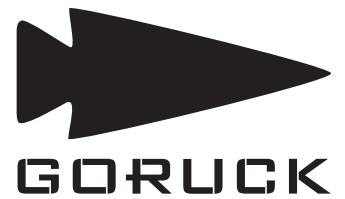
Race Emergency Contact

We'll have several stewards & first aid along the route, but if you need urgent assistance during the race, please contact Luca (Event Director) on **07896 639932**.

Please save this number in your phone before race day.

GENERAL COURSE INFO

ALL CATEGORIES



The Routes

Both routes will be marked out using red tape, directional signs (see below) and stewards.



Route Split

There is one route split on the course just after the **3km mark**. Please follow the signs for your distance.

Please note: there will be two sets of KM markers on the course. The **green** KM markers are for the 8k distance & the **blue** KM markers are for the 15k distance.

Water Station

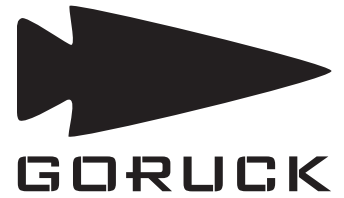
There will be 1 water station on the course just after **KM4 for the 8k runners & just after KM10 for the 15k runners**.

We'll have water, a variety of delicious snacks as well as Vivo Life's Sustain Electrolytes to fulfill all your hydration and fueling needs!

Please dispose of all rubbish before exiting the water station zone as will be clearly marked on the day.

GENERAL COURSE INFO

ALL CATEGORIES



Timings & Leaderboard

Your bib is your chip timer so please ensure it is attached somewhere visible on the front of your body (**not on your ruck**) before the race begins.

All Finish Timings will be made available on the day and can be accessed via social media & our website.

Open Categories

When you finish the race, all runners will be able to see their finish times.

Pro Categories

When you finish the race, all runners will be able to see their finish times and also how they placed overall in their category as well as in their specific age group.

Age Groups

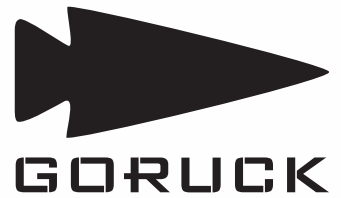
- 35 or below
- 36-42
- 43+

Please note: there will only be podium prizes for the overall top 3 men and the overall top 3 women in the Pro Categories (Pro Trail & Pro Ruck) for each distance.

Winners will be contacted via email after the event with information on their prizes.

GENERAL COURSE INFO

OPEN & PRO RUCK ONLY



You will be provided with a **GORUCK Rucker 4.0** when you pick up your registration pack with the correct weight already added to the ruck.

Please note: you are **not** allowed to use your own ruck at the event, you must use the ruck we provide you on the day.

However, if you have a waist strap, you are allowed to attach this to your ruck on the day. Hydration Packs can also be attached to the ruck if desired.

PRO RUCK

Men's Weight: 25lbs / 11.3kg

Women's Weight: 15lbs / 6.8kg

OPEN RUCK

Men's Weight: 15lbs / 6.8kg

Women's Weight: 10lbs / 4.5kg

Please note: an empty Rucker 4.0 weighs approximately 1.7 kg (3.8 lb), which is **not included** in the weight listed above.

Please return your ruck to the registration tent once you've finished the course.

BEYOND THE RACE

WIPER AND TRUE



ENJOY THE MOMENT, ENJOY A BEAUTIFUL BEER

Wiper and True will be elevating your post-run recovery experience!

Their **sauna & ice baths** will be waiting for you at the finish so be sure to bring a swimming costume if you fancy getting in!

You'll also get to enjoy a complimentary can of their award-winning alcohol-free lager *Tomorrow*, or pale ale, *Kaleidoscope*.

VIVO LIFE



SUSTAIN, PERFORM & MORE

Enjoy their awesome *Sustain* electrolytes at the water station & finish line!

But that's not all... Vivo Life will also be teaming up with The Coffee Bocs to serve their brand new low-caffeine *MindGrnd* blend - so be sure to pop over and give it a try.

And if you're a fan of their products, the Vivo Life Shop will be there too! 🍌

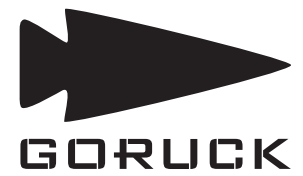
THE COFFEE BOCS

They're serving barista-style coffee, luxury hot chocolates, teas, handmade sausage rolls, scotch eggs, pork pies, and sweet treats like blondies, brownies and loaded cookies - all from their converted horsebox trailer.

Perfect for pre-race energy or a post-race reward. Swing by The Coffee Bocs, grab a drink, and keep your energy high all day! 🍌



FREQUENTLY ASKED QUESTIONS



Will there be a photographer on the day?

Of course - we'll have several throughout the route. Remember to smile!

Can I run with my dog?

No, unfortunately not for this year's event.

Can I run with headphones?

No, due to health & safety reasons, we would ask that you do not use headphones during the event.

What if I would like to change my category (pro trail, open trail, pro ruck, open ruck) or distance (8k/15k)?

You are able to change any information with your booking up until Wednesday 18th March. In order to do so, please email events@superhumansports.com.

If I have any questions leading up to the event, who should I contact?

Just email events@superhumansports.com