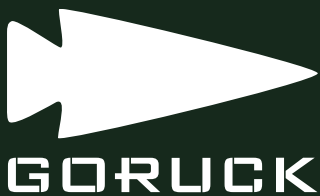


RACE DAY ATHLETE PACK



**SUNDAY
1ST JUNE**



EVENT SITE LOCATION

**HENDERSON HALL
TALYBONT-ON-USK, BRECON
LD3 7YQ**

WHAT 3 WORDS:

DISCLOSE.COMPRESS.TOPIC

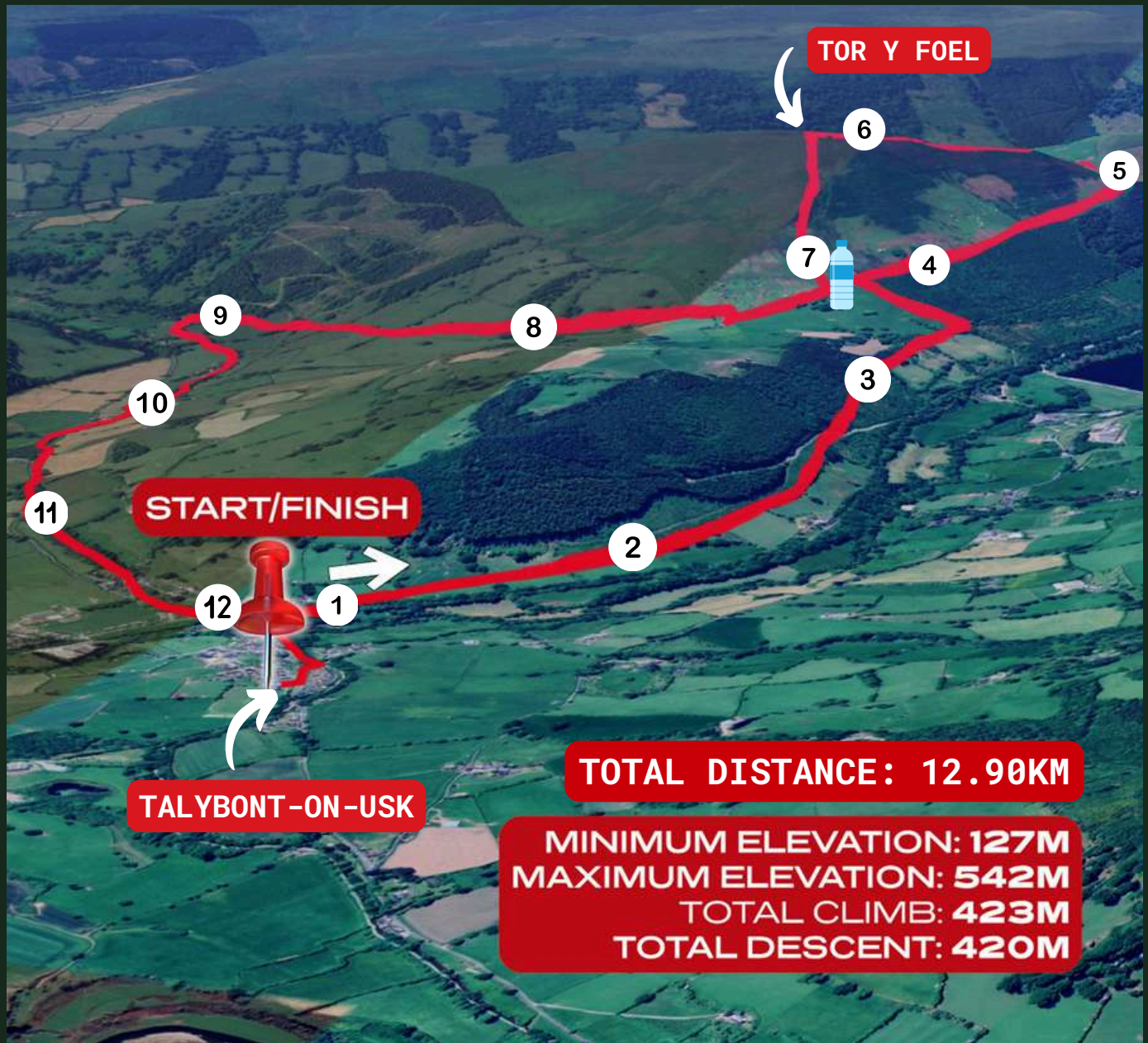
CAR PARKING LOCATION

**11 STATION RD,
TALYBONT-ON-USK, BRECON
LD3 7JH**

WHAT 3 WORDS:

CRAZIEST.BANDWAGON.TOADS

COURSE MAP



RACE DAY SCHEDULE

9.30am: Registration & event area opens

10.20am: Athlete briefing (everyone to attend)

10.30am: Heats begin

10.40am: Final heat to start

11.45am: First athlete estimated to cross the finish line.

2.00pm: Final athlete expected to cross the finish line.

3.00pm: Event Ends

GET RACE READY

BEFORE THE DAY

Heat Times & Athlete Briefing

On the day there will be an athlete briefing at **10.20am** that **all athletes must attend**. Please ensure that you have arrived at the event site by this point.

Provisionally, all heats will then set off between 10.30am-10.40am.

Your exact heat time will be sent to you on the week of the event.

Please keep an eye out for an email from us with your heat information. If you have not received your heat information by Friday 30th May, please email events@superhumansports.com.

Clothing

Please make sure that you have packed appropriate clothing and footwear for the event.

We **strongly recommend** that you wear a sturdy & grippy pair of trail running shoes for the event given the location & terrain. Road running shoes or shoes with minimal tread are not recommended.

GET RACE READY

GETTING TO THE VENUE

Car 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 note: you will need to have an account on our Superhuman Sports website in order to purchase parking. If you do not have an account, please click [here](#) and when prompted, please set up an account. Once complete, please click on the above car park payment link in order to book parking. 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

Given the remote location, we recommend that you use the What 3 Words App when driving to the car park as this will ensure you are taken directly to the entrance of the car park.

What 3 Words for car park entrance:

craziest.bandwagon.toads

(If you do not have access to the What 3 Words 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 head to the event site on foot.



GET RACE READY ON THE DAY

Arriving at the venue

We advise arriving 45mins-1 hour before your heat is set to start, this will ensure that you have enough time to park, get to the event area, pick up your registration pack and get yourself ready to go!

The event site is located at the following address:

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

What 3 Words for event site:

[disclose.compress.topic](https://www.threewords.co.uk/disclose.compress.topic)

Registration:

Once you have arrived at the event site, please head to our registration tent where you will be given your bib number (& your ruck if applicable).

Your bib is your chip timer so please ensure that you attach it and it is visible when crossing the finish line. If your bib comes off during the race, please let the person at the finish line know your bib number as soon as you cross the line.

On-site facilities:

There will be toilets on-site & a bag drop zone, however, there will be no changing facilities at the event site.

Cola's Coffee will also be there to fulfil all your caffeine needs, our partners, Vivo Life, will be there to help you refuel post-race and we will also have our Superhuman stand where you can buy our awesome Superhuman merch!

GENERAL COURSE INFO

ALL CATEGORIES

The route

The route will be marked out using red tape, directional signs and stewards.

Please keep an eye out for these signs as well as red barrier tape to ensure you are going in the right direction!



Please also note: Some areas of the route will remain open to the public and cars so please be aware of this when running.

Water stations

There will be 1 water station on the course just after KM7 (following the descent back down Tor y Foel) and there will also be water at the finish line.

You are free to take any of the drinks or snacks that are available at the station. However, you must dispose of all rubbish before exiting the water station zone as will be clearly marked.

Please do not drop rubbish on the floor at any point on the course!

GENERAL COURSE INFO

ALL CATEGORIES

Timings & Leaderboard

Your bib is your chip timer so please ensure it is attached before the race begins.

All leaderboard links will be made available on the day via social media & our website.

When you finish the race, you will be able to see how you placed overall in your category as well as in your specific age group.

Age Groups

Open age category: 35 or below

Masters age category: 36-42

Vets age category: 43+

Please be aware that there will only be podium prizes for the overall top 3 men and the overall top 3 women in each category (Trail Run, Pro Ruck & Novice Ruck).

Finisher's Goodies

All finishers will receive:

- An awesome finisher's patch upon crossing the finish line,
 - Plenty of tasty Vivo Life products to help you refuel,
- & be sure to get a finish line photo with our official photographer too!



GENERAL COURSE INFO

NOVICE & PRO RUCK ONLY

If you have entered the novice or pro ruck category, 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. These rucks are genuinely the best we've ever used so if you never used one before, you're in for a real treat!

In the interest of fairness and standardising the sport of rucking at our events, 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.

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

NOVICE RUCK

Men's Weight: 15lbs / 6.8kg

Women's Weight: 10lbs / 4.5kg

PRO RUCK

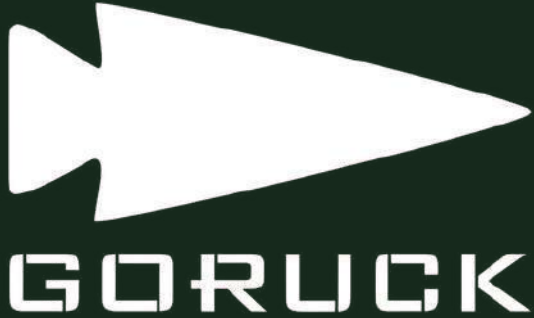
Men's Weight: 25lbs / 11.3kg

Women's Weight: 15lbs / 6.8kg

Rucking Rules

In terms of rules for the rucking categories, you are permitted to take the ruck off during the event when stationary, for example, if you are at the water station. However, you are not allowed to advance along the course without the ruck on.

EPIC PERKS!



SAVE BIG

Take your rucking game to a whole new level and invest in the best rucking & outdoor training equipment out there!

How to save:

Head over to www.goruck.eu and enter the following code at checkout:

GR15_EPIC10K_WALES

Valid from: 01MAY25-31MAY25



FUEL YOUR POTENTIAL

Get an exclusive 20% Superhuman discount on any Vivo Life products!

How to save:

Click [here](#) and your code will automatically apply at checkout.

GET THE ATHLETE STACK

Vivo Life have also created the Superhuman Athlete Stack, a trio of products specifically chosen to take your training to the next level.

You'll get their perform protein, creatine monohydrate & their odour resistant shaker all for a massively discounted price!



[Get the stack here](#)

FREQUENTLY ASKED QUESTIONS

Will there be a photographer on the day?

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

Will there be water stations on the route?

There will be 1 water station on the course just after KM7 (following the descent down Tor y Foel) and there will also be water at the finish line.

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.

When will we find out our heat times?

We will send out exact heat times on the week of the event. Provisionally, all heats will begin between 10.30am-10.40am

What if I would like to change my category (trail run, pro ruck, novice ruck)

You are able to change any information with your booking up until Tuesday 27th May. 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