



ULTRA CANI-TRAIL #4 30/40 Mile & RELAY  
SATURDAY 22<sup>nd</sup> March 2025

**PRELIMINARY EVENT INSTRUCTIONS 1<sup>st</sup> May 2024**

## Welcome to the Ultra Cani-Trail #4 30/40 mile & Relay

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**You have entered this event with your K9 Pal to become Cani-Trail Legends!!!  
There is 10 months to train and ask questions so please join our private facebook group for Banter, Useful information off previous entrants and more.**

### **Facebook Private Group:**

<https://www.facebook.com/groups/3253900531590301/>

**So here is the Official stuff.....**

### **EVENT HQ (START / FINISH)**

Is at Llanharan Miners & Welfare Hall (Off Bridgend Road) Llanharan CF72 9RA.  
This will also be the start & finish of the Ultra Cani-Trail.

The start of the event is 0700hrs 40 mile (& Relay) 0800hrs 30 mile Saturday 22<sup>nd</sup> March 2025 The start will be en masse.

The Clock will start and it is up to you to take position on the start line / area.  
Common Sense prevails if you have a re-active dog hang back or away from others, if you are a speed demon start at the front!!!

The Relay will start as part of the main group.

### **CAMPING**

This is at the Welfare Hall and is from 1900hrs Friday 21<sup>st</sup> March until Sunday 24<sup>th</sup> March 0900hrs.

Please do not arrive before this time as the area is booked out for other clients and we will be busy setting up

Parking priority is for entrants who have purchased camping first.

You will be allocated a parking spot /pitch by a marshal

***Details for camping link will be available 1<sup>st</sup> August 2024 and link posted on the website***

All dog faeces is to be cleaned up immediately and placed in the dog bins or bins  
PLEASE KEEP OFF THE FOOTBALL / RUGBY PITCHES AND WALK DOGS TO THE SIDES!!!



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Please arrive no later than 2300hrs Friday as people will be settling down to sleep etc

The Welfare Hall will be serving hot food, sandwiches, teas, coffees etc throughout the Saturday from 0600hrs and a price list will be posted nearer the time.

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They are a charity and all monies paid is direct to them and not the event.

### PARKING

Once the site is full you will unfortunately have to park off site – Llanharan Train Station is Free Parking (5 mins walk away) or in the village.

If you are not camping and wish to register Friday evening please park off site as it will be busy with vehicles

### REGISTRATION

Will be at 1900-2100hrs Friday 21st March & 0500-0630 Saturday 22<sup>nd</sup> March

PLEASE BRING ALL YOUR KIT FOR THE EVENT WITH YOU AT REGISTRATION – INCLUDING YOUR HARNESS.

At registration you will complete a disclaimer(if not completed online) have kit checked and collect bib number along with GPS Tracker.

IT IS IMPORTANT YOU PRINT CLEARLY YOUR CONTACT NUMBER FOR THE DAY AT REGISTRATION

### GPS TRACKER

It will be fixed onto your daysack with a cable tie and will be removed as you come across the finish line. **Please Do Not Modify or Tamper with it once on.**

### MANDATORY KIT LIST

- Minimum 500ml Water / Fluid / Sports Drink etc
- Waterproof Jacket (Taped Seams Not Windproof)
- Waterproof Trousers (Taped Seams Not Windproof)
- Gloves
- Hat or Buff
- Emergency Bivi Bag
- Warm Top layer (not worn to be put on in Emergency)
- Head Torch (with spare batteries)
- Fully Charged Mobile Phone (Waterproofed and switched on loud at all times and easy accessible)
- RD / HQ Mobile Number **TBC**

You will require a small Ultra Marathon Pack or a light daysack and all kit should be in a waterproof bag or liner



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#### Advisable –

Snacks/ Gels for on route    Mountain / Trekking Poles  
Small K9 First Aid Kit        K9 Dog Coat (For short haired dogs)

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This is not a short 5km Canicross race and for some it may be the longest distance you have done or are likely ever to do. Part of the area is on high ground, in the open and the weather can turn in an instant so please do not ask about not taking any of the Mandatory kit – it is there for a reason.

**Note** – If it is found that you are not carrying any of the kit on the route you will be immediately pulled from the event.

#### BRIEFING

There will be a mandatory briefing for ALL entrants (Both Relay and Solo) at **TBC** in the main hall

As you dress out of main hall you will have your tracker activated by a marshal.

You will have plenty of time to get your dog from your vehicle and get to the start.

#### THE ROUTE.

Although the route is fully marked by white marker arrow on the floor and Cani-Trail signage on gates etc *It is advised that going in the mountains you have some basic knowledge of navigational skills.* DO NOT JUST SOLELY RELY ON MARKINGS!!!

It is a mixture of Trail, hill, small mountain and is really mixed and may be boggy in places depending on weather at the time. – Its Wales its anyones guess!!!

There is a GPX File available via the OS Maps App and it is advised you get this app, download and subscribe to the app. For the sake of around £3.00 odd for the month it is a great navigation tool to give you an instant fix if you somehow stray off the path.

Via the GPS Tracker each participant will be tracked at all times from event HQ – hence your phone switched on at all times. There will be a link to the GPS Tracker provided in the next week or so. You can also use this as a tool to locate yourself if you go off track!!!

Your friends can also track you from their home etc



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**CHECKPOINTS – Details soon on GPX files**

**\*\*CP1**

**\*\*CP2**

**\*\*CP3**

**\*\*CP4 – 40 mile & relay**

**\*\*IT IS MANDATORY YOU PASS THROUGH THESE CPs**

At the main CPs there will be water and light snacks

IF YOU HAVE ANY SUPPORT CREW MEETING YOU AT THE CPs PLEASE ENSURE THEY ARE NOT BLOCKING ANY ROADWAYS AND ATTEND TO YOU AWAY FROM THE CP.

**EMERGENCY / MEDICAL**

There will be an 4x4 with two Paramedics on duty throughout the duration of the event. You will be given the numbers of the Medical Team on Registration and they will be about the route at various Checkpoints.

Please only contact them in a medical emergency or serious injury.

**YOUR K9 PAL(S)**

*We would strongly advise you to get your dog checked medically by a Veterinary professional prior to this event and entry is based on your dog being physically fit to take part*

Entry to this event you should have the following Cani-Cross Equipment\_

- Non Restrictive Harness – (Does not restrict Shoulder movement)
- Bungee Line and Safe attachment
- Cani-Cross Waistbelt

If you are unsure of any of the equipment then you should contact us ASAP and we can point you towards various suppliers

There have been lots of posts already on various Canicross sites advising on feeding your dog etc on route.

My personal experience is that you would not really need to feed them anything on route.

- Increase Feed a few days prior
- Feed 3 hours prior to start (if need be) but take away if your dog is a “picker”. This ensures it does not eat anything without you knowing.



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- **Do Not** force water down your dog (such as fish oil in it) – Too much water and exertion can also have an adverse effect. Let them drink when they want to.
- Get into a routine of checking your dog over. Check paws (claws/ pads) mucous membranes etc along with a rub down of the body when you get to CPs *“First my dog, then myself”!!!*

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Dogs are to be on the line at all times. There is no “FREE RUNNING” at anytime during this event due to sheep and livestock in various areas.

If you come across livestock (such as sheep) please do not run through them – Stop and Let them pass. The same if you come across horse riders.

### RELAY

Same detail as the Ultra route except:

- Teams will consist of minimum of 3 members
- Team members will pass a gps tracker to following member issued on Registration – It is their responsibility to ensure it is switched on and in place after the morning briefing.
- Each Team is responsible for their own Transport
- A minimum of One Team member must complete each leg
- Team members must not leave a leg before other member has arrived.
- Time will only stop when last member has crossed the finish line and recorded by marshal at finish
- There will be 1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> Place Prizes for Relay members

### FOR ALL ENTRANTS

You will be crossing mixed terrain and crossing a number of roads –

**PLEASE TAKE CARE WHEN CROSSING THESE ROADS!!**

Please Close any gates that you go through – Do Not take for granted there is someone behind you.

Although the routes use public footpaths the event does clash with land used for farming. We have worked hard to get landowners onside so please respect the land at all times.

In the event of bad weather we reserve the right as part of our terms and conditions of entry to modify , re route or postpone the route on safety grounds at short notice. Any decision if it happened will not be done lightly and we will make every effort to ensure the event goes ahead, however any decision will be risk assessed and on safety grounds.



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**RECCE DAYS**

From August we will offer a set of Recce Days each month up until February at a donation of £3.00 to the Llanharan Welfare Hall – Details on payment available nearer time

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**GPX FILES**

GPX files available 1<sup>st</sup> September 2024

A full and updated set of instructions will be available on our website and facebook page 1 month prior to the event with updates on our facebook page.

Any questions then please do not hesitate to contact us at

[canitrailuk@outlook.com](mailto:canitrailuk@outlook.com)

**Cani-Trail UK**