

Here is some preliminary information for the **THREE** events to get by with as the first event is 6 months away from entries opening.

The idea of the Trilogy is to build up from 12km- Half Marathon & 22 Mile over the 3 months they are staged and something to aim for, or you can enter them individually.

What's more the events have no time limit so you can run or Trek them and make them either competitive or relaxed as you want. The routes are also all marked so there is no requirement for Navigation (although as always common sense and a basic knowledge of map reading is always required venturing out on any trail). For all the routes there will be GPX Files available nearer the time.

Entering all 3 events gets you a limited edition Welsh Slate plaque in addition to your individual event medals etc.

### **MINI CANI-TRAIL SATURDAY 21<sup>st</sup> SEPTEMBER**

This will be staged at South Wales Equestrian Centre (**POST CODE:** CF35 6NH) to get to the centre it is best to come through Heol y Cyw village (CF35 6HY) especially for larger vehicles.

There is unfortunately no overnight parking the night before on site. Please contact us if you are arriving the night before with a camper and we can advise of parking spots.

Parking is at the Start / Finish and you will be directed by a marshal.

### **REGISTRATION**

Opens at 0815hrs please do not arrive before the time. You will complete a disclaimer and be issued your Bib number. Registration closes at 0910hrs

There will be a mandatory safety brief at 0915hrs with the event starting at 0930hrs

### **KIT LIST**

There is a minimum Kit list for this event:

- Mobile Phone Fully Charged (on loud & vibrate)
- Waterproof Jacket (not windproof)
- 500ml water / fluid
- Warm top (not worn to put on)
- Emergency Bivi Bag - NOT A BLANKET!!!
- Hat & Gloves

Dress for the weather on the day. Trail / Off road trainers are required.

**MINI CANI-TRAIL (CONTD)****START**

The start will be a staggered start, relaxed and every 10-20 seconds you can start with friends or solo.

**ROUTE**

The route is completely off road and undulating and a great route if you are stepping up into your longer distance. It is fully marked

There are marshals at various points along the way there will be one checkpoint with water and water for dogs – There is plenty of running water sources on route for your dogs.

**MEDICAL**

We have an external Paramedic company on site and around the route

**FINISH**

When you cross the Finish line you will be presented with your medal, dog tag and Welsh Cake.

There are 1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> place Trophies

**SNACK BAR**

There is a snack bar on site to purchase tea / coffee / snacks etc

**TOILETS**

At start / finish

**CANI-TRAIL HALF MARATHON SATURDAY 19<sup>th</sup> OCTOBER 2024**

This will be staged at South Wales Equestrian Centre (**POST CODE:** CF35 6NH) to get to the centre it is best to come through Heol y Cyw village (CF35 6HY) especially for larger vehicles.

There is unfortunately no overnight parking the night before on site. Please contact us if you are arriving the night before with a camper and we can advise of parking spots.

Parking is at the Start / Finish and you will be directed by a marshal.

**REGISTRATION**

Opens at 0815hrs please do not arrive before the time. You will complete a disclaimer and be issued your Bib number. Registration closes at 0910hrs

There will be a mandatory safety brief at 0915hrs with the event starting at 0930hrs

## **CANI-TRAIL HALF (CONTD)**

### **KIT LIST**

There is a minimum Kit list for this event:

- Mobile Phone Fully Charged (on loud & vibrate)
- Waterproof Jacket (not windproof)
- 500ml water / fluid
- Warm top (not worn to put on)
- Emergency Bivi Bag - NOT A BLANKET!!!
- Hat & Gloves
- Snacks to suit individual

Advisable

- Waterproof Trousers

### **ROUTE**

The route is completely off road and undulating and albeit a great route it is tough.

It is fully marked

There are marshals at various points along the way there will be two checkpoints with water and water for dogs – There is plenty of running water sources on route for your dogs.

### **MEDICAL**

We have an external Paramedic company on site and around the route

### **FINISH**

When you cross the Finish line you will be presented with your medal, dog tag and Welsh Cake.

There are 1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> place Trophies

### **SNACK BAR**

There is a snack bar on site to purchase tea / coffee / snacks etc

### **TOILETS**

At start / finish

## **CANI-TRAIL 22 MILER SATURDAY 30<sup>th</sup> NOVEMBER 2024**

### **A different venue to the other two events**

This will be staged at Llanharan Miners & Welfare Hall (**POST CODE: CF72 9RA**).

There is overnight parking the night before (Friday) on site for a small donation to the Welfare Hall (TBC) – This will include use of Toilets & Showers on site.

### **PARKING ON THE DAY**

Parking is at the Start / Finish and you will be directed by a marshal please do not arrive before 0600hrs

### **REGISTRATION**

Opens at 0600hrs. You will complete a disclaimer and be issued your Bib number. Registration closes at 0715hrs

There will be a mandatory safety brief at 0730hrs with the event starting at 0800hrs

### **KIT LIST**

There is a minimum Kit list for this event:

- Mobile Phone Fully Charged (on loud & vibrate)
- Waterproof Jacket (not windproof)
- 500ml water / fluid
- Warm top (not worn to put on)
- Emergency Bivi Bag - NOT A BLANKET!!!
- Hat & Gloves
- Snacks to suit individual

Advisable

- Waterproof Trousers

### **ROUTE**

The route is mainly off road although the start and finish you will be marshalled out of Llanharan Village. Coming back in there are no marshals so please be aware of any traffic, especially crossing into the venue.

The route is fully marked

There are marshals at various points along the way there will be three checkpoints with water and water for dogs – There is plenty of running water sources on route for your dogs.

**MEDICAL**

We have an external Paramedic company on site and around the route

**FINISH**

When you cross the Finish line you will be presented with your medal, dog tag and Welsh Cake.

There are 1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> place Trophies

**SNACK BAR**

There is a fantastic snack bar serving Sandwiches , Bacon , Sausage sandwiches, Tea / Coffee etc – There are Vegan options.

It is run by the Welfare Hall and they are a charity please do use them

**TOILETS**

At start / finish

**SHOWERS**

Available for a small donation to the hall as they are on a water meter.

**TRADE STANDS**

This location is a great venue and we will have some trade stands with both Canicross equipment and more available – TO BE ANNOUNCED!!!

As mentioned these are preliminary instructions and each will have some updated instructions either e mailed out individually but posted on our webpage along with our facebook page.

Any questions then please do not hesitate to contact us

***The Cani-Trail UK Team***