**PRELIMINARY INSTRUCTIONS – THESE ARE A GUIDE AND WILL BE UPDATED 2-3 WEEKS PRIOR TO THE EVENT TAKING PLACE WITH ANY UPDATE ON TIMINGS ETC**

**The event will take place at Llanharan Welfare Hall CF35 7RA**

Google maps: <https://maps.app.goo.gl/QWzFfpcSzuDDoaSg7>

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

**REGISTRATION**

Opens at **0630hrs**

You will sign disclaimer (if not done online) provide a contact number for the day and collect your Bib number – Please place it on your front so we can see it as you cross the line.

Start List and Bib Numbers will be posted on the private facebook group Tues 17th Sept

Registration closes at **0730hrs**

There will be a mandatory safety brief at **0745hrs** for 22 with the event starting at **0800hrs.**

There will be a mandatory safety brief at **0830hrs** for Half with the event starting at **0845hrs.**

**Unless absolutely necessary please do not bring your dog to the safety brief – there is plenty of time to get it and start**

**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
* Bungee Line, Harness & Belt. Harness not restricting the shoulder movement of the dog – IE not a strap across the front of shoulders – if unsure contact us.

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

**START**

The start will be a mass start. If you are fast and are looking at a time then start at the front. If you are walking start at the rear. If you have re-active dogs then you can 5 minutes early and we will add the +5 mins onto the overall time.

**TIMINGS**

As you cross the finish line we will take your number and tap your number on our device IT IS YOUR RESPONSIBILITY TO ENSURE YOUR NUMBER IS CLEARLY DISPLAYED SO WE CAN SEE IT. UNTIL WE SEE IT YOUR NUMBER WILL NOT BE RECORDED.

**ROUTE(s)**

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 by white marker arrow on the ground and signage with gpx files available.

There are marshals at various points along the way there will 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 there are first aid trained staff at the start / finish.

There is a defibrillator at the start / finish

**DROPPING OUT**

Unless a medical emergency please phone Race HQ make your way to the start or the nearest marshal.

**FINISH**

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

There are 1st / 2nd / 3rd Trophies

**SNACK BAR**

Inside the Welfare Hall with rolls, Tea, Coffee and snacks etc

**TOILETS**

At start / finish

**MISC**

**Dogs are to be on the line at all times – NO EXCUSES**

Please pick up your dog feaces

Livestock – Its Wales there is sheep about so please do not run through flocks, let them pass and please do not chase them down!!! If you encounter horse riders stop and takes instructions from them.

Please adhere to our terms & conditions on our website [www.canitrailuk.co.uk](http://www.canitrailuk.co.uk)

These Instructions are a guide and will be updated 2-3 weeks prior to the event.

If you have any questions then please contact us at:

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

Please join our private facebook group:

CANITRAIL LONGER DISTANCE