

TRAIL PURSUIT

BRECON BEACONS

1-3 OCT 2021

PARTICIPANT EVENT
INFORMATION



EXPLORE RACE SPLASH



FESTIVAL DETAILS

Thank you for signing up to our inaugural Brecon Beacons trail race festival, we cannot wait to share the adventure with you! Ed & Team TP.

Schedule:

Friday 1st October 2021

Site Opens & Car Park Opens:	14:00
Race Pack Collection, Sports Expo,	15:00-20:00
Yoga & Athlete Talks	
Adventure Films & Q&A	18:00 - 21:00

Saturday 2nd October 2021

Car park opens	05:30
Site opens & race pack collection	06:00
50 Mile Ultra Marathon	06:30
Marathon	08:00
Half Marathon	09:00

Sunday 3rd October 2021

Cark Park Opens	07:30
10KM	09:30
5KM	10:00
Kids One Mile	13:00
Site Closes	17:30

Venue:

Address: Gilestone Farm, Station Rd, Talybont-on-Usk, Brecon LD3 7JE



COVID UPDATES / GUIDELINES

Whilst we are now in a period of zero Covid restrictions, Trail Pursuit are taking measures to ensure all runners stay safe and feel comfortable on the event site. For this reason, please carefully read the below advice.

Important Information

Do not attend Trail Pursuit if you have been:

- unwell in the last 14 days
- had a positive Covid-19 test in the last 14 days
- self-isolated in last 14 days

Please get in touch with us immediately if you are showing symptoms of COVID-19 48 hours after attending Trail Pursuit.

Please email: hello@trailpursuit.com

NHS COVID-19 Information: <https://www.nhs.uk/apps-library/nhs-covid-19/>

Spectators

Spectators are permitted in the event site. Please purchase a day pass (non running) found under 'Extras' at checkout. This will grant full access to the festival.

Social Distancing

Although it is no longer mandatory to social distance in the UK, we are advising our participants to continue with the 1m+ rule where possible. This is particularly important inside our marquee or other inside spaces.

Face Mask

We are advising that face masks are worn in any indoor spaces, this includes the race pack collection marquee.



INHALE MOVE CHALLENGE

ESSENTIAL INFO

Travel

By Car: Follow your sat nav to postcode LD3 7JE. When you arrive the car park will be signposted 'Trail Pursuit Car Park', please follow these signs to avoid arriving at the wrong entrance.

Car Parking is £15 per car (valid for Friday, Saturday and Sunday). Please ensure you book via our website ahead of the event & have a copy of your email confirmation on arrival.

Fees will be higher at the gate & a pass is required to gain entry.

Car Park Passes are £1 per car. We encourage ride-sharing to the festival, in order to ease congestion and minimise the environmental impact.

Find Car Park Passes under 'Extras': <https://bit.ly/3Cgse02>

By Train:

The closest train station to Gilestone Farm is Abergavenny Station. When you arrive at Abergavenny Station, the venue is a 30 minute taxi ride (15 miles) or an epic warm up run!

Race Pack Collection:

Race packs can be collected from the main marquee on Friday 1st October 15:00 – 20:00 or the morning of the event (Saturday 2nd Oct 06:00 - 08:30 or Sun 3rd Oct 08:00 – 09:30)

We highly recommend picking up your pack on the Friday to save any queues on race day.

We are advising all runners to wear a face mask in the main marquee.

Inside your race pack you will find:
Race Number & pins
Schedule

MANDATORY KIT

Please note, Ultra & Marathon runners will need to visit Kit Check Point at race registration with their mandatory kit & receive a wristband.

Mandatory Kit (Ultra, Marathon & Half)

- Waterproof jacket (taped seams)
- Waterproof trousers (taped seams)
- Spare base layer
- Hat / Buff / Gloves
- Emergency bag & whistle
- Fully charged mobile phone
- High energy snacks & 500ml minimum liquid
- Personal cup or bottle
- Face covering (feed stations - a buff will do!)
- Headtorch (Ultra & Marathon)
- Spare batteries for headtorch (Ultra & Marathon)

Please note: route & terrain can be unpredictable & the weather can change quickly. Be prepared for all conditions.

5km & 10km Kit List:

- Waterproof jacket (taped seams)
- Spare base layer
- Fully charged mobile phone
- Personal cup or bottle
- Face covering (feed stations - a buff will do!)

Kit Checks:

If you're running the ultra or marathon distance you MUST come to the kit check tent in the venue to have your kit checked before the event.

The kit check tent is located next to the main registration marquee.

The kit check tent will be open:
Friday 1st Oct 15:00 – 20:00
Sat 2nd Oct 5:30 – 6:30

We highly suggest you get your kit checked on the Friday to avoid queues.

Once you have had your kit checked you will be given a confirmation wristband, please wear this wristband when loading into the start area. Without this we will not let you start.

We will also do a number of spot checks to ensure you have packed all of your mandatory kit. Remember it's for your own safety!

ESSENTIAL RACE INFO



Bag Drop

No bag drop will be available. Please travel light & store any items in your car / tent.

Toilets and First Aid

Please ensure you use hand sanitiser before and after entering the toilets, this is a COVID measure to protect yourself and others.

There will be two toilets located at each feed station and a large number in the main venue.

First Aid:

There will be first aid provision in the venue and at each of the feed stations. First aid will be located in the main marquee at Gilestone Farm.

We recommend you bring your own basic first aid supplies for taping up blisters or covering small cuts, especially if you are running the mountain marathon or 50 mile ultra.

Cut Offs

ULTRA

There will be three cut off points on the ultra, which require runners to cover on average of 4.75km per hour.

Cut Off 1 10:45am @ 19km

Cut Off 2 3:15pm @ 40.6km

Cut Off 3 7:00pm @ 58.6km

Please be aware and prepared that the first 19km includes 700m of ascent. Please practice your pacing and nutrition in the mountains before race day.

MARATHON

We don't have any official cut offs for the marathon, however we will have sweep runners and we expect runners to be able to maintain an average of 4.5km per hour in mountainous terrain.

ALL OTHER DISTANCES

No cut offs or advised average speeds on all other distances. Just a great day out!

ESSENTIAL RACE INFO

Racing Instructions

Here's some important information that you'll need for your race:

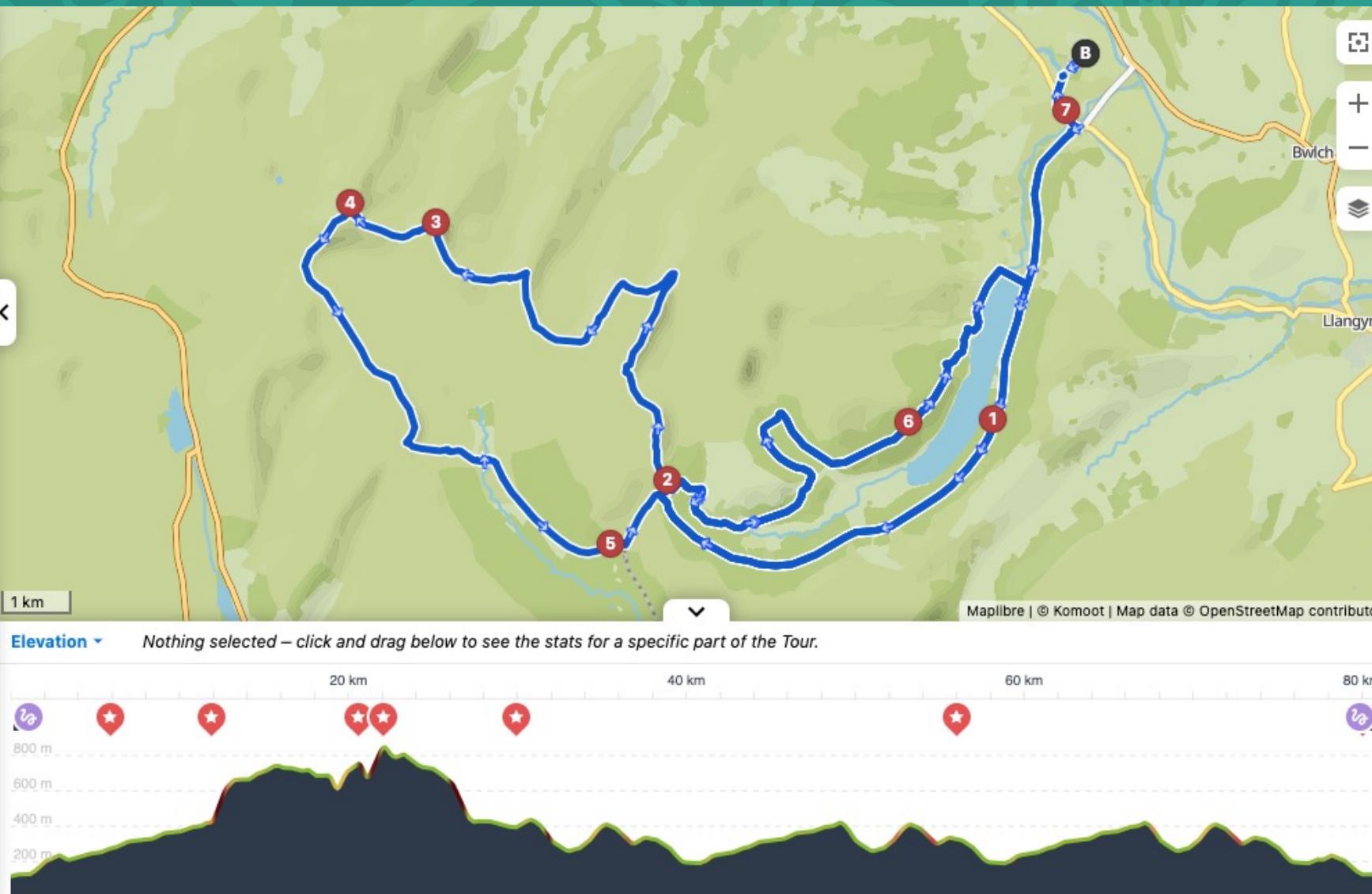
- Please respect the countryside, please help us look after it by closing gates behind you and leaving no litter whatsoever.
- The routes will be fully signed and there will be volunteer stewards out on the course to assist you. In the mountains you may find that signs are switched for small flags, please use these to assist you with direction.
- For the marathon and 50 mile ultra we strongly suggest you have a GPS device (watch or garmin) with the GPX files loaded onto them and/or a map. GPX files can be downloaded here: <https://www.trailpursuit.com/routes-brecon-beacons>

Emergency Event Phone Number: 07918 935279

Please make a note of this phone number or add to your phone. If you need to get in touch, request help or tell us you have dropped out of the event please use this number.

If a serious incident occurs please call 999 first and call the emergency event number when it is safe or appropriate to do so.

RACE ROUTE MAPS: 50 MILE ULTRA



50 MILE ULTRA

Cut Offs

There will be three cut off points on the ultra, which require runners to cover on average of 4.75km per hour.

- Cut Off 1 10:45am @ 19km
- Cut Off 2 3:15pm @ 40.6km
- Cut Off 3 7:00pm @ 58.6km

*Please ignore the red markers.
These are are for route management purposes.

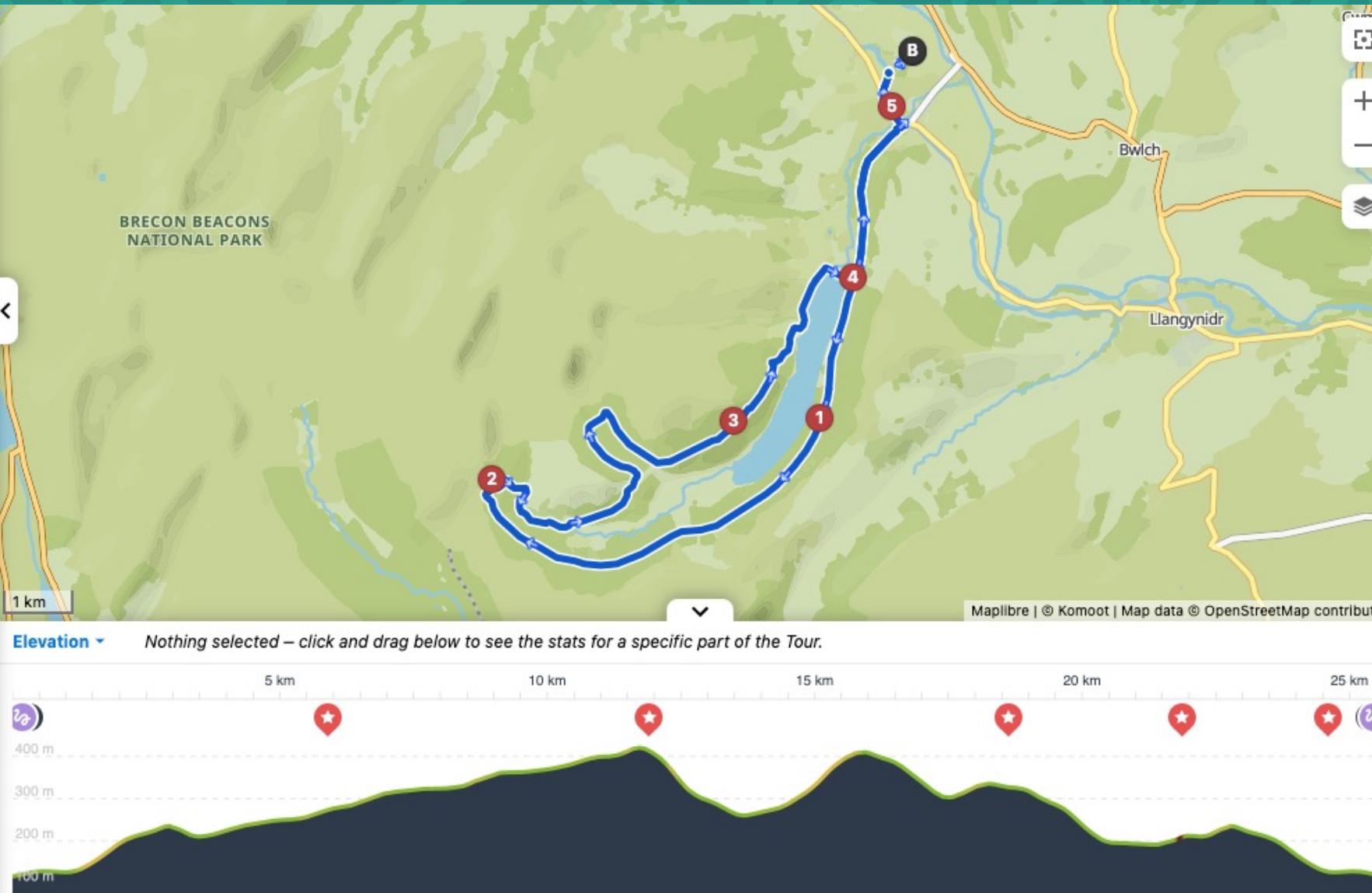
RACE ROUTE MAPS: MARATHON



MARATHON

No Cut Offs

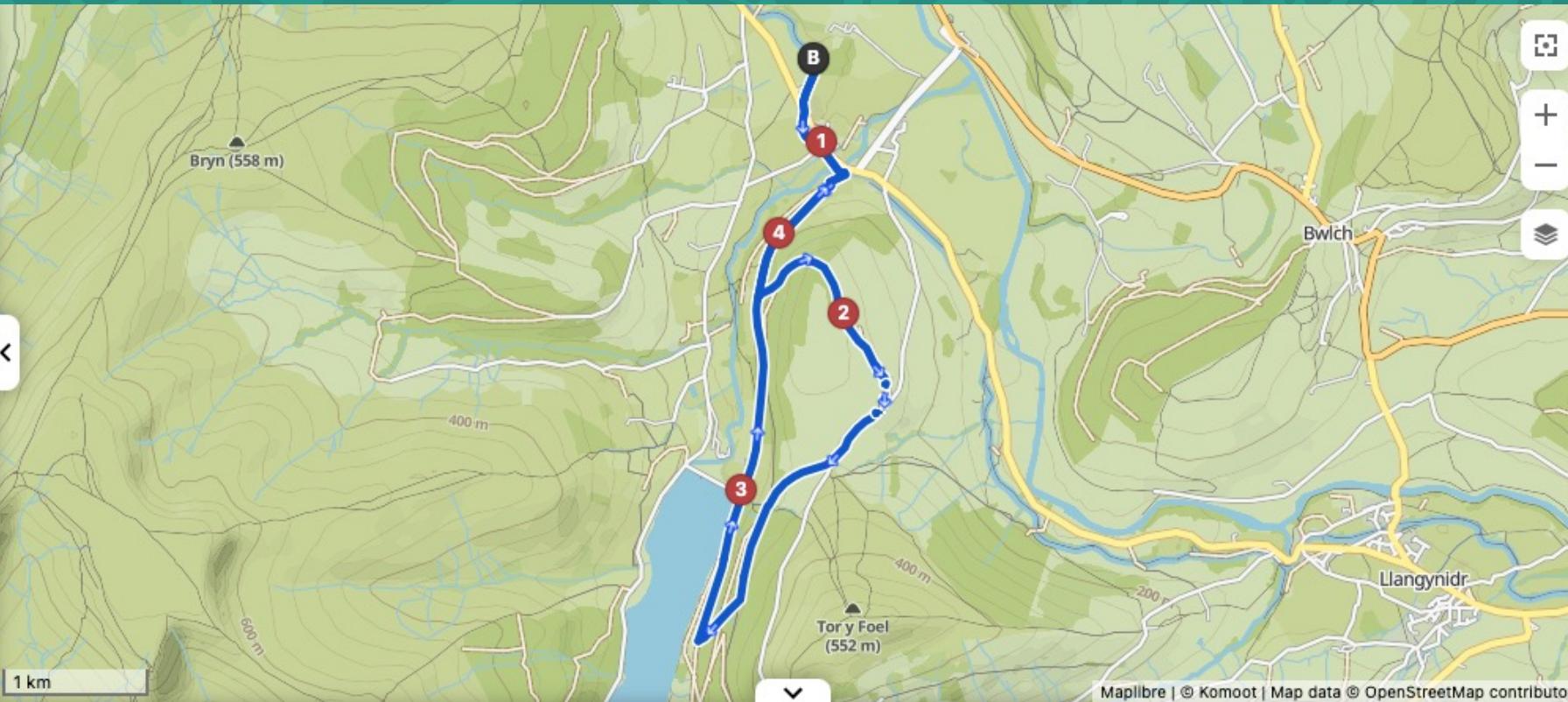
RACE ROUTE MAPS: HALF MARATHON



HALF MARATHON

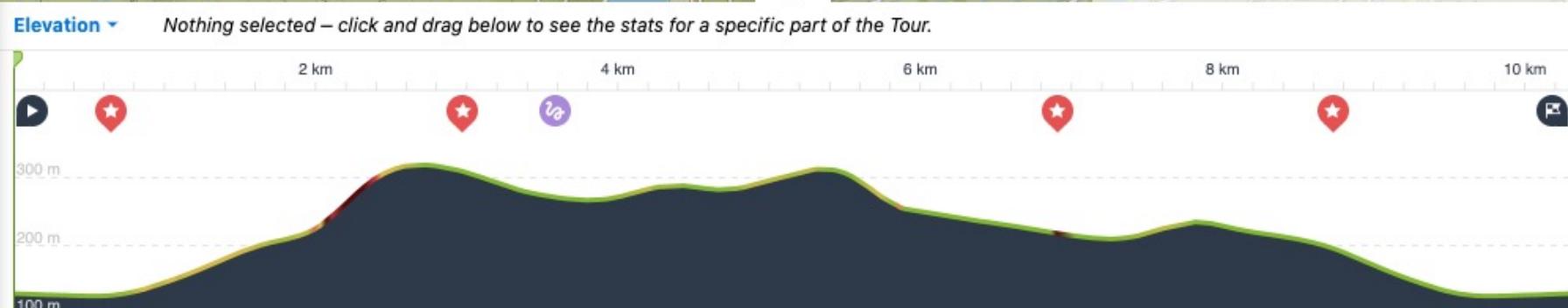
No Cut Offs

RACE ROUTE MAPS: 10KM

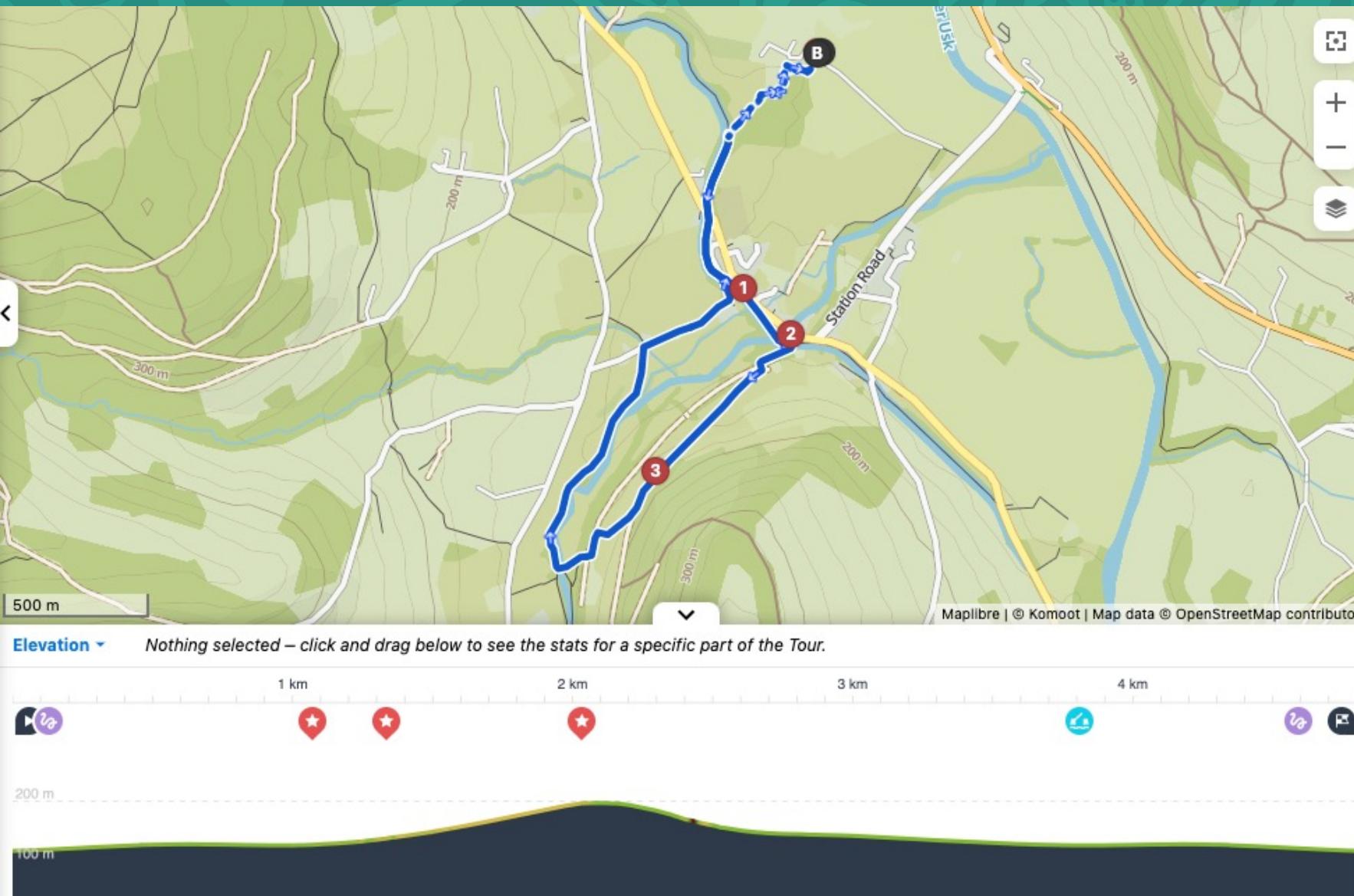


10KM

No Cut Offs



RACE ROUTE MAPS: 5KM



5KM

No Cut Offs

FEED STATIONS

There are a number of feed stations on the routes which will be stocked full of pre-packaged energy food and water.

Distance	Feed Stations
Saturday 2nd October 2021	
50 Mile Ultra	Feed stations at miles: 2.1, 7.4, 19.2, 25.4, 30.3, 36.4, 41.4, 47.6
Marathon	Feed stations at KM: 3.6, 11.6, 30.7, 38.6
Half Marathon	Feed stations at KM: 3.6, 11.6, 21.8
Sunday 3rd October 2021	
10KM	Feed station at KM: 6.9
5KM	N/A

Food items provided:

- Gels, high energy bars & electrolytes
- Mountain Fuel & Voom Bars

Be prepared, please carry your own water & snacks to help keep feed stations efficient, mindful of COVID measures.

Station Rules

- Please pull up your face mask or buff when entering the feed station
- If the feed station is busy, please queue up and abide by social distancing.
- Put litter in bins provided or take it with you
- Don't touch any items on the table, our helpful volunteers with serve you
- Respect social distancing at all times
- Leave the feed station or move away once you have been served
- Apply hand sanitiser before and after visiting the feed station.

ADVENTURE FILM NIGHT

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Friday 1st October, 18:00-21:00

Join us for an inspiring evening of running & adventure films, along with Q&A's with Damian Hall, Emily Scott, Sabrina Pace-Humphreys & Tony Riddle.

Please bring a foldable festival chair & warm clothes for the outdoor screening.

Start Time	End Time	Session	Film	
18.30	21.00	Adventure Film Night	Introductions	
			Trail Pursuit Lake District After Movie	2 mins
			Spirit of Trail Running	5 mins
			Representation Matters: Taking on the Ramsay Round	33 mins
			One Man, Two Feet, Three Peaks	37 mins
			The Wanderlust Women	8 mins
			Project 282	10 mins
			Totally FKT	52 mins
21.00	22.00	Adventure Film Q&A Panel	Damian Hall, Emily Scott, Sabrina Pace-Humphreys, Tony Riddle	
			Host - Marie Cheng	



YOGA & WELLNESS

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Yoga & Breathwork Classes

Flow & unwind with our yoga teachers; Jess, Liv & breathwork coach, Kay.

All sessions are first come, first served.

Friday 1st October

Start Time	End Time	Session	Teacher
14.00	14.30	Relax and Prepare Yoga	Jess Birchall
15.00	15.30	Relax and Prepare Yoga	Jess Birchall
17.00	17.30	Wind Down Yoga	Jess Birchall
18.00	18.30	Wind Down Yoga	Jess Birchall

Saturday 2nd October

Start Time	End Time	Session	Teacher
07.00	07.30	Sunrise Yoga	Jess Birchall
08.00	08.30	Rise and Shine Yoga	Jess Birchall
09.00	09.30	Breathwork	Kay Haskins
10.00	10.30	Yoga	Liv Thurlwell
11.00	11.30	Breathwork	Kay Haskins
12.00	12.30	Breathwork	Kay Haskins
13.00	13.30	Post Run Yoga	Jess Birchall
14.00	14.30	Post Run Yoga	Jess Birchall
15.00	15.30	Yoga	Liv Thurlwell
16.00	16.30	Yoga	Liv Thurlwell
17.00	17.30	Breathwork	Kay Haskins
18.00	18.30	Wind Down Yoga	Jess Birchall
19.00	19.30	Yoga	Liv Thurlwell
20.00	20.30	Wind Down Yoga	Jess Birchall

Sunday 3rd October

Start Time	End Time	Session	Teacher
07.00	07.30	Sunrise Yoga	Jess Birchall
08.00	08.30	Rise and Shine Yoga	Jess Birchall
09.00	09.30	Rise and Shine Yoga	Jess Birchall
10.00	10.30	Breathwork	Kay Haskins
11.00	11.30	Breathwork	Kay Haskins
12.00	12.30	Post Run Yoga	Jess Birchall
13.00	13.30	Post Run Yoga	Jess Birchall
14.00	14.30	Post Run Yoga	Jess Birchall

Jess



Liv



Kay



ATHLETE TALK TENT

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Be inspired by a number of athletes in the running & adventure space.

Friday 1st October

Start Time	End Time	Session	Speaker
16.30	17.00	Run Navigation for Beginners	Simon James
17.00	17.30	The Power of Running	Nick Kershaw
17.30	18.00	Wonderful Wild Women Runners	Sarah Gerrish
18.00	18.30	How to plan for Multi-Day Adventures	Emily Scott



Sunday 3rd October

Start Time	End Time	Session	Speaker
10.00	10.30	You are what you eat! Nutrition Q&A Panel	Ben Turner, Victoria Edwards
11.00	11.30	Post Run Recovery and Staying Injury Free	Nathan Thomas



Saturday 2nd October

Start Time	End Time	Session	Speaker
16.30	17.00	Food for Thought: Running Nutrition	Ben Turner
17.00	17.30	Dedication not Motivation. My stop/start journey in fitness	Tom Collins
17.30	18.00	Kit and looking after yourself in the Mountains	Simon James
18.00	18.30	Women in Trail Running Q&A Panel	Sabrina Pace-Humphreys, Sarah Gerrish, Sophie McLaren
18.30	19.00	Host – Marie Cheng	
19.00	19.30	Why it's about attitude not ability	Simon James
19.30	20.00	The love of the Bob Graham, trail running and the birth of Vaga	Ellis Bland
19.30	20.00	The highs and lows of running the width of the UK	Izzy Milburn

KOMOOT TALK TENT



Visit the Komoot Tent for a number of talks surrounding route planning, movement therapy & to join their guided hikes!



Friday 1st October

Start Time	End Time	Session	Speaker
16.00	16.30	Beginners Guide to Hiking and Route Planning with Komoot	Sian Lewis
18.00	18.30	Beginners Guide to Hiking and Route Planning with Komoot	Sian Lewis

Sunday 3rd October

Start Time	End Time	Session	Speaker
09.00	09.30	Focus Movement Therapy Mobility Workshop	Rob Byrne
10.30	11.00	Beginners Guide to Hiking and Route Planning with Komoot	Grace Wilson
11.00	11.30	Focus Movement Therapy Mobility Workshop	Rob Byrne
13.00	13.30	Focus Movement Therapy Mobility Workshop	Rob Byrne

Saturday 2nd October

Start Time	End Time	Session	Speaker
09.00	09.30	Focus Movement Therapy Mobility Workshop	Rob Byrne
10.30	13.30	Guided Hike with Komoot – Lower Caerfanell Valley Walk (5.5 miles)	Sian Lewis, Grace Wilson
		Meet at Komoot Tent	
11.00	11.30	Focus Movement Therapy Mobility Workshop	Rob Byrne
14.00	14.30	Focus Movement Therapy Mobility Workshop	Rob Byrne
15.30	16.00	Beginners Guide to Hiking and Route Planning with Komoot	Sian Lewis
16.30	17.00	Focus Movement Therapy Mobility Workshop	Rob Byrne

GUIDED RUNS & WORKSHOPS

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Max Capacity for Guided Runs – 12 (first come, first served)

Max Capacity for Navigation Workshop - 15 (first come, first served)

Friday 1st October

Start Time	End Time	Session	Host
15.00	15.30	5km Guided Run	Run the Wild

Saturday 2nd October

Start Time	End Time	Session	Host
10.00	10.30	5km Guided Run	Run the Wild
15.00	16.00	Run Navigation Practical Workshop	Run the Wild
16.00	17.00	5k Speed Dating Run	Zeal

Sunday 3rd October

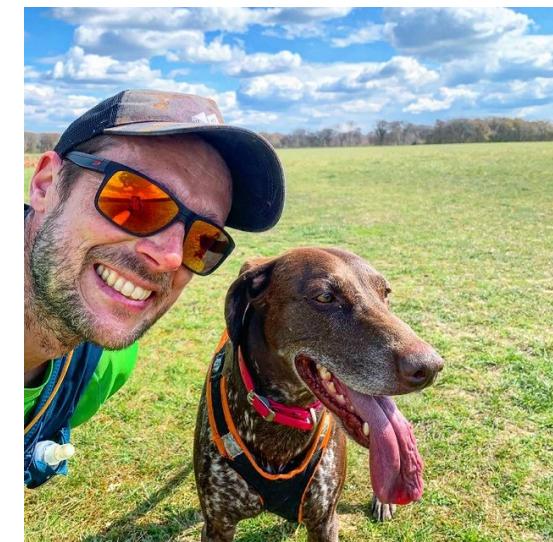
Start Time	End Time	Session	Host
10.00	10.30	5km Guided Run	Run the Wild

Additionally, Abloc Physiotherapy have drop in sessions

Friday 1st October – 2pm – 7pm

Saturday 2nd October – 9am – 7pm

Sunday 3rd October – 9am – 4pm



Simon from Run The Wild!



LIVE MUSIC

We are privileged to offer a fantastic line-up of live-music!

Our goal is to provide an eclectic mix for us to all to enjoy.
Please see set times below, however times may change slightly.

Saturday 2nd October

Start Time	End Time	Artist
12:30	13:30	Clare Marie - Sax Player
14:00	15:00	ADMT – Acoustic duo
15:30	16:30	RumRunners – rock band
17:00	18:00	Clare Marie - Sax Player
18:30	20:30	DJ LRG
20:30	22:30	Headliner – TBA!

Sunday 3rd October

Start Time	End Time	Artist
11:30	12:30	DJ LRG
12:30	13:30	TBA!



+Headliner: TBA!
(Keep an eye on socials)

ESSENTIAL CAMPING INFO

General Camping

The public campsite will be open from 2pm on Friday 1st October and will shut at 6pm on Sunday 3rd October.

Amenities include:

- Toilet and shower facilities (please purchase a shower pass: £15 valid Friday – Sunday) found in 'Extras' at checkout.

Please note:

- Bonfires are strictly prohibited
- Portable BBQs raised off the ground are allowed
- Pre-paid parking permits will be given at the gate (please show your confirmation).
- Portable charger, headtorch & warm evening clothes are highly recommended. Remember temps will drop significantly in the evening.

If you bought a **RACE + FESTIVAL TICKET** (& now want to camp – please book a separate camping pass at checkout – found under 'Extras') <https://bit.ly/3nKj7R5>

Campervans

At Trail Pursuit you are welcome to bring your campervan. These can be booked under 'Extras' at checkout. All vehicles entering the site may be subject to searches at the entrance and all passengers are required to present a valid festival ticket.

Glamping

Pre-booked Glamping Bell Tents open from 2pm on Friday 1st October and will shut at 6pm on Sunday 2nd October.

Prohibited Items, please expect to be searched.

- Glass
- Illegal drugs
- Spray Cans
- Fireworks
- Sound systems
- Alcoholic spirits
- Any item that could be considered a weapon i.e a camping knife or hammer
- Drones
- Unauthorised Professional Film or Video Equipment

FOOD+DRINK

Bringing your own food

You are welcome to bring your own food on-site, remember your camping cooking equipment, but please note we do not allow bonfires in the camping area.

Food Vendors

We will have plenty of mouth-watering food options on site to keep you well fed throughout your race festival experience! These accommodate for all dietary types.

Coffee Vendors

We have a number of delicious coffee vendors on-site including Hard Lines, Elliot's Coffee & Exhale Coffee!

Bar

Trail Pursuit, like all other intimate boutique festivals, operates an alcohol limit. Why? Because putting on a unique festival experience is a costly business. Festivals rely heavily on bar revenue to generate enough income to cover their costs and in short, survive.

We kindly ask that you respect these guidelines. There will be a bar on site serving a wide range of cold and delicious drinks at a fair price.

The personal alcohol limit on site is either 6 cans of beer/cider (the same limit applies to 0% & 0.5% beers) or 1 bottle of wine (decanted into a non-glass container). No alcoholic spirits are allowed on site.

CANICROSS RACING RULES

Dogs

We welcome dogs, but they must be at least 12 months old & kept on a lead throughout.

Nobody should race with dogs that are nervous of humans, as this can cause undue stress to these dogs. It is strongly recommended that dogs receive a vet health check before competing at our event. Any dogs deemed unfit to race by either the race Vet or event organisers must be withdrawn from competition.

Equipment:

Dogs must wear a suitable harness and be attached to their handler by a line containing some bungee to act as a shock absorber. Lines must not be longer than 2.5 meters when fully extended. No head collars, shock collars, choke chains or flexi leads are permitted. Whips are not permitted.

Muzzles may be used but they must be the open, basket type, through which dogs can drink and take treats. Exceptions may be granted in regard to the above equipment requirements if a competitor is learning how to canicross (debut), then a hand-held leash and flat (classic) collar will be accepted.

General

When overtaking other runners on narrow trails, call before overtaking. If being overtaken, keep your dog close. When passing other runners, each party should ensure this is done safely, allowing plenty of space for each runner and ensuring dogs do not become tangled.

Please clean up after your dog and have poop bags on you at all times – we would like to maintain good relations with our local partners & the cleanliness of the Lake District National Park. Not picking up dog mess will result in disqualification.

It is the owner's responsibility to ensure that adequate precautions are taken and that they acknowledge full liability.



SPONSORS & PARTNERS

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We are very thankful to our sponsors & partners who are supporting our trail race festival!
Explore the events village to discover their innovative products.

JUBEL
The Après Beer.



MOUNTAINFUEL
Peak Performance Nutrition
www.mountainfuel.co.uk

 komoot

exhale
HEALTHY COFFEE

VOOM

V Å G A

red original

Runk
Run kind. Be kind


ábløc
PHYSIOTHERAPY


RUN the WILD



HOME & HOUND

SUSTAINABILITY

Our aim as a responsible event organiser is to ensure we are working to maximise the ways in which our event makes a positive impact, whilst reducing the negative impacts on the environment and local community.

We are proud to be one of the 70 Vision Festivals committed to reducing our carbon emissions. You can read up out the Vision Festival:2025.

We also recognise the importance of collective action against climate change, so have joined the UN Sports for Climate Action Framework, joining 247 other sports organisers in adhering to a set of five principles.

As this festival has been organised with a quick turn-around and in challenging times, we have decided to concentrate our efforts towards four key sustainable actions:

1. Promoting Green Travel
2. Discouraging Single-Use Plastic
3. Encouraging Recycling
4. Protecting our Environment

Some of our core sustainability efforts:

- Medals are sourced from sustainable materials, with local artisans and minimal transit.
- Recycled, eco festival wristbands will be given out
- We are committed to using sustainably and locally sourced materials, equipment and products, with the aim of reducing travel miles.
- We encourage all vendors and attendees to eliminate, or significantly reduce, the use of single-use plastic cups, cutlery, and other non-compostable serve ware
- Our aid stations will be cup-less. Runners must carry their own bottles, hydration packs, or cups to be refilled at stations
- Protecting the Beacons is our priority. As such, we implement a strict no littering policy at our festival.
- We work closely with our traders and suppliers to source local produce and services to support the local economy.

What you can do:

- Car share with friends or find/share spare seats on GoCarShare
- Pack light – only bring what you truly need.
- Reduce plastic waste by bringing your own bottles, cups, and cutlery

TRAIL PURSUIT: LAKE DISTRICT 2022



20-22 May 2022, join us as we venture to Seathwaite, a stunning location just off the southern end of the Borrowdale Valley, south of Keswick in the Lake District National Park.

Nestled in the depths of a valley, this remote spot is the ideal playground for our trail race festival with direct access to the fells & surrounding idyllic countryside with lakes for a dip & refreshing soaks under waterfalls.

Choose from Mountain Marathon, Trail Half Marathon, 10K, 5K & Kids 1 mile distances. All levels welcome!

+Weekend Activities:

- 🧘 Vinyasa flow yoga & breathwork classes
- 🎤 Inspiring athlete speakers & adventure films
- ❄️ Ice bath experience
- 🏕 Weekend camping, glamping, campervans
- 🌈 Workshops, live music & festival vibes!

Location: Seathwaite Farm, Keswick, CA12 5XJ

When: 20 - 22 May 2022

GET 10% OFF USING "[TPADVENTURE](#)" AT CHECKOUT!

<https://www.trailpursuit.com/products/lake-district-2022>

TRAIL PURSUIT

BRECON BEACONS

1-3 OCT 2021
GOOD LUCK!!

Please tag us in your photos!
@trail_pursuit & #TrailPursuit