

DAY ONE Name	Provisional Leg	Start	Finish	Leg distance	Leg start Time (please be there at least 30 mins before start)	First Finisher Due In (approx: based on course records)	Runner Drop Off Vehicle	Support Vehicle/s	Runner Collection Vehicle	Minibus driver / Navigator	Notes
KIT LAMBERT	1	Caernarfon Castle (LL55 2AU)	Penygroes (LL54 6NR)	9.1	10:00	10:52	CAR 1 - Simon W	Minibus / Car 1	Minibus	Chris drives to Caernarfon, Kath navigator	Part A: Kit to travel with Simon W (Car 1) to registration/Captain's meeting. Simon G, Keira, Luigi and Kaarina to travel with Tony (Car 3) directly to leg 2; DO NOT GO TO CAERNARFON. Part B: Simon J, Jacob and Ross to travel with Simon W (Car 1) to Leg 4. Andy, Matthew and Stuart to travel with Nigel/Emma (Car 2) to Leg 3; LEAVE PROMPTLY FROM CAERNARFON AFTER START.
KAARINA RUTA	2	Penygroes (LL54 6NE)	Criccieth Castle (LL52 0HB)	10.7	11:00	11:54	CAR 3 - Tony	Minibus / Car 3 / Car 1 (first half)	Minibus	Driver = Chris / Navigator = Kath	Car 3 to drop off Kaarina then support her on stage.
ANDY PEARCE	3	Criccieth Castle (LL52 0HB)	Maentwrog (LL41 3YU)	12.3	11:55	12:57	CAR 2 - Nigel A	Minibus / Car 3 (all), Car 2 (start only)	Minibus	Driver = Chris / Navigator = Kath	Car 2 to drop off Andy and support at start only, then on to Stage 5.
SIMON JAMES	4	Maentwrog Oakley Arms (LL41 3YU)	Ysgol Ardudwy (L46 2UL)	9.5	13:00	13:49	CAR 1 - Simon W	Minibus (all) / Car 3, Car 1 (start only)	Minibus	Driver = Chris / Navigator = Kath	Car 1 to drop off Simon J, and support at start only, then on to Stage 6.
MATTHEW GWENTER	5	Harlech Castle (LL46 2UB)	Barmouth (LL42 1BX)	9.6	13:50	14:40	CAR 2 - Nigel A	Minibus (all) / Car 2 (first half only)	Minibus	Driver = Kevin / Navigator = Jamie	Car 2 to drop off Matthew and support first half only, then on to stage 8.
JACOB WILLIAMS	6	Barmouth (LL42 1BX)	Dolgellau (LL40 1DH)	10.7	14:40	15:37	CAR 1 - Simon W	Minibus / Car 1	Minibus	Driver = Kevin / Navigator = Jamie	Car 1 to drop off Jacob then on to stage 10 to drop off Ross.
LUIGI FEDERICI	7	Dolgellau (LL40 1DF)	Dinas Mawddwy (SY20 9JD)	10.1	15:35	16:33	CAR 3 - Tony	Minibus. NB. No "servicing runners" on summit of steep hill	Minibus	Driver = Kevin / Navigator = Jamie	Car 3 to drop off Luigi and pick up Keira & Kaarina, then on to Stage 9. NO SUPPORTING ON SUMMIT
STUART ALLEN	8	Dinas Mawddwy (SY20 9JA)	Foel (SY21 0NS)	10.8	16:25	17:23	CAR 2 - Nigel A	No "servicing runners" on entire stage	Minibus	Driver = Chris / Navigator = Jamie	Car 2 to drop off Stuart. NO SUPPORTING ON THIS STAGE. Go to end of stage and meet minibus to collect cooking squad! Then return to accommodation.
KEIRA EVANS-DETERMAN	9	Foel (SY21 0NS)	Llanfair Caereinion (SY21 0SE)	8.5	17:10	17:53	CAR 3 - Tony	Minibus	Minibus	Driver = Chris / Navigator = Jamie	Car 3 to drop off Keira, then push on to Newtown to deliver Kaarina to station (train @ 18:30) & cheer home Ross.
ROSS FLANIGAN	10	Llanfair Caereinion (SY21 0RQ)	Newtown (SY16 2BQ)	13.1	17:50	19:10	CAR 1 - Simon W	Minibus / Car 1	N/A	Driver = Chris / Navigator = Jamie	Car 1 to drop off Ross and support. Minibus, Car 1 and Car 3 to meet in Newtown for end of day.

DAY ONE - CARS
CAR 1 = Simon W (Driver) Kit / Ross (Navigators)
CAR 2 = Nigel (Driver), Emma (Navigator)
CAR 3 = Tony (Driver), Simon G (Navigator)

DAY TWO Name	Provisional Leg	Start	Finish	Leg distance	Leg start Time (please be there at least 30 mins before start)	First Finisher Due In (approx: based on course records)	Runner Drop Off Vehicle	Support Vehicle/s	Runner Collection Vehicle	Minibus driver / Navigator	Notes
KEVIN CHALKE	11	Newtown (SY16 1LH)	Llanbadarn Fynydd (LD1 6YH)	10.5	07:00	07:59	Car 1-SimonW	Car 2 (all)	Car 2 - Nigel	Driver = Chris Navigator = Keira	Car 1 to deliver Kevin & Matthew to start, Simon W attends registration/Captain's meeting, cheer off Kevin from start, then to Crossgates for breakfast, before leaving promptly (08.30) to drop Huw at 14. Car 2 to support leg, then collect Kevin and Matthew, before heading to Crossgates. Minibus to support at start only, then drive straight to Crossgates. Car 3 goes directly to Stage 12 start
PABLO SANZ	12	Llanbadarn Fynydd (LD1 6YH)	Crossgates (LD1 6RE)	11.2	07:55	08:48	Car 3 - Tony	Car 3 - Tony	Car 3 - Tony	Driver = Chris Navigator = Keira	Car 3 to drop off Pablo, support along route, then have breakfast at Crossgates.
DUNCAN SHELDON*	13	Crossgates (LD1 6RE)	Builth Wells (LD2 3NJ)	10.6	08:50	09:42	Gideon	Minibus	Gideon	Driver = Chris Navigator = Keira	Sunday Car 1 (Gideon) to deliver Duncan to start, and pick up from finish. Arabella to transfer to Sunday Car 1. Minibus and Gideon to support Duncan along route
HUW HUDSON	14	Builth Wells (LD2 3NJ)	Drovers Arms (LD2 3HT)	10.8	09:45	10:44	Car 1-SimonW	Minibus / Cars 1, 2, 3	Minibus	Driver = Chris Navigator = Keira	Minibus to collect Huw. All vehicles to support stages 15 to 17. Minibus to be at Stage 20 by 2pm.
CATHERINE BARKER*	15	Epynt Visitor Centre (LD2 3HY)	Brecon (LD3 9DH)	12.8	10:45	11:50	Steven B	Minibus / Cars 1, 2, 3	Steven B	Driver = Stuart Navigator = Simon G	Sunday Car 2 (Steven) to deliver Catherine to start <b>DO NOT RELY ON POSTCODE TO FIND VISITOR CENTRE!</b> <b>What3words = ///blast.mistaken.breathing</b> All vehicles to support stages 15 to 17. Minibus to be at Stage 20 by 2pm.
JAMIE SEEKINGS	16	Brecon (LD3 7EW)	Torpantau (CF48 2UT)	12.5	11:45	12:59	Car 3 - Tony	Minibus / Cars 2	Gideon	Driver = Stuart Navigator = Simon G	All vehicles to support stages 15 to 17. Minibus to be at Stage 20 by 2pm. Sunday Car 1 (Gideon) to collect Jamie
LIAM KELLY*	17	Taf Fechan (CF48 2UT)	Cyfarthfa Castle (CF47 8RE)	8.7	12:30	13:15	John F	Cars 1, 3	Steven B	Driver = Stuart Navigator = Simon G	Sunday Car 3 (John) to deliver Liam to Stage 17 start, then head to Stage 18 All vehicles to support stages 15 to 17. Minibus to be at Stage 20 by 2pm. <b>Liam to be collected by Sunday Car 2 (Steven) at the finish</b>
NICK MORGAN*	18	Rhyd-y-Car Leisure Centre, Merthyr (CF48 1UT)	Navigation Park, Abercynon (CF45 4SN)	9.1	13:30	14:18	John F	Cars 1, 2	John F	Driver = Stuart Navigator = Simon G	Sunday Car 3 (John F) to deliver Nick to the start Liam to be returned to Sunday Car 3 either here or at Stage 18 finish.
RICHE SEWELL	19	Navigation Park, Abercynon (CF45 4SN)	Nantgarw (CF15 7TE)	7.7	14:15	14:55	Car 3 - Tony	SUN Car 3	Car 3 - Tony	Driver = Stuart Navigator = Simon G	Car 3 (Tony) to deliver Richie to start, then pick up from finish
NATALIE PRIEST*	20	Caerphilly Castle (CF83 1XY)	Cardiff Castle (CF10 3DX)	9.9	14:50	15:40	Peter Cottnam	Cars 1, 2 SUN Car 4	N/A	Driver = Stuart Navigator = Simon G	Peter C to drop off Natalie at start of stage. Minibus to arrive by 2pm latest for marshalling. Support Natalie at start but then push on to Bute Park for end of event!

\* = TRAVELLING UP FROM PENARTH / CARDIFF

DAY TWO - CARS
CAR 1 = Simon W (Driver), Debbie (Navigator)
CAR 2 = Nigel (Driver), Kath (Navigator)
CAR 3 = Tony (Driver), Richie (Navigator)
SUN CAR 1 = Gideon (Driver), Duncan (Runner)
SUN CAR 2 = Steven (Driver) Catherine (Runner)
SUN CAR 3 = John (Driver) Liam & Nick (Runners) Nathan (Navigator)
SUN CAR 4 = Peter (Driver) Natalie (Runner) Tricia (Navigator)