

ACCOMMODATION TO STAGE ELEVEN

MINI BUS	CHRIS (D)
KEIRA (N)	PAUL
KEVIN	DELLA
LUCY	LIAM
MIKE	ANDY
JACOB	ROSS
RHIAN	
	12/17

CAR ONE	RICK (D)
KIT	STUART
HUW	

= 4

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	TONY (D)
RICHIE (N)	TOM

= 3

TOTAL = 22

RUNNER = N/A

NOTES = Car 3 to go directly to Stage 12 start

STAGE ELEVEN – NEWTOWN TO LLANBADARN FYNDD

MINI BUS	CHRIS (D)
KEIRA (N)	PAUL
KEVIN	DELLA
LUCY	LIAM
MIKE	ANDY
JACOB	ROSS
RHIAN	
	12/17

CAR ONE	RICK (D)
KIT (N)	HUW

= 3

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	TONY (D)
RICHIE (N)	TOM

= 3

+ 1 RUNNER = STUART

TOTAL = 22

NOTES = Car 3 to go directly to Stage 12 start

STAGE TWELVE – LLANBADARN FYNDD TO CROSSGATES

MINI BUS	CHRIS (D)
KEIRA (N)	PAUL
KEVIN	DELLA
LUCY	LIAM
MIKE	ANDY
JACOB	ROSS
RHIAN	
	12/17

CAR ONE	RICK (D)
KIT (N)	HUW

= 3

CAR TWO	NIGEL (D)
KATH (N)	STUART
EMMA	

= 4

CAR THREE	TONY (D)
RICHIE (N)	

= 2

+ 1 RUNNER = TOM

TOTAL = 22

NOTES = CAR 2 picks up STUART

STAGE THIRTEEN – CROSSGATES TO BUILTH WELLS

MINI BUS	CHRIS (D)
KEIRA (N)	PAUL
KEVIN	DELLA
LUCY	LIAM
MIKE	ANDY
JACOB	ROSS
RHIAN	STUART
	13/17

CAR ONE	RICK (D)
KIT (N)	HUW

= 3

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	TONY (D)
RICHIE (N)	TOM

= 3

SUNDAY CAR ONE	SIMON W (D)
DUNCAN	

= 2

+ 1 RUNNER = ANN

TOTAL = 25 (inc. Simon W/Ann/Duncan)

NOTES = SUNDAY CAR 1 (Simon W) delivers ANN to start, and liaise with Car 1 to hand over Ann's kit bag. STUART returns to MINIBUS. TOM returns to CAR 3.

STAGE FOURTEEN – BUILTH WELLS TO DROVERS ARMS

MINI BUS	CHRIS (D)
KEIRA (N)	PAUL
KEVIN	DELLA
LUCY	LIAM
MIKE	ANDY
JACOB	ROSS
RHIAN	STUART
	13/17

CAR ONE	RICK (D)
KIT (N)	ANN

= 3

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	TONY (D)
RICHIE (N)	TOM

= 3

+ 1 RUNNER = HUW

TOTAL = 23

NOTES =

STAGE FIFTEEN – YPYNT VISITOR CENTRE TO BRECON

MINI BUS	STUART (D)
KEVIN (N)	CHRIS
LUCY	PAUL
MIKE	DELLA
JACOB	LIAM
RHIAN	ANDY
KEVIN	ROSS
HUW	
	14/17

CAR ONE	RICK (D)
KIT (N)	ANN

= 3

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	TONY (D)
RICHIE (N)	TOM

= 3

SUNDAY CAR TWO	ROB (D)
ADAM	

= 2

+ 1 RUNNER = KAARINA

TOTAL = 26 (including Rob, Adam & Kaarina)

NOTES = SUNDAY CAR 2 (Rob) delivers KAARINA to start, and liaise with Car 3 (Tony) to hand over Kaarina's kit bag

STAGE SIXTEEN – BRECON TO TORPANTAU

MINI BUS	STUART (D)
KEVIN (N)	CHRIS
LUCY	PAUL
MIKE	DELLA
JACOB	LIAM
RHIAN	ANDY
HUW	ROSS
	13/17

CAR ONE	RICK (D)
KIT (N)	ANN

= 3

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	TONY (D)
RICHIE (N)	TOM
KAARINA	

= 4

SUNDAY CAR ONE	SIMON W (D)

= 1

+ 1 RUNNER = DUNCAN

TOTAL = 25 (including Duncan & Simon)

NOTES = SUNDAY CAR 1 (Simon W) delivers DUNCAN to start, supports and collects from end of stage.

STAGE SEVENTEEN – TAF FECHAN TO CYFARTHFA CASTLE

MINI BUS	STUART (D)
KEVIN (N)	CHRIS
LUCY	PAUL
MIKE	DELLA
JACOB	LIAM
RHIAN	ANDY
HUW	ROSS
	13/17

CAR ONE	RICK (D)
KIT (N)	ANN

= 3

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	TONY (D)
RICHIE (N)	TOM

= 3

SUNDAY CAR TWO	ROB (D)

= 1

+1 RUNNER = ADAM

TOTAL = 25 (including Rob & Adam)

NOTES = SUNDAY CAR 3 (Rob) delivers ADAM to start, supports & collects from end of stage

STAGE EIGHTEEN – MERTHYR TYDFIL TO ABERCYNON

MINI BUS	STUART (D)
KEVIN (N)	CHRIS
LUCY	PAUL
MIKE	DELLA
JACOB	LIAM
RHIAN	ANDY
HUW	ROSS
	13/17

CAR ONE	RICK (D)
KIT (N)	ANN

= 3

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	TONY (D)
RICHIE (N)	TOM
KAARINA	

= 4

SUNDAY CAR THREE	RICH W (D)
LISA W (N)	

= 2

+ 1 RUNNER = BETHAN

TOTAL = 26 (including Bethan, Rich & Lisa)

NOTES = SUNDAY CAR 3 (Rich W) delivers BETHAN to start, supports & collects from end of stage.

STAGE NINETEEN – ABERCYNON TO CAERPHILLY CASTLE

MINI BUS	CHRIS (D)
MIKE (N)	STUART
LUCY	PAUL
KEVIN	DELLA
JACOB	LIAM
RHIAN	ANDY
HUW	ROSS
	13/17

CAR ONE	RICK (D)
KIT (N)	ANN

= 3

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	TONY (D)
RICHIE (N)	TOM
KAARINA	

= 4

SUNDAY CAR FOUR	SIMON J (D)
CATHERINE	

= 2

+ 1 RUNNER = JOHN F

TOTAL = 26 (including John F, Simon J & Catherine)

NOTES = SUNDAY CAR 4 delivers JOHN F to start, picking him up from finish (JF to self-drive there)

STAGE TWENTY – CAERPHILLY CASTLE TO CARDIFF

MINI BUS	CHRIS (D)
MIKE (N)	STUART
LUCY	PAUL
KEVIN	DELLA
JACOB	LIAM
RHIAN	ANDY
HUW	ROSS
	13/17

CAR ONE	RICK (D)
KIT (N)	ANN

= 3

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	TONY (D)
RICHIE (N)	TOM
KAARINA	

= 4

SUNDAY CAR FOUR	SIMON J (D)

= 1

+ 1 RUNNER = CATHERINE

TOTAL = 25 (including Catherine & Simon J)

NOTES = SUNDAY CAR 4 (Simon J) delivers CATHERINE to the start. Minibus to Marshall start of Stage 20. NB. Transport from Bute Park back to Penarth will be arranged on the day, depending on preferences of individual runners. Support drivers, please offer lifts to other runners if possible.

****PLEASE NOTE NEW FINISH IN CARDIFF, JUST PAST STABLES ON SPINE ROAD****