

| 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 |
|-----------------|--------------------|--|--------------------------------------|-----------------|--|---|----------------------------|---|---------------------------------|---|---|
| LIAM KELLY | 1 | Caernarfon Castle (LL55 2AU) | Penygroes (LL54 6NR) | 9.1 | 10:00 | 10:52 | CAR 1 - Rick | Minibus / Car 1 | Minibus | Chris drives to Caernarfon, Kath navigator | Part A: Liam & Kit to travel with Rick (Car 1) to registration/Captain's meeting. Keira, Jacob and Ross to travel with Tony (Car 3) directly to leg 2 - DO NOT GO TO CAERNARFON. Part B: Andy, Kit and Kevin to travel with Rick (Car 1) to Leg 4. Paul, Lucy and Mike to travel with Nigel (Car 2) to Leg 3; LEAVE PROMPTLY FROM CAERNARFON AFTER START. |
| ROSS FLANIGAN | 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 Ross then support him on stage. |
| PAUL DEATON | 3 | Criccieth Castle (LL52 0HB) | Maentwrog (LL41 3YU) | 12.3 | 11:55 | 12:57 | CAR 2 - Nigel | Minibus / Car 3 (all), Car 2 (start only) | Minibus | Driver = Chris / Navigator = Kath | Car 2 to drop off Paul and support at start only, then on to Stage 5. |
| ANDY PEARCE | 4 | Maentwrog Oakley Arms (LL41 3YU) | Ysgol Ardudwy (L46 2UL) | 9.5 | 13:00 | 13:49 | CAR 1 - Rick | Minibus (all) / Car 3, Car 1 (start only) | Minibus | Driver = Chris / Navigator = Kath | Car 1 to drop off Andy, and support at start only, then on to Stage 6. |
| LUCY ENTWISTLE | 5 | Harlech Castle (LL46 2UB) | Barmouth (LL42 1BX) | 9.6 | 13:50 | 14:40 | CAR 2 - Nigel | Minibus (all) / Car 2 (first half only) | Minibus | Driver = Stuart / Navigator = Emma | Car 2 to drop off Lucy and support first half only, then on to stage 8. |
| KIT LAMBERT | 6 | Barmouth (LL42 1BX) **2025: Start in lane near bridge | Dolgellau (LL40 1DH) | 9.0 | 14:40 | 15:37 | CAR 1 - Rick | Minibus / Car 1 | Minibus | Driver = Stuart / Navigator = Emma | Car 1 to drop off Kit then on to stage 10 to drop off Kevin. |
| JACOB WILLIAMS | 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 = Stuart / Navigator = Emma | Car 3 to drop off Jacob and pick up Rhian, then on to Stage 9. NO SUPPORTING ON SUMMIT |
| MIKE HARRISON | 8 | Dinas Mawddwy (SY20 9JA) | Foel (SY21 0NS) | 10.8 | 16:25 | 17:23 | CAR 2 - Nigel | No "servicing runners" on entire stage | Minibus | Driver = Chris / Navigator = Huw | Car 2 to drop off Mike. NO SUPPORTING ON THIS STAGE. Go to end of stage and meet minibus to collect cooking squad Emma, Kath & Della. Then return to accommodation. |
| RHIAN JONES | 9 | Foel (SY21 0NS) | Llanfair Caereinion (SY21 0SE) | 8.5 | 17:10 | 17:53 | CAR 3 - Tony | Minibus / Car 3 | Minibus | Driver = Chris / Navigator = Huw | Car 3 to drop off Rhian, support, then push on to Newtown to cheer home Kevin. |
| KEVIN CHALKE | 10 | Llanfair Caereinion (SY21 0RQ) | Newtown (SY16 2BQ) | 13.1 | 17:50 | 19:10 | CAR 1 - Rick | Minibus / Car 1 | N/A | Driver = Chris / Navigator = Huw | Car 1 to drop off Kevin and support. Minibus, Car 1 and Car 3 to meet in Newtown for end of day. |

| DAY ONE - CARS |
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| CAR 1 = Rick (Driver) Kit & Ross (Navigators) |
| CAR 2 = Nigel (Driver), Richie (Navigator) |
| CAR 3 = Tony (Driver), Keira (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 | * = TRAVELLING UP FROM PENARTH / CARDIFF | DAY TWO - CARS |
|----------------------|--------------------|--|---|-----------------|---|--|-------------------------------|---------------------------|---------------------------------|--------------------------------------|--|---|--|
| STUART ALLEN | 11 | Newtown (SY16 1LH) | Llanbadarn Fynydd (LD1 6YH) | 10.5 | 07:00 | 07:59 | Car 1 - Rick | Car 2 (all) | Car 2 - Nigel | Driver = Chris Navigator = Keira | Car 1 to deliver Stuart to start, Kit attends registration/Captain's meeting, cheer off Stuart from start, then to Crossgates for breakfast, before leaving promptly (08.30) to drop Huw at 14. Car 2 to support leg, then collect Stuart, before heading to Crossgates. Minibus to support at start only, then drive straight to Crossgates. Car 3 goes directly to Stage 12 start | | CAR 1 = Rick (Driver), Kit (Navigator) |
| TOM CLARKE | 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 Tom, support along route, then have breakfast at Crossgates. | | CAR 2 = Nigel (Driver), Kath (Navigator) |
| ANN JOHNSTON* | 13 | Crossgates (LD1 6RE) | Builth Wells (LD2 3NJ) | 10.6 | 08:50 | 09:42 | Simon W | Minibus SUN CAR 1 | Car 1 - Rick | Driver = Chris Navigator = Keira | Sunday Car 1 (Simon W) to deliver Ann to start, then take Duncan to Stage 16 start in Brecon. Minibus and Simon W to support Ann along route. Ann collected at finish by Rick | | CAR 3 = Tony (Driver), Richie (Navigator) |
| HUW HUDSON | 14 | Builth Wells (LD2 3NJ) | Drovers Arms (LD2 3HT) | 10.8 | 09:45 | 10:44 | Car 1 - Rick | 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. | | SUN CAR 1 = Simon W (Driver), Ann & Duncan (Runners) |
| KAARINA RUTA* | 15 | Epynt Visitor Centre (LD2 3HY) | Brecon (LD3 9DH) | 12.8 | 10:45 | 11:50 | Rob Mahoney | Minibus / Cars 1, 2, 3 | Car 3 - Tony | Driver = Stuart Navigator = Kevin | Sunday Car 2 (Rob) to deliver Kaarina to start DO NOT RELY ON POSTCODE TO FIND VISITOR CENTRE! What3words = ///blast.mistaken.breathing All vehicles to support stages 15 to 17, but Minibus to be at Stage 20 by 2pm. | | SUN CAR 2 = Rob Mahoney (Driver) Kaarina & Adam (Runners) |
| DUNCAN SHELDON* | 16 | Brecon (LD3 7EW) | Torpantau (CF48 2UT) | 12.5 | 11:45 | 12:59 | Simon W | SUN CAR1 / Car 3 | Simon W | Driver = Stuart Navigator = Kevin | All vehicles to support stages 15 to 17, but Minibus to be at Stage 20 by 2pm. Sunday Car 1 (Simon) to collect Duncan | | SUN CAR 3 = Rich Williams (Driver) Beth (Runner) Lisa Williams (Navigator) |
| ADAM STAVRAKIS* | 17 | Taf Fechan (CF48 2UT) | Cyfarthfa Castle (CF47 8RE) | 8.7 | 12:30 | 13:15 | Rob Mahoney | SUN CAR2 / Car 3 | Rob Mahoney | Driver = Stuart Navigator = Kevin | Sunday Car 2 (Rob) to deliver Adam to Stage 17 start, support and collect at finish All vehicles to support stages 15 to 17, but Minibus to be at Stage 20 by 2pm. | | SUN CAR 4 = Simon James (Driver) Catherine B (Runner) |
| BETH WILLIAMS* | 18 | Rhyd-y-Car Leisure Centre, Merthyr (CF48 1UT) | Navigation Park, Abercynon (CF45 4SN) | 9.1 | 13:30 | 14:18 | Rich W | SUN CAR3 | Rich W | Driver = Stuart Navigator = Kevin | Sunday Car 3 (Rich W) to deliver Beth to her start and support on route and collect at finish | | |
| JOHN FITZPATRICK* | 19 | Navigation Park, Abercynon (CF45 4SN) | Nantgarw (CF15 7TE) | 7.7 | 14:15 | 14:55 | Simon James | SUN CAR1, SUN CAR2 | OWN CAR | Driver = Chris Navigator = Mike | John F to drive OWN CAR to finish of 17, to be picked up there by Sunday Car 4 (Simon J) and delivered to start of 17 | | |
| CATHERINE BARKER* | 20 | Caerphilly Castle (CF83 1XY) | Cardiff Castle (CF10 3DX) | 9.1 | 14:50 | 15:40 | Simon James | SUN CAR4 / Car 3 | N/A | Driver = Chris Navigator = Mike | Sunday Car 4 (Simon J) to drop off Catherine at start of stage. Minibus to arrive by 2pm latest for marshalling. Support Catherine at start but then push on to Bute Park for end of event! | | |