

ACCOMMODATION TO STAGE ELEVEN

MINI BUS	CHRIS (D)
ANDY (N)	KAY
DAVE	SARAH JAYNE
LISA	ROB
ABI	PAUL
RHIAN	ROSS
STUART	ANTHONY
	13/17

CAR ONE	RICK (D)
KIT	RICHARD

= 3

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

= 4

CAR THREE	TONY (D)
MIKE (N)	

= 2

TOTAL = 22

RUNNER = N/A

NOTES = CAR 2 to go directly to Stage 12 start with KEIRA.

STAGE ELEVEN – NEWTOWN TO LLANBADARN FYNYDD

MINI BUS	CHRIS (D)
ANDY (N)	KAY
DAVE	SARAH JAYNE
LISA	ROB
ABI	PAUL
RHIAN	ROSS
STUART	ANTHONY
	13/17

CAR ONE	RICK (D)
KIT (N)	

= 2

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

= 4

CAR THREE	TONY (D)
MIKE (N)	

= 2

+ 1 RUNNER = RICHARD

TOTAL = 22

NOTES = CAR 2 to go directly to Stage 12 start. CAR 3 to support then travel directly to Stage 13 start.

STAGE TWELVE – LLANBADARN FYNYDD TO CROSSGATES

MINI BUS	CHRIS (D)
ANDY (N)	KAY
DAVE	SARAH JAYNE
ABI	PAUL
RHIAN	ROSS
STUART	ANTHONY
ROB	LISA
	13/17

CAR ONE	RICK (D)
KIT (N)	

= 2

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

= 4

CAR THREE	TONY (D)
MIKE (N)	

= 2

+ 1 RUNNER = KEIRA

TOTAL = 22

NOTES = CAR 2 picks up RICHARD

STAGE THIRTEEN – CROSSGATES TO BUILTH WELLS

MINI BUS	CHRIS (D)
ANDY (N)	KAY
ABI	SARAH JAYNE
LISA	PAUL
RHIAN	ROSS
STUART	ANTHONY
ROB	RICHARD
	13/17

CAR ONE	RICK (D)
DAVE	

= 2

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

= 4

CAR THREE	KIT (D)
MIKE (N)	

= 2

+ 1 RUNNER = TONY

TOTAL = 22

NOTES = DAVE transfers to CAR 1. CAR 2 picks up KEIRA

STAGE FOURTEEN – BUILTH WELLS TO DROVERS ARMS

MINI BUS	CHRIS (D)
ANDY (N)	KAY
ABI	SARAH JAYNE
LISA	PAUL
RHIAN	ROSS
STUART	ANTHONY
ROB	RICHARD
	13/17

CAR ONE	RICK (D)
KEIRA (N)	DAVE

= 3

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	KIT (D)
MIKE (N)	TONY
JANE	

= 4

SUNDAY CAR ONE	HUW'S DAD (D)
NICK	

= 2

+ 1 RUNNER = HUW

TOTAL = 26 (including Huw, his Dad & Nick & Jane)

NOTES = SUNDAY CAR 1 delivers HUW to his start. CAR 3 picks up TONY at his finish. KEIRA transfers to CAR 1. NICK transfers to CAR TWO. SUNDAY 2 (SIMON W) to deliver JANE to CAR 3.

STAGE FIFTEEN – YPYNT VISITOR CENTRE TO BRECON

MINI BUS	ANDY (D)
STUART (N)	CHRIS
ABI	KAY
LISA	SARAH JAYNE
RHIAN	PAUL
ROB	ANTHONY
RICHARD	ROSS
	13/17

CAR ONE	RICK (D)
KIT (N)	KEIRA

= 3

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

= 4

CAR THREE	TONY (D)
MIKE (N)	JANE

= 3

+ 1 RUNNER = DAVE

TOTAL = 24

NOTES = CAR 1 delivers DAVE to start. HUW collected by his SUNDAY CAR 1. CAR 2 to drive to Stage 17 to drop off NICK. KIT transfers to CAR 1.

STAGE SIXTEEN – BRECON TO TORPANTAU

MINI BUS	ANDY (D)
STUART (N)	CHRIS
ABI	KAY
LISA	SARAH JAYNE
RHIAN	PAUL
ROB	ANTHONY
RICHARD	ROSS
	13/17

CAR ONE	RICK (D)
KIT (N)	KEIRA
DAVE	

= 4

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

= 4

CAR THREE	TONY (D)
MIKE (N)	JANE

= 3

SUNDAY CAR TWO	SIMON W (D)

= 1

+ 1 RUNNER = DUNCAN

TOTAL = 26 (including Duncan & Simon)

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

STAGE SEVENTEEN – TAF FECHAN TO CYFARTHFA CASTLE

MINI BUS	ANDY (D)
STUART (N)	CHRIS
ABI	KAY
LISA	SARAH JAYNE
RHIAN	PAUL
ROB	ANTHONY
RICHARD	ROSS
	13/17

CAR ONE	RICK (D)
KIT (N)	KEIRA
DAVE	

= 4

CAR TWO	NIGEL (D)
KATH (N)	EMMA

= 3

CAR THREE	TONY (D)
MIKE (N)	JANE

= 3

+1 RUNNER = NICK

TOTAL = 24

NOTES = CAR 2 delivers NICK to start, supports & collects from end of stage.

STAGE EIGHTEEN – MERTHYR TYDFIL TO ABERCYNON

MINI BUS	ANDY (D)
STUART (N)	CHRIS
ABI	KAY
LISA	ROSS
RHIAN	PAUL
ROB	ANTHONY
RICHARD	SARAH JAYNE
	13/17

CAR ONE	RICK (D)
KIT (N)	KEIRA
DAVE	

= 4

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

= 4

CAR THREE	TONY (D)
MIKE (N)	JANE

= 3

SUNDAY CAR THREE	SIMON J (D)

= 1

+ 1 RUNNER = ELOISE

TOTAL = 26 (including Eloise & Simon J)

NOTES = SUNDAY CAR 3 (Simon J) delivers ELOISE to start and collect her at her finish.

STAGE NINETEEN – ABERCYNON TO CAERPHILLY CASTLE

MINI BUS	CHRIS (D)
STUART (N)	ANDY
ABI	KAY
LISA	ROSS
RHIAN	PAUL
ROB	ANTHONY
RICHARD	SARAH JAYNE
	13/17

CAR ONE	RICK (D)
KIT (N)	KEIRA
DAVE	

= 4

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

= 4

CAR THREE	TONY (D)
MIKE (N)	

= 2

SUNDAY CAR TWO	SIMON W (D)
DUNCAN	

= 2

+ 1 RUNNER = JANE

TOTAL = 26 (including JANE, DUNCAN & SIMON W)

NOTES = CAR 2 delivers JANE to start. SUNDAY CAR 2 picks her up from finish.

STAGE TWENTY – CAERPHILLY CASTLE TO CARDIFF

MINI BUS	CHRIS (D)
STUART (N)	ANDY
ABI	KAY
LISA	ROSS
RHIAN	PAUL
ROB	ANTHONY
RICHARD	SARAH JAYNE
	13/17

CAR ONE	RICK (D)
KIT (N)	KEIRA
DAVE	

= 4

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

= 4

CAR THREE	TONY (D)
MIKE (N)	

= 2

SUNDAY CAR FOUR	STEVE/CATH (D)

= 1

+ 1 RUNNER = JAMES

TOTAL = 25 (including James & Steve/Cath)

NOTES = SUNDAY CAR 4 (Steve/Cath Barker) delivers JAMES 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****