

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
MIKE HARRISON	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	Part A: Mike & Kit to travel with Rick (Car 1) to registration/Captain's meeting. Stuart, Rob & Kath to travel with Tony (Car 3) directly to leg 2 - DO NOT GO TO CAERNARFON. Part B: Lisa, Paul and Andy to travel with Rick (Car 1) to Leg 4. Anthony, Ross, Rhian & Emma to travel with Nigel (Car 2) to Leg 3; LEAVE PROMPTLY FROM CAERNARFON AFTER START.
STUART ALLEN	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 = Keira	Car 3 to drop off Stuart then support him on stage.
ANTHONY BANNON	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 = Keira	Car 2 to drop off Anthony and support at start, then on to Stage 5. Minibus to support Anthony on Stage
LISA PINNELL	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 = Kit	Car 1 to drop off Lisa, and support at start, then on to Stage 7.
ROSS FLANIGAN	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 = Kit	Car 2 to drop off Ross and support first half, then on to stage 8.
ROB MAHONEY	6	Barmouth (LL42 1BX) **2026: Start in lane near bridge	Dolgellau (LL40 1DH)	9.0	14:40	15:37	CAR 3 - Tony	Minibus / Car 1	Minibus	Driver = Stuart / Navigator = Kit	Car 3 to drop off Rob then on to stage 7 to pick up Abi.
PAUL MORTON	7	Dolgellau (LL40 1DF)	Dinas Mawddwy (SY20 9JD)	10.1	15:35	16:33	CAR 1 - Rick	Minibus. NB. No "servicing runners" on summit of steep hill	Minibus	Driver = Stuart / Navigator = Kit	Car 1 to drop off Paul. Car 3 to pick up Abi, then on to Stage 9. NO SUPPORTING ON SUMMIT
RHIAN JONES	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 = Kit	Car 2 to drop off Rhian. NO SUPPORTING ON THIS STAGE. Go to end of stage and meet minibus to collect cooking squad Kath, Kay and Sarah. Then return to accommodation.
ABI 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 = Kit	Car 3 to drop off Abi, support, then push on to Newtown to cheer home Andy.
ANDY PEARCE	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 = Kit	Car 1 to drop off Andy and support. Minibus, Car 1 and Car 3 to meet in Newtown for end of day.

DAY ONE - CARS
CAR 1 = Rick (Driver) Kit, Keira & Andy (Navigators)
CAR 2 = Nigel (Driver), Emma (Navigator)
CAR 3 = Tony (Driver), Kath (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
RICHARD CARTWRIGHT	11	Newtown (SY16 1LH)	Llanbadarn Fynydd (LD1 6YH)	10.5	07:00	07:59	Car 1 - Rick	Car 3 (all)	Car 2 - Nigel	Driver = Chris Navigator = Andy	Car 1 to deliver Richard to start, Kit attends registration/Captain's meeting, cheer off Richard from start, then to Crossgates for breakfast. Minibus to support at start only, then drive straight to Crossgates. Car 3 to support then travel directly to Stage 13 start
KEIRA EVANS-DETERMAN	12	Llanbadarn Fynydd (LD1 6YH)	Crossgates (LD1 6RE)	11.2	07:55	08:48	Car 2 - Nigel	Minibus Car 1	Car 2 - Nigel	Driver = Chris Navigator = Andy	Car 2 to drop off Keira, pick up Richard, then have breakfast at Crossgates.
TONY GALE	13	Crossgates (LD1 6RE)	Builth Wells (LD2 3NJ)	10.6	08:50	09:42	Car 3 - Tony	Minibus Car 1	Car 3 - Kit	Driver = Chris Navigator = Andy	Car 3 - Tony delivers himself to start! Minibus and Car 1 to support Tony along route. Tony collected at finish by Kit driving (his) Car 2
HUW HUDSON*	14	Builth Wells (LD2 3NJ)	Drovers Arms (LD2 3HT)	10.8	09:45	10:44	Sunday Car 1	Minibus / Cars 1, 2, 3	Sunday Car 1	Driver = Chris Navigator = Andy	Sunday Car 1 to deliver Huw & Nick to the start and collect Huw at the finish. Nick picked up by Car 2. All vehicles to support stages 15 to 17. Minibus to be at Stage 20 by 2pm. Simon W to deliver Jane for transfer to Car 3.
DAVID BROWN	15	Epynt Visitor Centre (LD2 3HY)	Brecon (LD3 9DH)	12.8	10:45	11:50	Car 1 - Rick	Minibus / Cars 1, 2, 3	Car 1 - Rick	Driver = Andy Navigator = Stuart	Car 1 - Rick to deliver Dave 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.
DUNCAN SHELDON*	16	Brecon (LD3 7EW)	Torpantau (CF48 2UT)	12.5	11:45	12:59	Sunday Car 2	SUN CAR2	Sunday Car 2	Driver = Andy Navigator = Stuart	Sunday Car 2 - Simon W to deliver Duncan to his start. All vehicles to support stages 15 to 17, but Minibus to be at Stage 20 by 2pm. Sunday Car 2 to collect Duncan
NICK MORGAN*	17	Taf Fechan (CF48 2UT)	Cyfarthfa Castle (CF47 8RE)	8.7	12:30	13:15	Car 2 - Nigel	Car 2	Car 2 - Nigel	Driver = Andy Navigator = Stuart	CAR 2 - Nigel to deliver Nick 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.
ELOISE LAITY*	18	Rhyd-y-Car Leisure Centre, Merthyr (CF48 1UT)	Navigation Park, Abercynon (CF45 4SN)	9.1	13:30	14:18	Sunday Car 3	SUN CAR3 SUN CAR2	Sunday Car 3	Driver = Andy Navigator = Stuart	Sunday Car 3 - Simon J to deliver Eloise to her start and collect her at her finish.
JANE SHELDON*	19	Navigation Park, Abercynon (CF45 4SN)	Nantgarw (CF15 7TE)	7.7	14:15	14:55	Car 3 - Tony	SUN CAR2 SUN CAR3	Sunday Car 2	Driver = Chris Navigator = Stuart	Car 3 - Tony to deliver Jane to her start. Sunday Car 2 - Simon W collect at her finish
JAMES LINNEY*	20	Caerphilly Castle (CF83 1XY)	Cardiff Castle (CF10 3DX)	9.1	14:50	15:40	Sunday Car 4	SUN CAR3 / Car 3	N/A	Driver = Chris Navigator = Stuart	Sunday Car 4 - Steve/Cath to drop off James at start of stage. Minibus to arrive by 2pm latest for marshalling. Support James at start but then push on to Bute Park for end of event!

* = TRAVELLING UP FROM PENARTH / CARDIFF

DAY TWO - CARS
CAR 1 = Rick (Driver), Kit (Navigator)
CAR 2 = Nigel (Driver), Kath (Navigator)
CAR 3 = Tony (Driver), Mike (Navigator)
SUN CAR 1 = Huw's Dad (Driver), Huw & Nick (Runners)
SUN CAR 2 = Simon W (Driver) Duncan & Jane (Runners)
SUN CAR 3 = Simon James (Driver) Eloise (Runner)
SUN CAR 4 = Steve/Cath Barker (Driver) James (Runner)