



CANALATHON 2017

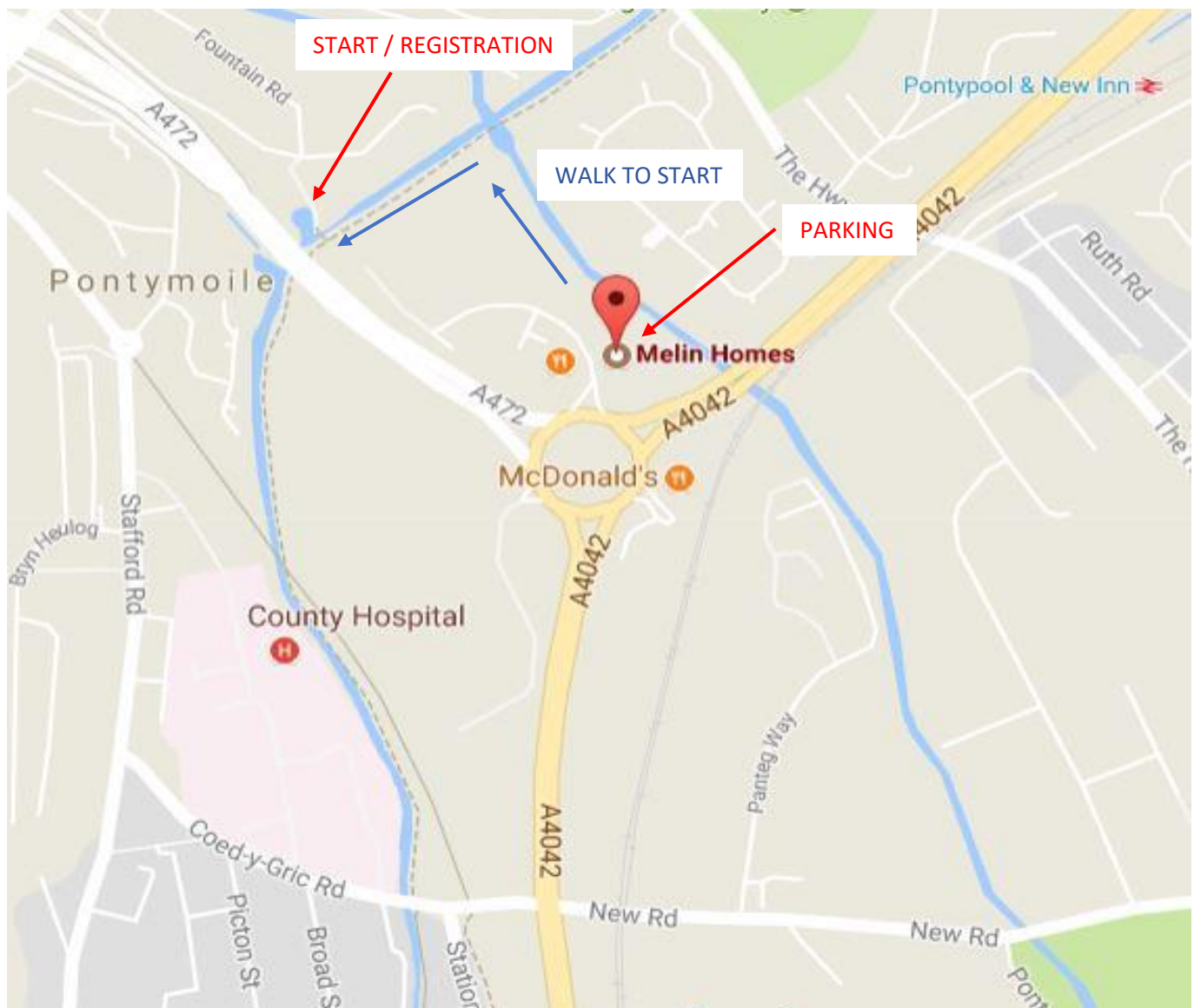
2017 Canalathon Logistics

CANOE 6 Miles, BIKE 22 Miles, RUN/WALK 7 Miles

START & CANOE

Where is the Start? Pontymoile Marina. Approx 5 minutes walk from the parking area below.

Where do I (we) park? The Car Parking is Courtesy of Melin Homes Post Code NP4 0XJ or [Google Maps Here](#).



Registration Time: Opens at 7:30 am

Start: 8:00 am – Teams of 4 will be set off at 1 minute intervals – Team ‘Launch Times’ can be viewed at the bottom of this document.

Coffee & Bacon: The [Café](#) will be open from 7:00am

Toilets: There are public toilets at the start.

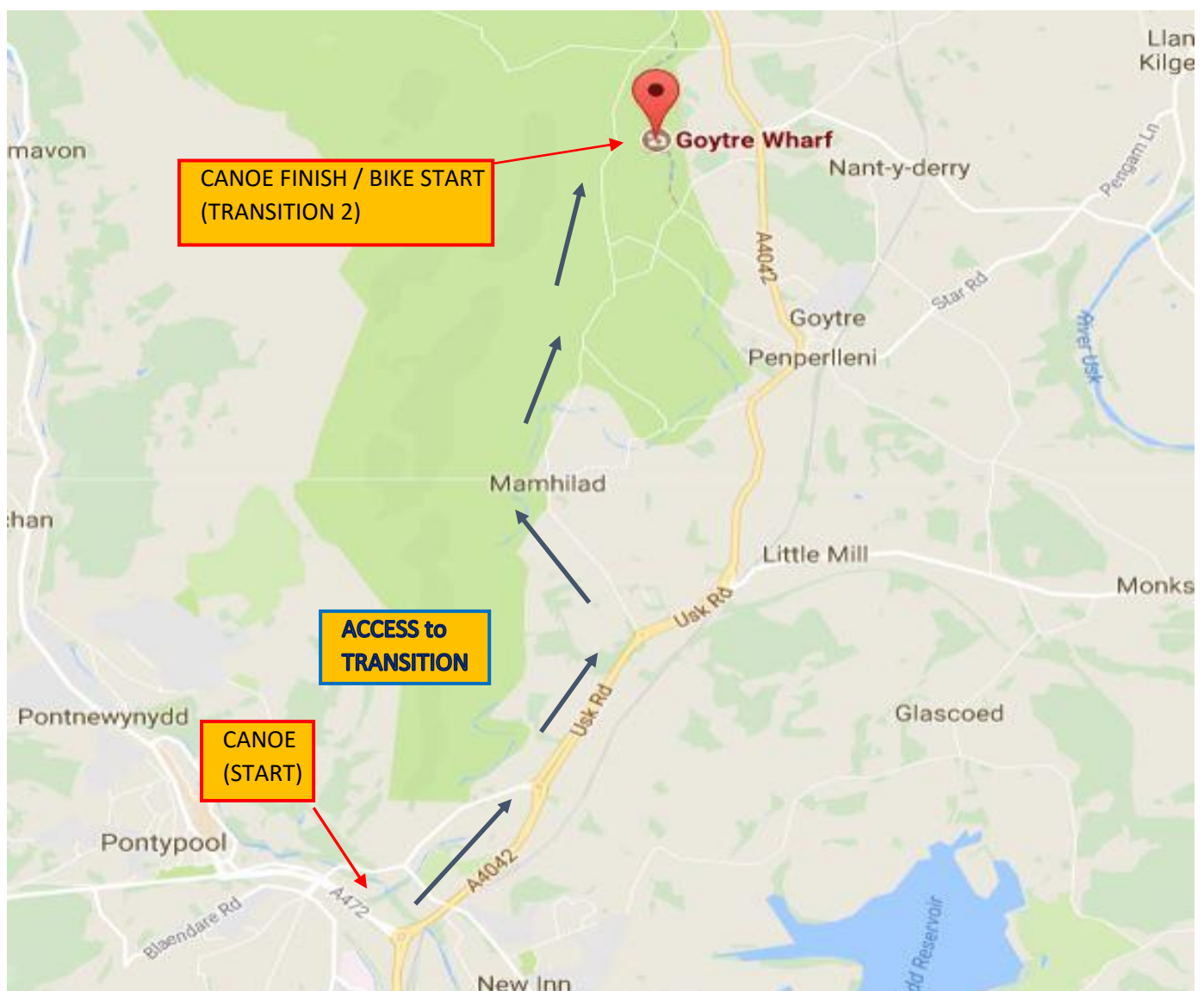
What do we do? You will need to get into your buoyancy aid and collect a paddle and canoe and get ready to launch at your allocated time as per the start sheet for your 6 mile paddle north to Goytre Wharf.

What does our team manager do? Drop team off and wish them ‘Bon Voyage’

CANOE to CYCLE Transition 1

Where is it? Goytre Wharf, postcode NP7 9EW. See map below or [Google Maps Link](#).

How do I get there? Best Access from the south as per map.



Transition 1 Opening Times from 6:45 am until last team through (est. 12:00 am) This is to allow the possibility to drop your bikes off at transition

Toilets: Yes

What do we do? Land your canoes, paddles etc at the slipway, run / walk to the bike transition (approx. 400 meters) don your (COMPULSORY!) bike helmet and get ready to ride the 22 mile cycle leg to Henderson Hall at Talybont

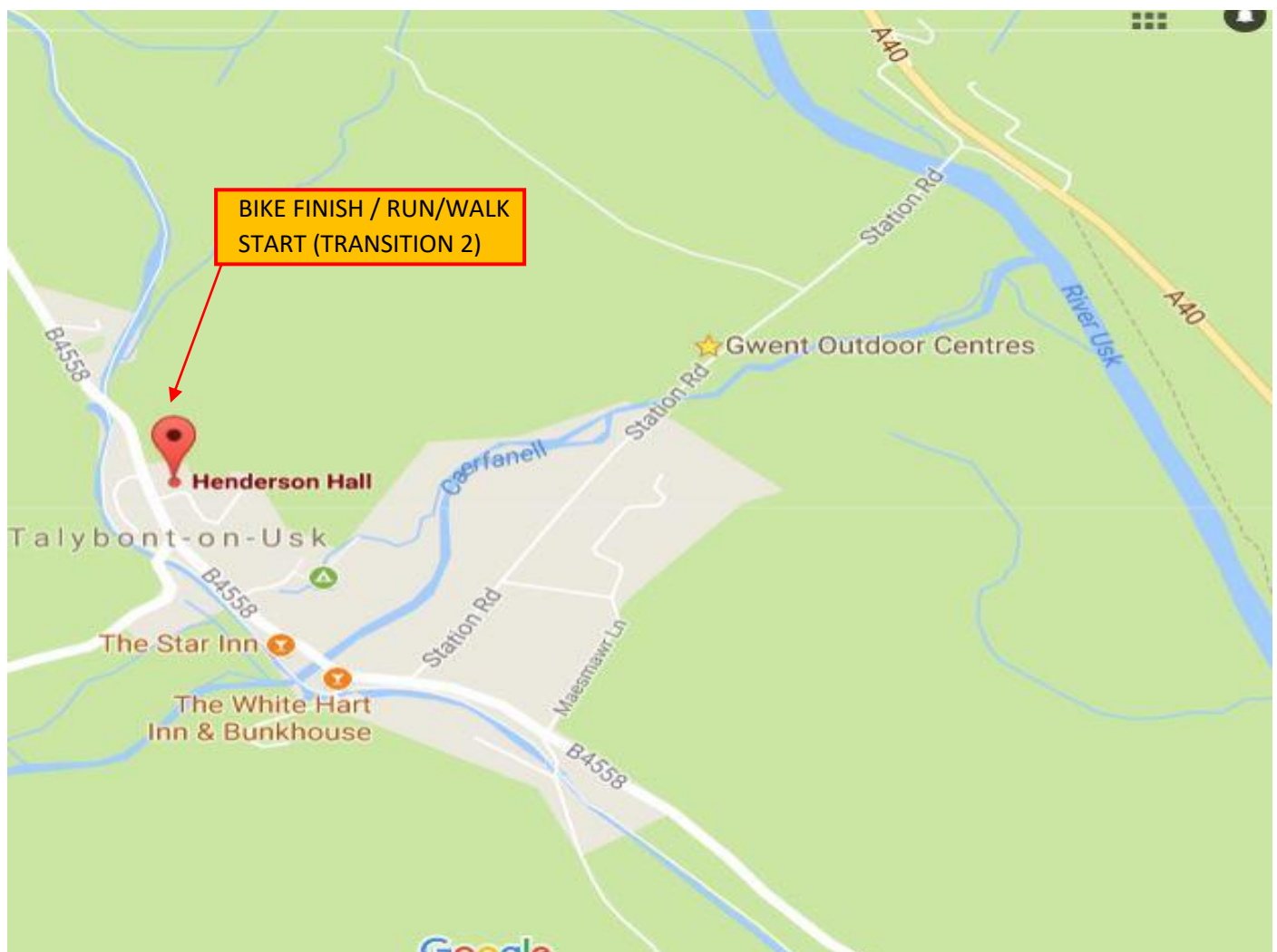
What does our team manager do? They need to ensure that bikes are ready at transition for the start of the bike leg and then relocate to Transition 2 to pick them up again.

Note: Teams must complete the event together. Individuals without their teams at transition will be told to wait until they have all four members.

CYCLE to WALK/RUN Transition 2 (Different from Previous Years!)

Where is it? Henderson Hall, postcode LD3 7YQ or see [Google Maps Here](#).

How do I get there? Access from A40 as per map.



Transition Opening Times from 12:00 am until 7:00pm. Henderson Hall will be manned until 7:00pm. You can leave bikes here after this but they are your responsibility.

Toilets: Yes

What do we do? Park your cycles in the bays for collection by your team manager and get ready to run / walk the 7 miles to Brecon

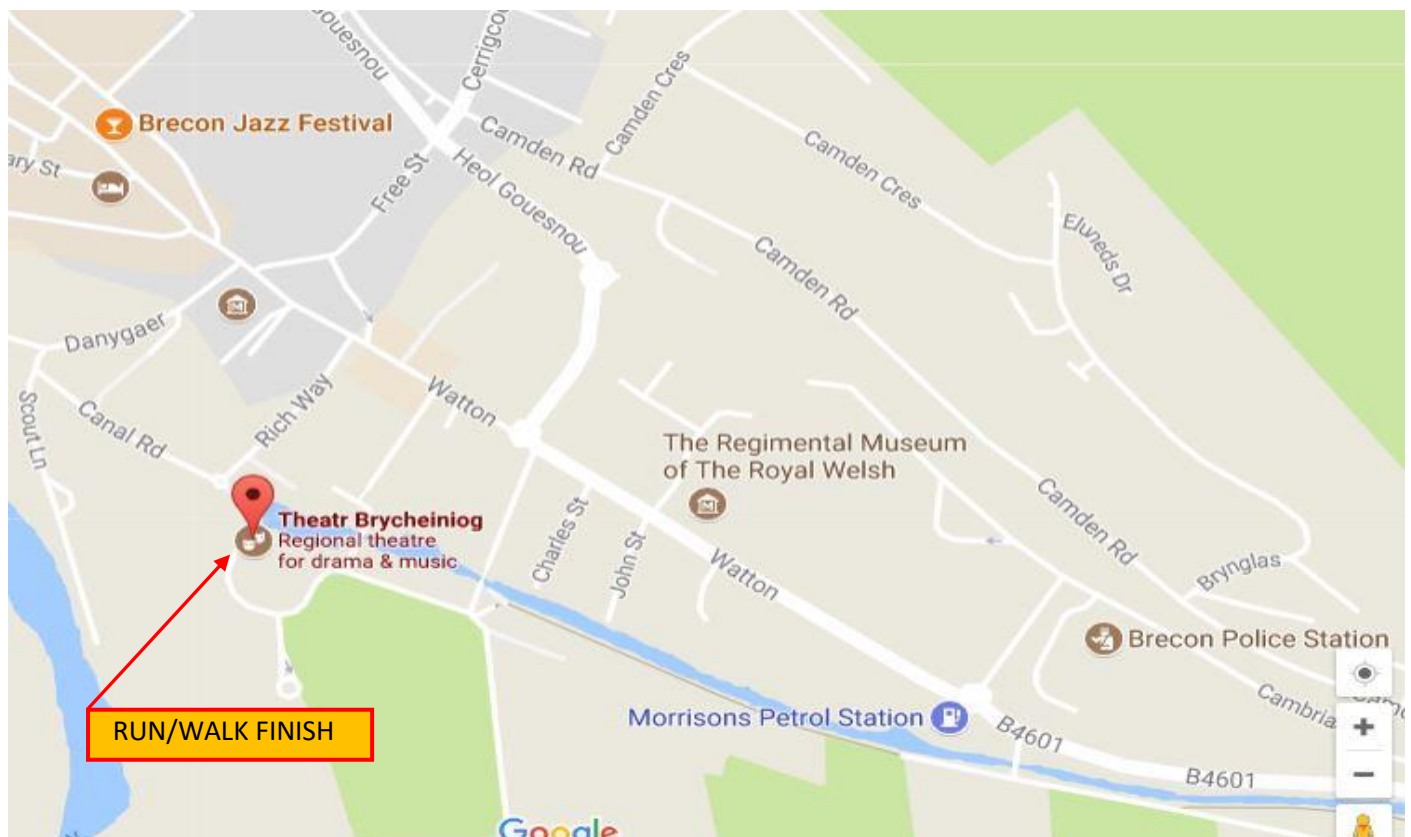
What does our team manager do? They need to collect bikes and make their way to the finish.

Note: Teams must complete the event together. Individuals without their teams at transition will be told to wait until they have all four members.

FINISH

Where is it? Theatre Brycheiniog, Brecon, postcode LD3 7EW or see [Google Maps Here](#).

How do I get there? Access from A40 as per map.



Transition Opening Times: First team are expected in about 1:00pm and the last must finish by 8:00pm.

What do we do? Finish as a team of 4 to rapturous applause, medals and live music. Grab some food and a pint from the Theatre and put your feet up.

What does our team manager do? Join in.

Note: Teams must complete the event together. Individuals without their full team will be told to wait until they have all four members before being awarded medals.



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Team No:	Start Time	Team Name
1.	8:01	Baldon 3R's
2.	8:02	Billbreys
3.	8:03	The Fat Lads
4.	8:04	2 slow 2 useless
5.	8:05	Flintstones
6.	8:06	Canoe Handle This?
7.	8:07	Chafing the Dream
8.	8:08	Webb's & Jones's
9.	8:09	The Rack Pack
10.	8:10	Will Run for Cider
11.	8:11	Canalaries
12.	8:12	Wetter the Better
13.	8:13	Three and a Half Men
14.	8:14	Team 1853
15.	8:15	Team Twerp
16.	8:16	Big George
17.	8:17	YYF 1
18.	8:18	YYF 2
19.	8:19	Hay Hotfooters 1
20.	8:20	Hay Hotfooters 2
21.	8:21	New Inn Old Boys
22.	8:22	Talgarth Trotters
23.	8:23	Mums on Bikes 1
24.	8:24	Mums on Bikes 2
25.	8:25	4A Better Life
26.	8:26	Y NOT
27.	8:27	Tough Mudders
28.	8:28	This is not a Spar Day!
29.	8:29	Fighting Fit
30.	8:30	Toby's
31.	8:31	Wales URNU Endurance 1
32.	8:32	Wales URNU Endurance 2
33.	8:33	Wales URNU Endurance 3
34.	8:34	Swiss Alpine Runners