

**ULTRA CANI-TRAIL 30 & 50 (MILE) ULTRA MARATHON 21st MARCH 2025**  
**PRELIMINARY INSTRUCTIONS (1st May 2025)**  
**FINAL INSTRUCTIONS will be updated 1<sup>st</sup> March 2026**



Welcome to Ultra Cani-Trail 30 & 50 Mile Event

## **HQ LOCATION**

Page | 1 The event HQ along with START & FINISH will take place at Llanharan Welfare Hall

**(Post Code CF72 9RA)**

## **CAMPING / PARKING**

Camping will be from Friday 1730hrs – 1200hrs Sunday –

**Note the site is not suitable for Caravans.** Cars, Camper vans and small motorhomes only.

If you require to park up and camp for the weekend then there is a **£20 fee payable direct to the Hall (Cash or Card)** once paid you will be issued a pass to display in your window.

Camping / Parking for weekend includes showers / toilets (There is no electric hook up).

**Parking for the event on the day** – there is ample space, however if full there is parking at Llanharan Train Station which is free – Please do not park near the Veterinary Surgery or Flats outside of the Hall Entrance. The site will close for the start of the 50 mile 0700hrs so please be patient and try to not arrive around this time.

Dogs are to be kept on the line / lead at all times at the venue. Please walk your dogs around the Sports Pitches and not on them at anytime.

Feaces is to be cleaned up and placed in the bins.

Dogs are allowed in the Main Hall but you are responsible for your dogs actions at all times.

**Registration For Both routes:**

**Friday 20<sup>th</sup> March** 1830-2300 (Ideally all 50 Entrants)

**Saturday 21<sup>st</sup> March 50 Mile (priority)** 0530-0630 **30 Mile** 0800-0900

At registration you will:

- Complete disclaimer
- Kit Check (Bring all your kit including Dog equipment to registration)
- Collect Bib Number
- Collect GPS Tracker fitted to your running pack

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GPS Tracker will be fitted on the shoulder of your pack – **IT IS NOT TO BE REMOVED OR TAMPERED WITH!!!** If your tracker is lost unfortunately you will be charged for this.

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We have not lost one to date.

### **MANDATORY KIT LIST (BOTH ROUTES)**

- Ultra Running Pack
- 2 x 500ml Fluid (water and or similar)
- Mobile Phone Fully Charged (Switched on and loud mode)
- Head Torch
- Extra Batteries or similar charging (in addition to what is inside torch)
- Waterproof Jacket – Taped Seams
- Waterproof Trousers – Taped Seams
- Warm Top (Not to be worn at start – It is to put on in an Emergency)
- Hat & Gloves
- Emergency Bivi – Foil Blanket Not Acceptable
- Snacks or similar

### **Mandatory Dog Equipment**

- Canicross or Trekking Harness -  
**See Terms & Conditions page on website for information suitability if unsure**
- Canicross Bungee or trekking Line
- Canicross or Trekking Waistbelt

### **Advisable**

- Ultra / Walking / Trekking Poles
- Small K9 First aid kit
- Collapsible dog Bowl

### **Safety Brief – Mandatory for all participants!!!**

50 Mile – 0645hrs - Route Start 0700hrs

30 Mile 0845hrs- Route Start 0900hrs

It is your responsibility to attend the safety brief.

Whilst you are at the safety brief marshals will be going round activating trackers. If you have not had it done then please do so or you wont be tracked for safety or your time and be placed. Trackers are set to be live at 0700hrs for 50 and 0900hrs for the 30.

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### **Start – For Both Routes**

Will be en masse at the front of the hall and behind the arch. Please common sense prevails so fan out and obviously if you have a reactive dog then either hold back or go to the front.

There will be a bottle neck going out of the site entrance and across the square where we will have marshals to direct you. Once you go uphill you the group(s) will spread out and onto the trails.

### **50 Mile Route**

*Entry to the 50 is on the understanding you can navigate safely in hills or mountains and in the dark.*

The route is Marked in places by white marker arrow and signage.

There will be a GPX file available 1st July 2025 – Note this may change due to weather conditions and or any safety issues.

The route can be followed by the GPX tracker you are wearing via an app

The route will be available on OS Maps app – we recommend the Topo Maps subscription £6.99 for 1 month)

**There is a cut of for this route-** you will need to of reached the Car Park Checkpoint at Evanstown by 2359hrs (40 miles) which is 17 hours. If this is not reached you will unfortunately be timed out and pulled from the event at this point.

### **30 Mile Route**

*Whilst the route is fully marked entry to the 30 is on the understanding you can navigate safely in hills or mountains and in the dark.*

There are no entry requirements for this event and you can walk or trek it.

**Route is Fully Marked** by white Marker arrow and signage

There will be a GPX file available 1st July 2025 – Note this may change due to weather conditions and or any safety issues.

The route can be followed by the GPX tracker you are wearing via an app

The route will be available on OS Maps app – we recommend the Topo Maps subscription £6.99 for 1 month)

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## **Checkpoints**

30 Mile there are 3 Checkpoints – will differ than in previous years

50 Mile there are 4 Checkpoints

Page | 4 These will be posted in the next few weeks and updated.

There are some Checkpoints indoors and some outside via gazebo etc

Check points will be posted on the updated list and on the GPX File.

Finish

You will come under the arch and into the Main Hall to become Cani-Trail Legends!!!

You will receive your finishers Medal and your K9 Dog Tag.

## **Medical**

There will be paramedics in a 4x4 on duty from 0700hrs Saturday morning until completion of the 50 mile last entrant crosses the finish line. These will be around the route(s). There is also first aiders about the route and at CPs.

There is a Defibrillator at HQ and at Gilfach Community Hall on route.

## **Miscellaneous**

There are Toilets at Start / Finish and showers available for all entrants after the event

There is water available for camping at the site along with Drinking Water

There is a snack bar on site selling Hot Food, Soft Drinks, Breakfast Sandwiches, Tea / Coffee etc (open from 0600hrs Saturday until late)

## **Photography**

Event Photography is done by Kat Bartlett Media

## **RELAY OPTION**

There is a Team Relay Option for both the 30 & 50 Mile routes

Teams can consist of a minimum of two individuals to a maximum of 4 four.

Teams will have a tracker between them and this needs to be passed on at each stage.

Details and entry will open 12<sup>th</sup> May 2025

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### **Support Teams**

We allow support Teams for our entrants where you can swap dogs, have extra supplies etc

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Support Teams are not to clog up any parking spots or get in the way of any other entrants whilst at CPs

We will update with any details 1<sup>st</sup> July on these instructions

These Instructions will be updated in Full with GPX files 1<sup>st</sup> July 2025

If you have any questions in the meantime please contact us at

Interested further then Join our facebook private group

<https://www.facebook.com/groups/3253900531590301/>

The Cani-Trail Team

[canitrailuk@outlook.com](mailto:canitrailuk@outlook.com)

[www.canitrailuk.co.uk](http://www.canitrailuk.co.uk)