

THE ULTIMATE OFF-ROAD TRIATHLON  
**#supbikerun**

LLANDEGFEDD RESERVOIR 2019

SATURDAY 25<sup>TH</sup> & SUNDAY 26<sup>TH</sup> MAY

ESSENTIAL EVENT GUIDE



### Arriving at the venue

You can access Llandegfedd Reservoir via two routes; your sat nav is likely to take you via the small country lanes, the preferred route is as described below within the directions section (via New Inn).

Following the directions below, you will cross the dam with the main entrance to the venue on your left continue up the hill to the main parking and camping zone. There are two car parks; the very top car park is reserved for motor homes and camper vans, directly behind this area is the camping field (all zones clearly signed with large yellow signs).

### Camping

You can arrive to set up your camping pitch any time between 9am – 9pm, both camping zones are clearly signed. Simply find a free space and set up your pitch, you do not have to check in or register with us before parking your van or pitching your tent. We have positioned toilets in the top car park area; this is reserved exclusively for campers (hot showers are located within the water sports centre and available between 8am – 6pm).

### Food and refreshments

The reservoir has an excellent cafe/ restaurant serving delicious food and drinks all day. Hot meals will be available to campers until 5pm. Please note this is not a licensed venue (no alcohol for sale)... there is an excellent pub just a 10-minute stroll from the camping zone (turn left out of camping and follow road up to Coed y Paen village). We strongly advise you ring the pub to book if you would like to eat – Carpenters Arms 01291 672621

### **Get your wristband**

All participants and guests of participants must wear a wristband. Upon arrival, get set up, relax and then when you are ready, make your way to the Main Event Registration area to sign in and get your wristband (1<sup>st</sup> floor of the Watersports Centre). Participants will wear a WHITE wristband with race number; all visitors will wear a PINK wristband. PLEASE NOTE – by signing in you are only collecting your wristband, you still need to register for the main event on the Sunday morning at your designated time (8am, 9am, 10am)... if you are unsure of your registration time simply check at Registration.

### **What to wear?**

For the main event on Sunday we always suggest that what you wear for the bike is what you wear for the duration of the #supbikerun. Unless it's horrendous weather and pouring with rain then you don't require a wetsuit for the SUP. You really want to make it easy for yourself and limit getting changed. Just be sensible, watch the forecast and dress appropriately. For the Saturday SUP activities, once again be prepared. If you have your own wetsuit then certainly bring it with you, if it is chilly or raining then at least you can continue with your SUP sessions in relative warmth and comfort.

### **Saturday SUP activities**

The SUP Village is located on the green to the left of the water sports centre, quite obvious and easy to spot (Wiggle Tents). The Saturday FREE SUP sessions will run all day long. The SUP Taster sessions, Master Classes and SUP Yoga will be delivered between 9am -12. We will then stop for lunch between 12-1pm. Lessons will then commence at 1pm and run until 5pm. If you are bringing friends and family with you, as long as they have a PINK wristband then they are permitted to access the water and take part in SUP sessions (sessions for guests, family, general public are £10 per person). The free training sessions for participants are provided on a 1<sup>st</sup> come 1<sup>st</sup> served basis. Simply visit the registration area on Saturday from 9am and we'll get you out on the water as soon as possible.



### **The main event - #supbikerun**

When you purchased your event ticket you would have selected a registration time (8am, 9am, 10am). This is NOT your start time but the time you have to attend the main registration zone. The registration zone for the main event is located on the first floor of the water sports centre, just look for the large yellow sign or ask a marshal. At registration, you will be allocated your Race Card containing race numbers (please label all kit), chip timer (attach to left ankle) and Tech Tee (wear with pride).

Once registered, take your bike to the transition zone and leave your personal belongings by your bike (**don't forget your helmet, NO HELMET - NO RIDE!**). The bike transition zone is a safe zone controlled by marshals. Once you are ready, and only when you are ready, make your way to the SUP start zone. If you are using your own board then ensure you have placed a race number on it and ensure you have your leash attached. If you are using a hire board then these will be waiting for you at the start zone. The safety marshals will group you and phase you on to the reservoir in small groups. If you are a Warrior then complete one circuit of the SUP course (3K), if you are a Barbarian you will complete two laps (6K). As you exit the reservoir, a marshal will take your board from you. All boards will be stored in a safe area ready for collection at the end of the day. Please note only the person who owns the board and is wearing a numbered wristband is permitted to take the board.

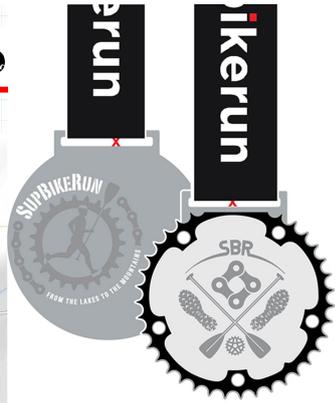
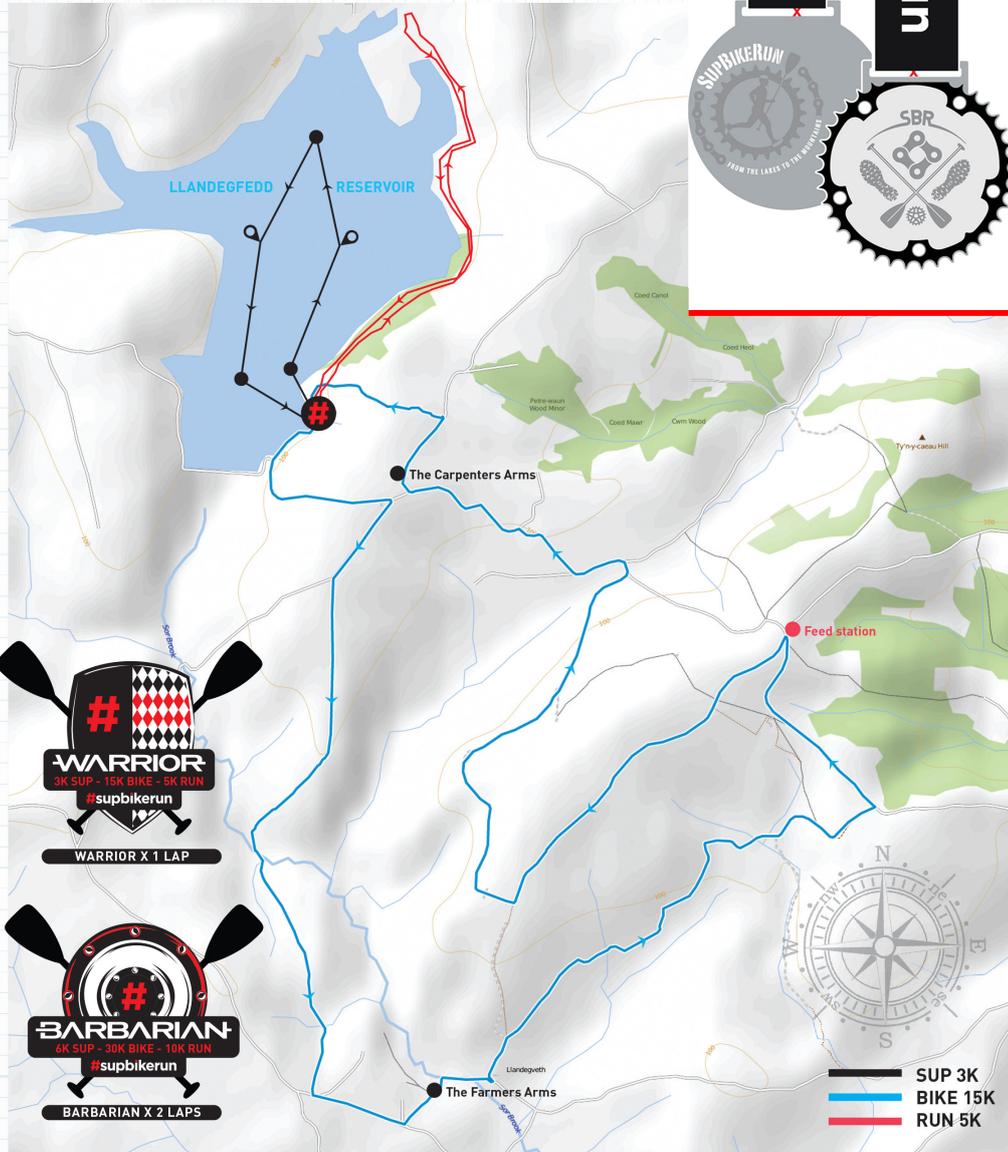
Following the SUP, you will enter the bike transition zone, get yourself ready, get your helmet on then walk your bike out of this zone to the mount zone. You will then ride out through the venue and past the cafe / restaurant. The route is signed and marshalled but please be aware of any traffic or pedestrians that may cross the route (we will do our best to limit this). Now you are out on the bike course simply follow the PINK signs and enjoy the tough but beautiful ride. We have placed distance markers on the 15K course. Warriors will complete one lap and Barbarians will continue past the transition zone to go around and complete a 2<sup>nd</sup> delicious lap.

Once your bike is back in the transition zone, head out and follow the RUN OUT sign, you will then follow the YELLOW signs on a lovely woodland 5K trail. Once again we have placed distance markers for you, Warriors complete one lap and Barbarians will go around to complete the 2<sup>nd</sup> lap before crossing the finish line. At the finish line, all participants will be awarded a beautiful medal and chilled beer from Stroud Brewery.

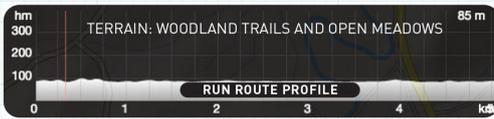
### **Spectators, guests and general public**

This year we have positioned the Wiggle finish line right within the main SUP Village so your friends and family can base themselves in comfort to watch the day's activities and cheer you on. In being within the SUP Village your friends and family will see you enter and exit the reservoir (SUP), head out and in on your bike (BIKE) and then cheer you across the finish line (RUN). Message to all family, visitors and friends... please stick to the designated walkways we have put out. That way you won't get in the way of the participants but still remain close by to cheer them on.

# LLANDEGFEDD RESERVOIR 2019



- SUP 3K
- BIKE 15K
- RUN 5K



SUUNTO

## **Directions to Llandegfedd Reservoir**

*Llandegfedd Reservoir, Coed y Paen, Pontypool, NP4 0SS*

### **Directions from M4 Westbound**

Exit at J25a, A4042 to Cwmbran, at the first and second roundabouts turn right following the A4042. You then go straight over the next three roundabouts still following the A4042. At the next roundabout (at the bottom of the hill) turn right, towards New Inn. There are brown tourist signs to Llandegfedd Reservoir.

Follow the road up the hill, curve left past the Lower New Inn Pub, and after 200 yards turn right on the corner. After a further 100 yards turn right along Sluvad Road. Follow the lane for about a mile, past the treatment plant at the top of the hill. The reservoir entrance is located on the left hand side at the far end of the dam.

### **Directions from M4 Eastbound**

Exit at J26, A4051 to Cwmbran, straight on through the sets of traffic lights following the A4051. At the first roundabout turn right (3rd exit) signposted A4042 Abergavenny, then after 300 metres turn left on the A4042.

You then go straight over the next three roundabouts still following the A4042. At the next roundabout (at the bottom of the hill) turn right, towards New Inn. There are brown tourist signs to Llandegfedd Reservoir.

Follow the road up the hill, curve left past the Lower New Inn Pub, and after 200 yards turn right on the corner. After a further 100 yards turn right along Sluvad Road. Follow the lane for about a mile, past the treatment plant at the top of the hill. The reservoir entrance is located on the left hand side at the far end of the dam.

### **Directions from M50 Southbound**

Continue to the end of M50, and continue on following the A40 past Monmouth. Exit the A40 23 miles after the end of the M50 signposted Usk. Go through Usk village, and continue over the river Usk bridge. Turn left at the end of the bridge, and then after approx 700 metres turn first right signposted Llandegfedd.

Keep on this road for a little over 3 miles until you come to the T-junction in the village of Coed-y-Paen. Turn right and the reservoir is located on the right hand side of the bottom of the hill.

### **Questions / need help?**

Simply drop us an email if you need any further help –  
[support@supbikerun.co.uk](mailto:support@supbikerun.co.uk)

Please note that support are unlikely to respond if you email after the 23<sup>rd</sup> May as we will be on site setting up for the event.

## SPONSORS

A big warm thank you to our fantastic sponsors who help us bring a little magic and extra energy to our events.

### O'SHEA



Suppliers of high quality stand up paddle boards and surf related products.

<http://www.osheasurf.com>

### STROUD BREWERY



Greg Pilley set out with a vision to brew delicious organic beer with integrity - a thriving enterprise that would support the community, the environment and other local businesses. Established in 2006 Stroud Brewery offers a core range of kegs, cask, cans and bottles, 100% certified organic beer brewed with Cotswold-grown barley.

#### **About the beer:**

Alderflower 4.9% pale ale. Refreshing aromas from Organic New Zealand Taiheke & Nelson Sauvignon hops, delicately balanced with organic, rubbed elderflowers. Organic. Vegan

