

ESSENTIAL  
**Event Guide**

**SUP**™

**BIKE**

**RUN**



**#01**  
**SOUTH WALES**  
Llangorse Lake  
11th & 12th May



**#02**  
**DORSET**  
Isle of Purbeck  
20th & 21st July



**#05**  
**THE LAKE DISTRICT**  
Ullswater Lake  
7th & 8th September

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# 2

## INTRODUCTION...

WE'RE READY! ARE YOU?

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Welcome to **SUPBIKERUN** the ultimate triathlon, we're ready! Are you?

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Not your average triathlon, SUPBIKERUN has taken the standard triathlon format and flipped it on its head. We've ditched the strict regimented rules and shaken it up, covered it in mud, made it cooler and friendlier, and taken it to some of the most beautiful locations around the UK!

Each two-day event provides our participants with a stunning location to relax for the weekend. The Saturday is all about paddle boarding tuition, with a choice of classes including Taster sessions, Masterclasses, and SUP Yoga, with the main event staged on the Sunday morning.



## EVERYONE'S INVITED!

Triathlons are typically quite a tense affair, highly competitive, with the focus on timings and speed. At SUPBIKERUN we want you to relax, enjoy the outdoors, and experience a true adventure of a weekend. Our events are fun and supportive and open to every standard, age, and ability.

We encourage you to camp with us, to invite your friends and family, enjoy a fantastic weekend away... and to get your SUPBIKERUN on!

# 3

## VENUE

### INTRODUCTION, OVERVIEW & MAP

## LLANGORSE LAKE

Located east of Brecon, between the Central Beacons and the Black Mountains, is the largest natural lake in Wales. Like many mountain lakes, it lies in a hollow formed by glacial action, but at 154m above sea level, making it far more accessible.

### Lakeside

#### CARAVAN PARK

Lakeside Caravan Park  
Llangorse, Brecon LD3 7TR  
Tel - 01874 658226  
Web - [www.llangorselake.co.uk](http://www.llangorselake.co.uk)

Shop/Reception Opens Daily 9 – 5.  
Please keep all gates closed.  
Where you see your pitch number, please pitch to the right i.e. Pitch 1 is between numbers 1 and 2.



## OUR EVENT HOSTS

Lakeside Caravan Park are our hosts for the South Wales event. Situated right on the banks of Llangorse Lake, the site offers pitches for tents, touring caravans, and motorhomes. With hard standing pitches for caravans and motorhomes with electric hook up. Grass pitches are also available for tents, with or without electric hook up points.

The site has a small shop selling basic provisions including foods, snacks, drinks, gas, and souvenirs. The Lake Café is situated next to the camping reception area. Take away food is available, breakfast is offered 9am – 11:45am, with lunch options following this. The Lakeside Bar provides evening meals and entertainment.



# 4

## SATURDAY SUP TRAINING, COACHING & WORKSHOPS

The Saturday at every SUPBIKERUN event is dedicated to paddle boarding tuition. Whilst this tuition is not compulsory, it is something we offer all participants as part of their event ticket. When you booked your ticket, you would have either selected: Taster, Masterclass, or SUP Yoga.

We are proud to boast one of the UK's leading paddle boarding coaching teams, headed up by the highly experienced Emily King. Emily has nearly a decade of experience racing at elite level in the UK and Internationally. Coming from a surfing background originally, Emily has been consistently one of the top SUP athletes regularly winning Iconic Elite Races and UK National Race Series.



The Saturday coaching and tuition will see the Taster sessions being run throughout the morning. We then break for lunch and deliver the land based Masterclass in the afternoon. SUP Yoga will run throughout the day. All water-based coaching and tuition is subject to weather conditions.

The paddle boarding tuition is not compulsory, you do not have to attend but we ask all participants to pre-book their preferred class times before 1st April. Use the link on this page to book your free class. Subject to availability

and space, we can also offer your guests (friends and family) paddle boarding tuition. They can purchase a water entry wristband £10 per person, these cannot be pre-booked and are only available on the day.

Please note that due to the terms set out within our insurance we cannot provide coaching and tuition to anyone under the age of 16.

[BOOK YOUR CLASS](#)

# 4

## SATURDAY SUP

### TASTER SESSION



# TASTER

The Taster session is aimed at those people that have either never tried paddle boarding or perhaps you've already 'had a go' and now need your confidence building.

Over this 1hr workshop, we can take you from SUP newbie to feeling confident to hit the water.

The SUPBIKERUN team of highly qualified coaches will guide you to get the very best from your paddling skills, the taster session is going to help you learn, and brush up on all the key skills you'll need to get around the SUP course of SUPBIKERUN.

- | Safely carry/enter/exit the water with the appropriate kit and technique.
- | Improve your paddle stroke and how to stay safe whilst paddling.
- | How to manoeuvre a board using a paddle/ laying down prone and kneeling/standing on your board on the water.
- | How to safely fall off and self-rescue yourself back up onto your board.
- | How to make turns and alter the direction of your board.

🕒 1hr Class 🕒 9am, 10:30am, 12pm, 2pm, 3:30pm



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# SATURDAY SUP

## MASTERCLASS SESSION



# MASTER

We are very excited to have the British SUP Multi-Award-Winning Champion Emily King with us once again, hosting our Masterclass. She brings with her over a decade of experience competing and winning all disciplines of racing, Whitewater SUP, and SUP Surfing at the highest level. Having herself competed in SUPBIKERUN, she really knows what it takes to make the difference in your training and competing.

This Session is a land-based group discussion and demonstration allowing you to gain the knowledge and experience from Emily King, and also learn about our new format for this year.

The session will include:

- | Visual demonstrations on techniques and biomechanics
- | Kit discussions
- | Racing strategies
- | Training techniques
- | An interactive Q&A session.
- | Detailed answers to all your SUP questions

Get your thinking cap on about all those questions you'd really love answered about all things SUP!

🕒 1hr Workshop    ⌚ 3pm

# 4

## SATURDAY SUP

### YOGA SESSION



A different kind of SUP experience. Discover SUP in a more relaxed and centered way. These 45minute classes are a chance to give yourself the time and space to align your body, mind, and senses.

There are many proven benefits to SUP yoga including muscle strengthening, improving your breathing technique, increasing flexibility, drastically improving your balance, and most importantly stress relief. This 45minute class allows you to totally immerse yourself in the stunning scenery, to relax and take in the fresh air and sounds of the water.

- | Relax, unwind and de-stress yourself
- | Enhance your focus
- | Improve your balance
- | Focus on breathing
- | Gain strength and condition techniques
- | Improving your posture
- | A fun and unique experience on a SUP board



45min Class



9am, 10am, 11am, 1pm, 2pm



# REGISTRATION

## GET BOOKED IN!

We will be running two registration times to keep crowding to a minimum in line with our Covid-19 safety policy.

Main registration will open at 3pm on the Saturday and close at 5pm.. Please try to register on the Saturday even if you are not attending our training day. This will prevent congestion and any delays on the Sunday morning.

Our event staff will take your surname, check a few details for our Covid policy, you will then be issued your registration pack. This pack contains the following items:



- | **Pro Tech Tee** – wear with pride!
- | **Race number sticker sheet** – label all your personal belongings
- | **Bike race number** – fix to your handlebars with cable ties provided
- | **Race number bib** – this includes your chip timer... do not lose it!
- | **Wristband number** – must be worn for duration of the event
- | **Fluro lanyard** – only participants that are allowing us to use their board
- | **Lifesystems Mountain Sun Cream** – skin protection factor 50+

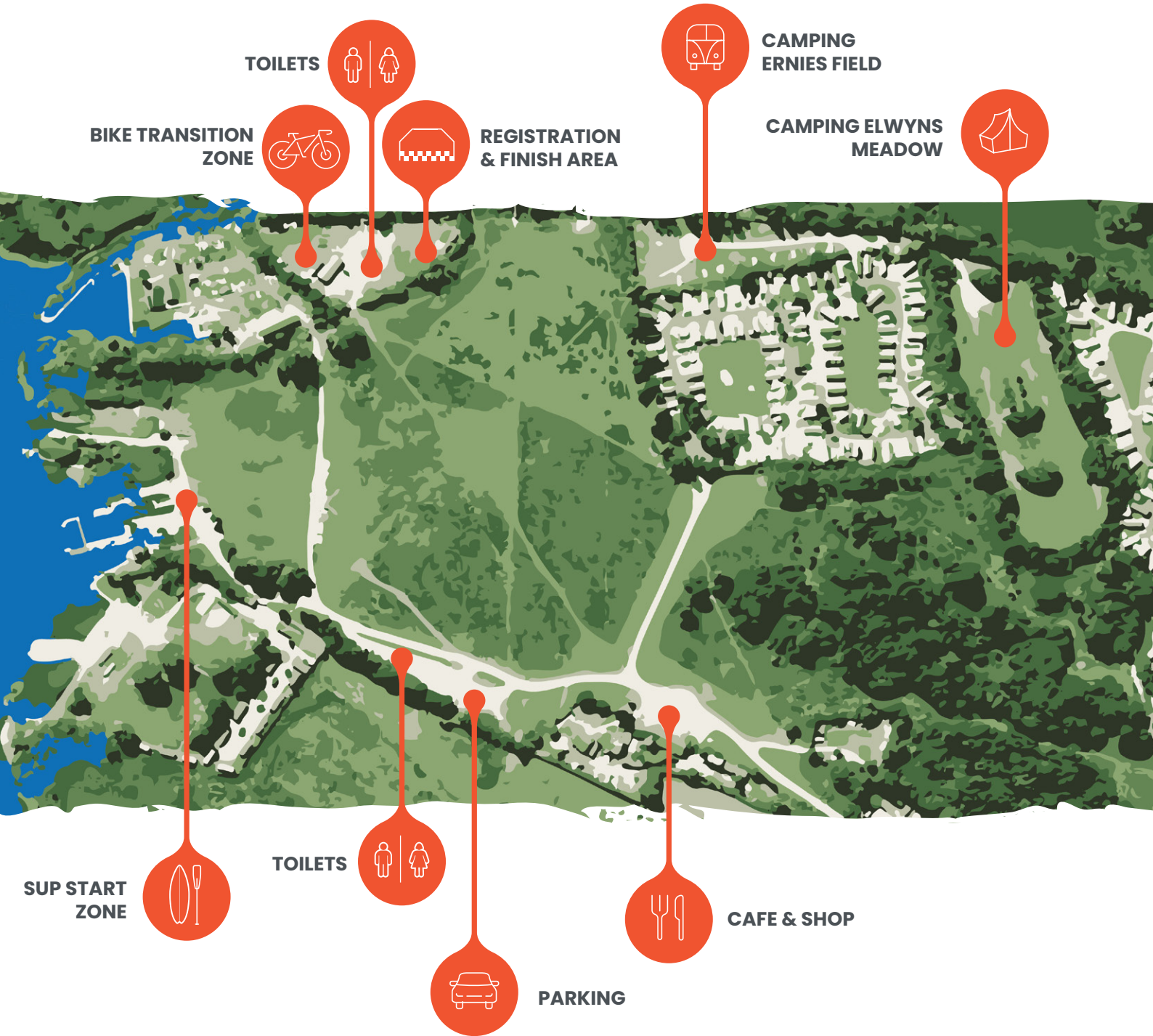
Participants that are not attending the Saturday training or likely to miss the main registration on Saturday can attend a final registration on the Sunday morning between 7am – 8am.



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## SITE MAP

GET YOUR BEARINGS



# THE MAIN EVENT

## FROM START TO FINISH

Sunday morning is the main SUPBIKERUN event. When you booked your ticket, you would have selected an event start time of either 8am, 9am, or 10am, all Long distance participants will start at either 8am or 9am.

Please note that any participant using their own board can start the event at any time from 8am regardless of the time they originally booked. Our main objective is to get as many of you using your own kit out on the water as quickly as possible.

### GETTING READY

The first thing you need to do is take your bike and personal belongings to the Bike Transition Zone. Wheel your bike into the zone and place within the racking at your designated race number by hooking your saddle over the bar.

Any bags, change of clothing, or footwear can be stored here in transition and will be safe (marshals on hand to help and guide you). Ensure all your kit is labelled with your race numbers, these were provided within your registration pack.

We advise you to label your bike, bags, helmet, and if using your own board and paddle then ensure you have labelled these too.





# THE MAIN EVENT

## CONTINUED...

### SUP

Now make your way to the SUP Start Beach. If bringing your own board then collect this from your car and ensure both the board and paddle is labelled (provided at registration).

If you are happy for us to use your board with another participant and you have already agreed this, then you will find a long Fluro lanyard within your registration pack. Clip this to the leash attachment point on your board. That way our team know it's OK to be used again on the water as you finish your SUP.

All participants must wear a leash (hire boards will have leashes attached). Once you are ready, make your way to the Start Beach and the safety marshals will phase you on to the lake in small groups just as soon as you are ready. Your chip timing will not start until you cross the last rubber mat at the waters edge.

### TRANSITION

Once you have completed the 3K or 6K SUP you will exit the lake between two clear marker flags. At this point our SUP safety marshals will help you leave the water. If using a hire board, the marshals will take the board from you and return this to the start, you are then free to move on to the Bike Transition Zone. If you are using your own board then exit the water carefully and move to the SUP Storage Zone. Here you can leave your board safely with our team, only you can collect the board after your event. Now make your way to the Bike Transition Zone.



# THE MAIN EVENT

## CONTINUED...



### BIKE

You can stay in transition for as long as you need to. Your bike time will only start once you leave the Bike Mount Zone. We advise that you make use of the water station within the bike transition zone and fill your water bottles. As soon as you leave the Mount Zone your bike course time will start, and you are on your way. All bike routes are clearly signed and easy to follow. All Standard distance participants will complete one lap of the bike route and all Long distance participants will complete a double lap. After completing the bike course, you will re-enter the Bike Transition Zone and dismount wheeling your bike back to your designated / numbered section.

### RUN

Now get ready for the Run Course. Ensure you have everything you need and walk through the bike transition zone towards the Run Start. Marshals will be within the Bike Transition Zone at all times to help you if required. You will now head out for an exciting 5K or 10K trail run.



### THE FINISH

The run ends with you heading through the SUPBIKERUN inflatable finish line. Cross the line and you will be presented with your finishers medal and a chilled beer or iced coffee. Now your event has finished you are free to collect your personal belongings from the transition zone and either make your way home or chill out with your friends and family at the finish line.

# 8

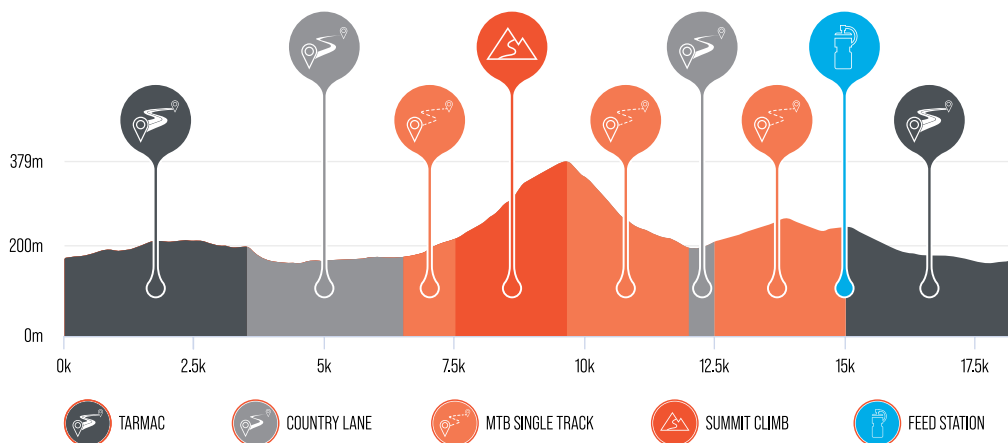
## BIKE COURSE THE MOUNTAIN BIKE ROUTE

The Mountain Bike route uses a combination of sleepy roads and beautiful country lanes before breaking you out on to impressive single track. The jewel in this ride is the Alt yr Esgair, referred to locally as 'The Allt', the Welsh name signifies 'wooded ridge or slope'. But don't be misled by the word slope. This is one cracking climb that starts gradual leading you up through the Venison farm with fields of deer on your right and rolling sheep meadows to your left.

As you progress further along the trail the gradient steepens as you push towards the summit of 'The Allt'. As you reach 390m you quite literally feel on top of the world with mountain ranges to both your left and your right, and an incredible view down to the River Usk in the valley below.

“ As you reach 390m you quite literally feel on top of the world!

Following your tough climb, you are then treated to an awesome downhill section off the back of 'The Allt', sweeping single-track, rocky in places breaks out on to fast rolling trails as you drop lower to the valley below on the Three Rivers Ride towards Pennorth. At the 15K mark you'll see the feed station before a quick blast downhill on quiet roads back to the lake. Those of you doing the 'LONG' route will complete a 2nd loop packing in a whopping 684m of ascent.



### ROUTE STATISTICS

Distance:	18K
Total ascent:	361m
Lowest point:	156m
Highest point:	378m
Uphill:	8.64K
Downhill:	7.65K
Flat:	1.89K
Steepest uphill:	+16.7%
Steepest downhill:	-15.6%
Longest uphill:	3.33K
Longest downhill:	2.52K

[VIEW BIKE ROUTE](#)



# 8

## BIKE COURSE THE ROAD BIKE ROUTE

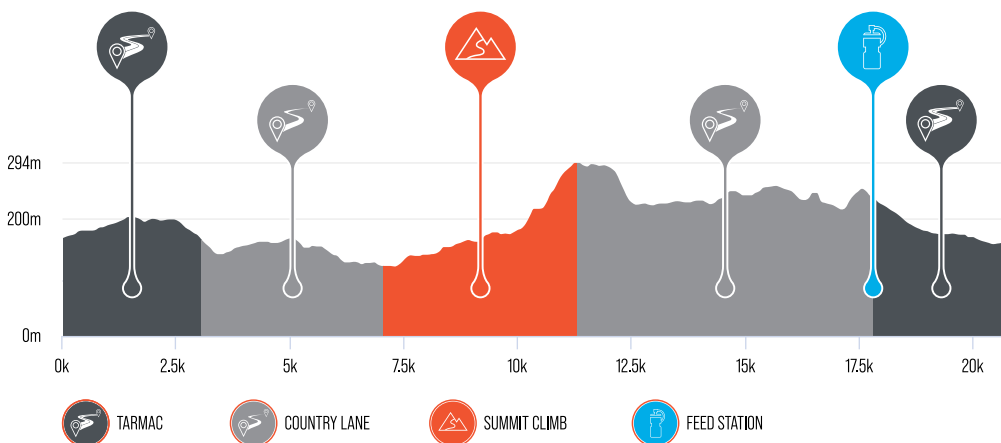
Our 1st Road bike option in the 2022 line of SUPBIKERUN events and what a way to kick things off!

Just over 21K of the finest roads through the Brecon Beacon National Park. Your ride starts with a short burst on excellent tarmac along the B4560 breaking you North and away from the lake. You then turn on to super sleepy scenic country lanes that continue your route North towards Tredustan.

With the route now guiding you West, until now you have been treated with gradual ascents and fun downhill sections, but at 7.5K in you hit the foot of the Allt Filo to start your summit climb. Starting at 119m above sea level, the summit climb packs in a tasty 176m of accent over a 4K distance.

“ The summit climb packs in a tasty 176m of accent over a 4K distance. ”

Off the back of the Allt Filo it's a real steep descent so caution, and careful braking required. From 12.5K to 17.5K the route remains undulating with beautiful mountain views in all directions, and short sharp climbs occasionally. At 17.5K you'll hit the feed station, and then it's just a short fast blast on excellent tarmac back to the lake. Those of you doing the 'LONG' route will complete a 2nd loop packing in a whopping 628m of ascent.



### ROUTE STATISTICS

Distance:	21K
Total ascent:	362m
Lowest point:	118m
Highest point:	294m
Uphill:	8.55K
Downhill:	9.54K
Flat:	2.43K
Steepest uphill:	+16.7%
Steepest downhill:	-16.7%
Longest uphill:	1.53K
Longest downhill:	2.07K

[VIEW BIKE ROUTE](#)

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## COURSE SIGNS

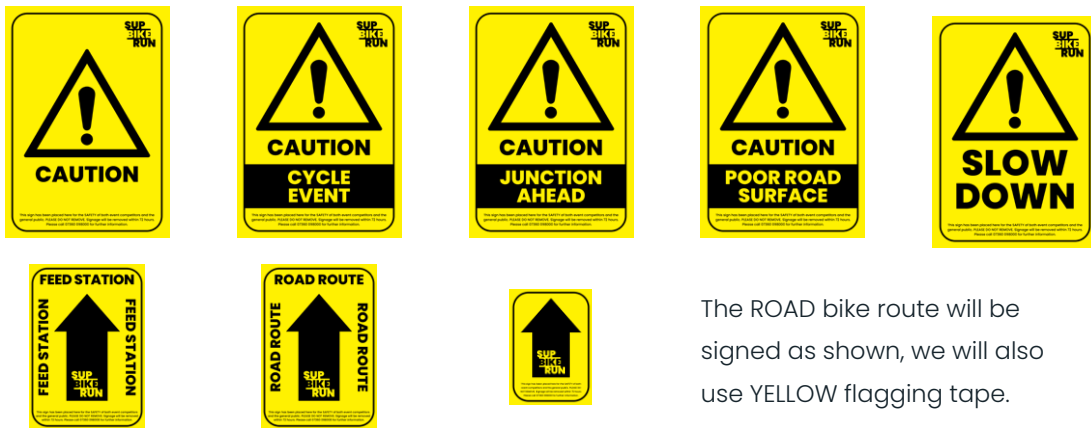
KNOW THE ROUTE

### Mountain Bike Route Signs



The MTB bike route will be signed as shown, we will also use PINK flagging tape.

### Road Bike Route Signs



The ROAD bike route will be signed as shown, we will also use YELLOW flagging tape.

### Run Route Signs



The RUN route will be signed as shown, we will also use BLUE flagging tape.

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## GET FIT!

### CHECK YOUR EQUIPMENT



If you're new to the sport then try not to rely on the free training we give you on the Saturday pre event. Whilst our training will help prepare you, you'll be better placed if you can hit the water several times before your main event. Your objective for the Standard distance is to be on the water and paddling for a minimum of 30-minutes continuously. Those participants completing the Long distance should aim their training sessions for 50-minutes to 1hr.

Get your body used to being in the saddle for the duration of time your event is likely to take. Standard distance riders can expect 1hr 30, and Long distance riders 2-3hrs. Each SUPBIKERUN event includes a Summit Climb, so no matter which route you have selected (MTB or Road) make sure you tackle some good hills within your training.



If you don't run off-road regularly, then make sure you get off road and run some trails. Trail running can be more physically demanding than road running. Generally, there are more obstacles, hazards, and tougher terrain to cover. Strengthen your body and mind and build some hill runs into your training. Just 30-minutes of hill running each week will dramatically improve your fitness and overall running time.

# KIT PREPARATION

## CHECK YOUR EQUIPMENT



### SUP

Check your board 2-weeks before your event to ensure it has no leaks and is ready to go. We advise pumping up your board and leaving it in the shade for an hour, check it doesn't lose any pressure. Next check your fin and fin box, is it secure, ideally always carry a spare fin bolt encase you lose yours. Next, check your paddle, is it all-intact, no fractures, cracks, or splits. Finally, check your leash and leash attachment point. Remember, if you forget your leash you cannot start your event!



### BIKE

Put your bike in for a service and take it for a solid test ride. Ensure your gears are smooth changing especially when under pressure on the hills. Check your brakes are good, tyres have good tread or in road worthy condition, and check your chain is in tip top condition. The greatest percentage of DNFS at our events are due to broken chains! Do a quick once over of your bike helmet, shoes, and what you plan to wear for the ride. Weather conditions can change dramatically, and you want to be comfortable and dry if raining.



### RUN

Have you broken in your running shoes, or are they broken already!

Are your laces going to hold, are the insoles comfortable? This is the final stage of your SUPBIKERUN event, you'll be running on tired legs so make sure your feet are as comfortable as possible with the right trail shoe.

Courtesy of Lifesystems, plasters and blister kits will be available within the bike transition zone.



# PRO TOUR 12.6

## EX-DEMO BOARDS

# 50% OFF

The Pro Tour 12.6 (2023) by SUPBIKERUN is an adventure tourer designed specifically for riders that want a board for weekend exploration and the occasional race.

We are reserving 10 Pro Tour 12.6 boards for each SUPBIKERUN event. These brand new boards will be used once at the event and then sold for £465 as ex-demo giving you a huge 50% discount!

The 2023 Pro Tour 12.6 package will retail at £929! Secure your ex-demo board now with a £265 deposit and balance of £200 payable before the event. All ex-demo boards are sold in 'excellent' condition but may show some signs of use.



# PRO TOUR 12.6



### WHAT'S INCLUDED

- Pro Tour 12.6 iSUP
- 10.0 slide in tool less fin
- 3pc alloy paddle
- Safety leash
- Dual flow pump
- 'Original' hold-all storage bag

EX DEMO  
**£465**  
(NEW £929)

**RESERVE A BOARD**



# 2

## FINAL PREPARATION

### EVERYTHING YOU NEED TO TAKE PART

We've tried to make this as easy as possible for you by listing out what we deem Essential Kit for your event and then Other Kit that could prove useful.

#### Essential Kit

- | SUP board + fin (unless hiring from SUPBIKERUN)
- | SUP leash (unless hiring from SUPBIKERUN)
- | SUP paddle (unless hiring from SUPBIKERUN)
- | Mountain bike or Road bike
- | Bike helmet
- | Pump
- | Basic repair kit / tyre levers & spare inner tube
- | Lights advisable, essential if foggy or heavy rain!
- | Water bottle for your bike
- | Beach shoes or old trainers (protection for the SUP)
- | Cycling shoes, trainers, or trail shoes
- | Small backpack or Hydration pack
- | Waterproof pouch for phone
- | Money for onsite catering / café
- | ALTO Belt Pack - [See pg 24 for 25% off](#)
- | ddipp® Sea Monster Changing Robe - [See pg 25 for 10% off](#)
- | Lifesystems Nano First Aid Kit - [See pg 26 for 15% off](#)



#### Other Kit

- | Running or cycling t-shirt
- | Lightweight waterproof jacket (if rain forecast)
- | Lightweight fleece (if cold or camping)
- | Running / cycling shorts (boardshorts)
- | Towel or change robe
- | Sunglasses
- | Insect Repellent - [Purchase here](#)



# 3

## NUTRITION 48HRS

### PRE-EVENT DIET

A few dietary tweaks in the days before the race could give you the extra edge you need to break your PB or simply complete the event with less fatigue. In the same way that you adjust your training as the big day approaches, you can also adjust your diet to make sure your body is fuelled to capacity and ready for action.

This dietary “taper” should begin about the same time you start to taper your training in anticipation for a race – approximately 7-days is recommended. The approach is straightforward: increase the amount of carbohydrates, low fat and moderate-high protein you consume. As always, rice, potatoes, pasta (depending on how you cope with digesting wheat) should be your staples, but now they should take an exaggerated place within your diet. As you reduce your training (SUP, bike, and run), be sure to reduce your calorie intake too.



## CARB-LOADING

Carb-loading is an important period to stock your energy reserves to their max. Follow your normal balanced diet and kick in some extra carbohydrates in the week prior to the event. Fruit juices and sports drinks are good carbohydrate supplements if you are having trouble eating rice, potatoes, and pasta. Try not to miss meals, but also avoid stuffing yourself to bursting point. Balance and consistency are important as the event approaches. Avoid trying new foods at this point. Eat foods that you enjoy and foods that agree with your body.

About 7-days before the event start your hydration. Drink water consistently throughout the day. Try to avoid alcohol, since it not only dehydrates you but also can interfere with proper storage of glycogen and undercuts your carb-loading. If you fancy a drink, then enjoy an alcohol-free beer from Athletic Brewing.

For your pre-event meal the night before, eat moderately, and go for food that contains (you guessed it!) lots of carbohydrates and only a little fat. Skip the beer or wine and ideally get some good sleep. Avoid eating too close to bedtime as it can lead to increased restlessness (on top of the race day anticipation nerves).

Relax, chill-out, and get ready for your SUPBIKERUN adventure!

# 3

## NUTRITION 48HRS CONTINUED...



### **EVENT DAY DIET**

On the morning of the event, have a light breakfast, avoid anything too heavy. During the event itself, staying hydrated is the most important. Drink fluids every 10-15 minutes, keep yourself topped up, it's better to sip water regularly than drink pints in one go.

### **SNACK ALONG THE WAY TO KEEP YOUR ENERGY UP**

Try to get about 25grams of carbs every 30-minutes from a supplement and/or sports drink, or from easily digested foods like gels, sports bars, bananas, sweets. Make sure you test gels with your training as some products can cause stomach discomfort.

### **WHATEVER YOU EAT, BE SURE YOU HAVE TRIED IT BEFORE DURING YOUR TRAINING**

Everyone's stomach reacts differently to different foods, and an event is not the best time to discover that a new sports bar doesn't agree with you, or you can't chew it and breath at the same time!

### **AFTER THE RACE, DRINK PLENTY OF WATER WITH ENHANCED ELECTROLYTES**

During the event you will burn through some serious calories and draw upon the glycogen stores you had worked hard to top up. Post event you need to fuel, eat when you can, drink plenty of water (ideally with enhanced electrolytes), and plenty of Athletic Brewing alcohol free beer!

### **CARB-RELOADING IS AS IMPORTANT AFTER THE EVENT**

As important as carb loading is before the event. Post event is equally as important!

It's during this post event window of time that your muscles will absorb the glycogen most readily. Your muscles are hungry, feed them. By the end of the following day you should be back to normal (other than feeling tired) and ready to start thinking about your next SUPBIKERUN adventure!



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# SPONSORS

## OUR SPONSORS AND PARTNERS



At Athletic, we're firm believers that you shouldn't have to sacrifice your ability to be at your best to enjoy great beer – so, we created our innovative lineup of refreshing, alcohol-free craft brews.

Integral to our mission is access to safe outdoor spaces for communities to get outside, to be active and mindful, and to create memories with friends and family.

### FREE CHILLED BEER AT THE FINISH LINE

Courtesy of the Athletic Brewing Company, each participant will receive a refreshing chilled alcohol-free craft beer as they cross the finish line at each of our events.



### THE FLAGSHIP BEERS

#### RUN WILD IPA

The ultimate sessionable IPA for craft beer lovers. Always refreshing and only 65 calories.

#### UPSIDE DAWN GOLDEN

Refreshing, clean, balanced, light-bodied. Gluten free and only 45 calories.



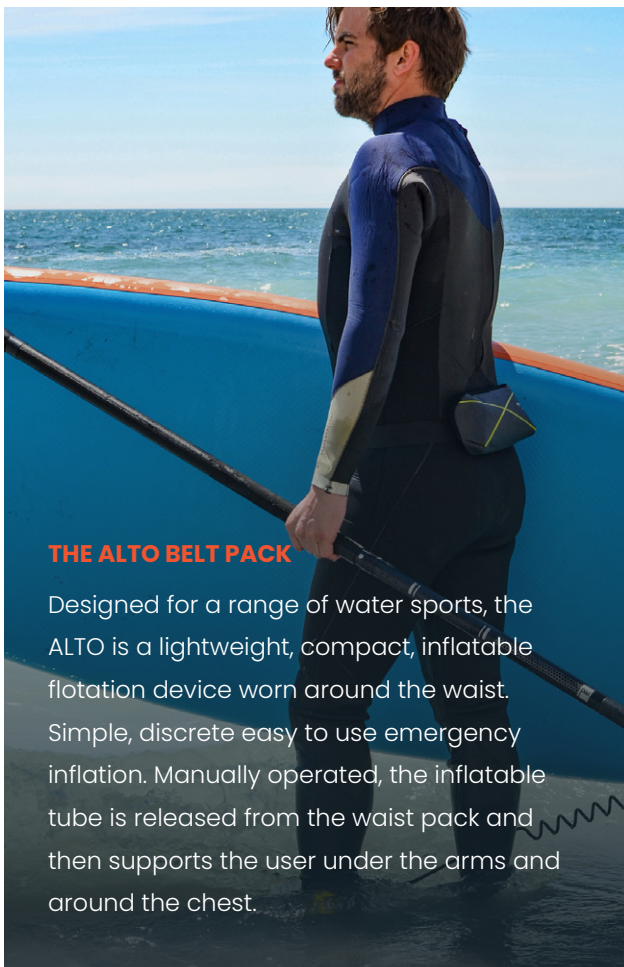
# 4

## SPONSORS

### OUR SPONSORS AND PARTNERS

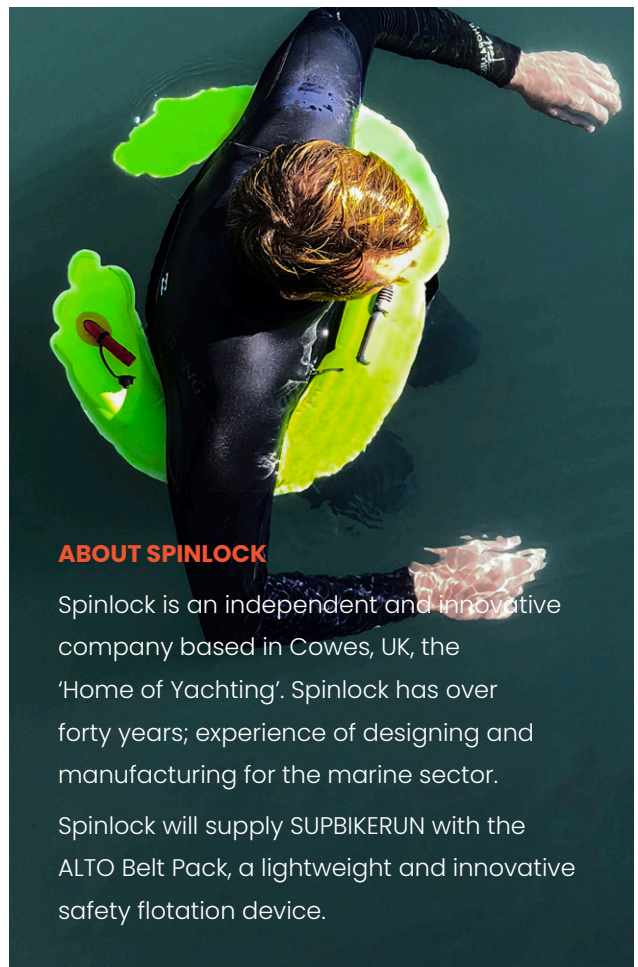
# spinlock

With safety a priority at our events we are excited to be using the ALTO belt pack at all SUPBIKERUN events this year. Whilst a PFD for our events is not compulsory (with the exception of Wimbleball Lake, Exmoor) we are strongly advising that all our participants wear an ALTO before entering the water.



#### THE ALTO BELT PACK

Designed for a range of water sports, the ALTO is a lightweight, compact, inflatable flotation device worn around the waist. Simple, discrete easy to use emergency inflation. Manually operated, the inflatable tube is released from the waist pack and then supports the user under the arms and around the chest.



#### ABOUT SPINLOCK

Spinlock is an independent and innovative company based in Cowes, UK, the 'Home of Yachting'. Spinlock has over forty years; experience of designing and manufacturing for the marine sector. Spinlock will supply SUPBIKERUN with the ALTO Belt Pack, a lightweight and innovative safety flotation device.

[CLICK HERE TO PURCHASE YOUR ALTO WITH 25% OFF - USE CODE SUPBKERUN](#)



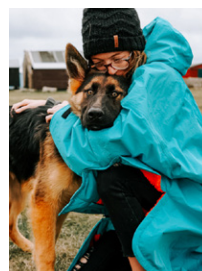
# 4

## SPONSORS

### OUR SPONSORS AND PARTNERS



ddipp is a young but fast growing watersports brand, with roots in the hills of the Lake District, and the coast of North Cornwall. Started by Mark, Melissa and Matt, ddipp design create and sell premium ethical products with the user in mind. We love water and the outdoors, so want to provide products which enhance your enjoyment of both, without compromising on ethics or innovation!



The ddipp Sea Monster Hydro changing robe is a high spec technical watersports coat, packed with innovation. Recently awarded Best in Test by 220Triathlon Magazine (March edition), it is waterproof (10000mm), breathable (10000g) and incredibly warm, whilst also being around 30% lighter than other more established brands. With other features, such as zip-off sleeves, Velcro cuffs and a unique built-in packaway pocket, it is the perfect companion for a day at the beach, prepping for a ride, or under the bungees on your board. Visit the ddipp website today and get 10% off any purchase using code SUPBIKERUN10. [Shop Now](#) ➔

4

# SPONSORS

## OUR SPONSORS AND PARTNERS



**LIFESYSTEMS®**

Lifesytems products are British designed and developed using cutting edge materials and techniques. Every design has been deeply considered to help you get the best out of life's adventures, no matter how big or how small.

To enable you to adventure further, secure in the knowledge you're prepared for anything.

The success of any adventure you choose in life all boils down to how well you prepare. Through experience, we have found it's always the little things in life that can throw you off balance. That nagging blister as you transition from the bike to your run. The cloudy weather that lifts to leave you baking in the afternoon sun. The persistent annoyance of biting insects.

Whatever life throws your way, with a little preparation and careful thought to your kit, you can take on the world!

Lifesytems will be supplying each participant with a sachet of Mountain Sun Cream, providing access to Blister Kits within the bike transition zone, and kitting out our safety marshals with Mountain First Aid Kits.

Visit the Lifesytems website to purchase your essential kit list items, free delivery, and 15% off any two items using code 15OFF2 - [lifesytems.co.uk](https://lifesytems.co.uk) →





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# SPONSORS

## OUR SPONSORS AND PARTNERS

# BIKEVANCO

A new and exciting partner for 2023, BikeVanCo are joining us to plug the essential gap for those participants that want to camp but don't want to rough it.



*BikeVanCo provides the best bike-specific and action sports vans for your epic adventures. Hire our vans to attend events and races or follow your own path.*

Offering a choice of bike specific action vans, BikeVanCo are offering all SUPBIKERUN participants a **10% discount** on all van bookings for our event weekends. **Click here to book.**

Their vans have been designed to allow you to carry all your kit but still have space to eat, sleep, and get event ready. If a full-blown camper van adventure is just too expensive for you then

BikeVanCo could very well be the solution for your next adventure.

Each of their vans is kitted out with a pop top roof that sleeps 2, a fridge, awning, and dedicated bike storage with jet wash, and complimentary Muc-Off cleaning products.

Van collection and delivery can be arranged with ease!





# FAQS

## YOUR QUESTIONS ANSWERED

### WHEN CAN I ARRIVE AT THE EVENT VENUE?

Participants that have booked onsite camping can arrive Friday afternoon from 1pm to set up their pitch. Day visitors on the Saturday can arrive from 8am, drive down towards the lake and look out for the SUPBIKERUN parking signs. Marshals will then guide you to the main event registration area.

### HOW DO I LOCATE MY CAMPING PITCH?

You should have received booking confirmation and a site map directly from Lakeside Caravan Park. If upon arrival you are unsure then please park at the reception and shop to enquire.

### HOW DO I CONTACT OR FIND THE CAMPING PARK?

Lakeside Caravan Park, Llangorse Lake Brecon, Powys, LD3 7TR | +44 (0) 1874 658226

### HOW DO I BOOK MY SUP LESSON FOR THE SATURDAY?

Participants have access to free paddle boarding lessons throughout the day on the Saturday. In order that we can train as many of you as possible we require you to pre-book your lesson or workshop. Use the link below to book your free training session: [Book your SUP Class >>](#)

### DO WE HAVE TO ATTEND THE WHOLE WEEKEND?

No not at all. You can either join us for the weekend or you can simply attend the main event on Sunday. Ideally, we ask that you register for the main event on the Saturday but if this is not possible then we will run a registration on Sunday between 7am – 8am.

### TOILETS AND SHOWERS

Llangorse Lake has toilets and shower facilities within the main camping area. Please note the showers are only for those that have booked camping. There are also toilets within the main car park, and additional porta loo toilets within the main event registration and finish area.

### REGISTRATION TIMES

New for this year's events, we will be running two registration times to keep crowding to a minimum in line with our Covid-19 safety policy.

Main registration will be open on the Saturday between 3pm – 5pm. We would like to encourage as many participants to register on the Saturday as possible. For those that cannot attend Saturday, there will be a 2nd registration open on the Sunday 7am – 8am.



## FAQS CONTINUED...

### WHAT HAPPENS AT REGISTRATION?

Head over to the Registration tents, our team will then ask your surname, you'll be signed into the event and issued your SUPBIKERUN registration pack. When you booked your ticket, you would have selected a preferred start time, please ensure you make your way to the Sup Start Zone on the Sunday morning at this time and not before (unless using your own kit. Own kit participants will be phased onto the water just as soon as they are ready.

### WILL THERE BE FOOD AND DRINK AT THE EVENT?

Our South Wales venue has an onsite café, shop, and bar. There are also pubs within walking distance from the event site. Drinking water will be available within the main event transition zone and feed stations with snacks and water out on the bike courses.

### WHEN CAN I PUT MY BIKE IN THE BIKE TRANSITION ZONE?

You can leave your bike within the transition zone from 7am on the Sunday morning. Locate your race number within the racking, hook your saddle over the bar, personal belongings can also be left by your bike. This zone will be staffed from 7am – 2pm so your equipment will be safe.

### WHAT HAPPENS TO MY SUP GEAR AS I LEAVE THE WATER?

On exiting the water, our SUP safety marshals will direct you to the SUP storage zone. Here you can leave your board and paddle, this zone is staffed so your equipment will be safe. Please note that all equipment must be clearly labelled (these labels are within your registration pack). If you have given us permission to use your board and paddle, then please ensure you fix the Fluro orange lanyard (also within your registration pack) to your board leash attachment. We then know which boards can go back out on the water.

### WHERE SHOULD FRIENDS AND FAMILY WAIT WHILST I COMPLETE THE EVENT?

We encourage your support crew to line the barriers at the finish line. This area is clearly signed and gives the best view to see you cross the finish line.

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# CONTACTS

## EMERGENCY AND USEFUL NUMBERS

### Emergency Services

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Local Police Hotline:	08453 302 000
Brecon Police Station:	01874 610 936
Brecon Hospital (Community):	01874 622 443
Neville Hall Hospital (District):	01873 732 732
Brecon Doctors Surgery:	01874 622 121
Talgarth Surgery:	01873 713 000
Evans Dentist:	01874 623 357
Powells Dentist:	01874 611 211

### Useful Info

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Brecon Tourist Information:	01874 622 485
Llangorse Multi Activity Centre:	01874 658 272
Mary's Minibus:	07989 163 939
Lakeside Cafe:	01874 658 170
Brecon Cycle Centre:	01874 622 296

### Local Pubs & Dining

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The Blackcock Inn, Llanfihangel:	01874 658 697
The Red Lion, Llangorse:	01874 658 825
Three Horseshoes, Groesffordd:	01874 665 672
The Old Ford, Llanhamlach:	01874 665 391
Nantyffin Cider Mill Inn:	01873 810 775



# SUPBIKERUN 2024

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## #01 SOUTH WALES

Llangorse Lake | 11th & 12th May

## #02 DORSET

Isle of Purbeck | 20th & 21st July

## #03 THE LAKE DISTRICT

Ullswater Lake | 7th & 8th Sept



[WWW.SUPBIKERUN.COM](http://WWW.SUPBIKERUN.COM)

T H E U L T I M A T E  
T R I A T H L O N

10 YEAR ANNIVERSARY  
**SUPBIKERUN**<sup>TM</sup>