



RUNNER GUIDE

ULTRA X WALES

25TH & 26TH JULY 2026

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Key information regarding the event is all listed within this document. If you have any questions, please email us at contact@ultra-x.co

A photograph of a group of ultra-runners on a trail. In the foreground, a woman with a blue singlet and sunglasses is running towards the camera. Behind her, several other runners are visible, some wearing blue singlets and others in different colors. The trail is a dirt path with some vegetation. In the background, there is a body of water and a blue sky.

OVERVIEW

We are excited to welcome you to the Black Mountains for our first edition in this new location and an unforgettable challenge. Expect stunning landscapes, demanding terrain, plenty of elevation, and an experience that will stay with you long after the finish line.

At registration, you will receive your race bib, timing chip, safety pins, and any pre-ordered merchandise. You will also have the option to leave a drop bag at the start and finish area, with further details outlined below.

Checkpoints throughout the course will provide a range of food and nutrition options. Please ensure you arrive fully prepared with all mandatory equipment, as well as any recommended items to support your race.

Our photographers will be out on course capturing your journey. Photos will be shared with you by Wednesday after the event and will be available to purchase.

This guide contains all the essential information you need. There will be no in-person race briefing, so please read it carefully to ensure you are fully prepared.

See you soon for #theultraXperience!

Gil, Race Director and Head of Event Operations

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READY.**

ITINERARY

Friday 24th July

Time	Location	Event
1700-2000	Gilfach Camping, Llangorse	Registration

Saturday 25th July

Time	Location	Event
05:30	Abergavenny Train Station	Transport: Abergavenny to start line (60km & 110km pre-booked only)
06:00	Gilfach Camping, Llangorse	Bag drop opens (110km and 60km)
06:40	Gilfach Camping, Llangorse	Bag drop closes. All runners to start line for briefing
07:00	Gilfach Camping, Llangorse	110km and 60km start
15:00	Gilfach Camping, Llangorse	60km awards ceremony
16:00	Gilfach Camping, Llangorse	Transport: Finish line to Abergavenny (60km, pre-booked) - leaving hourly
16:30	Abergavenny Train Station	Transport: Abergavenny to registration (50km, 25km, 12km pre-booked only)
17:00-20:00	Gilfach Camping, Llangorse	Registration (50km, 25km, 12km)
17:30	Abergavenny Train Station	Transport: Abergavenny to registration (50km, 25km, 12km pre-booked only)
22:00	Gilfach Camping, Llangorse	Finish line cut-off (110km and 60km)

Sunday 26th July

Time	Location	Event
06:30	Abergavenny Train Station	Transport departs: 50km runners (pre-booked only) to start line
07:00	Gilfach Camping, Llangorse	Registration (50km runners not yet registered)
08:00	Gilfach Camping, Llangorse	110km stage 2 and 50km start
08:30	Abergavenny Train Station	Transport departs: 25km runners (pre-booked only) to start line
09:00	Gilfach Camping, Llangorse	Registration (25km runners not yet registered)
09:30	Abergavenny Train Station	Transport departs: 12km runners (pre-booked only) to start line
10:00	Gilfach Camping, Llangorse	25km start
10:15	Gilfach Camping, Llangorse	Registration (12km runners not yet registered)
11:00	Gilfach Camping, Llangorse	12km start
15:00	Gilfach Camping, Llangorse	Shuttle service to Abergavenny begins (every 90 mins until approx. 2100)
16:00	Finish Line	Awards ceremony (110km, 50km, 25km, 12km)
22:00	Finish Line	Final cut-off

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KEY LOCATIONS

GILFACH CAMPING, LLANGORSE

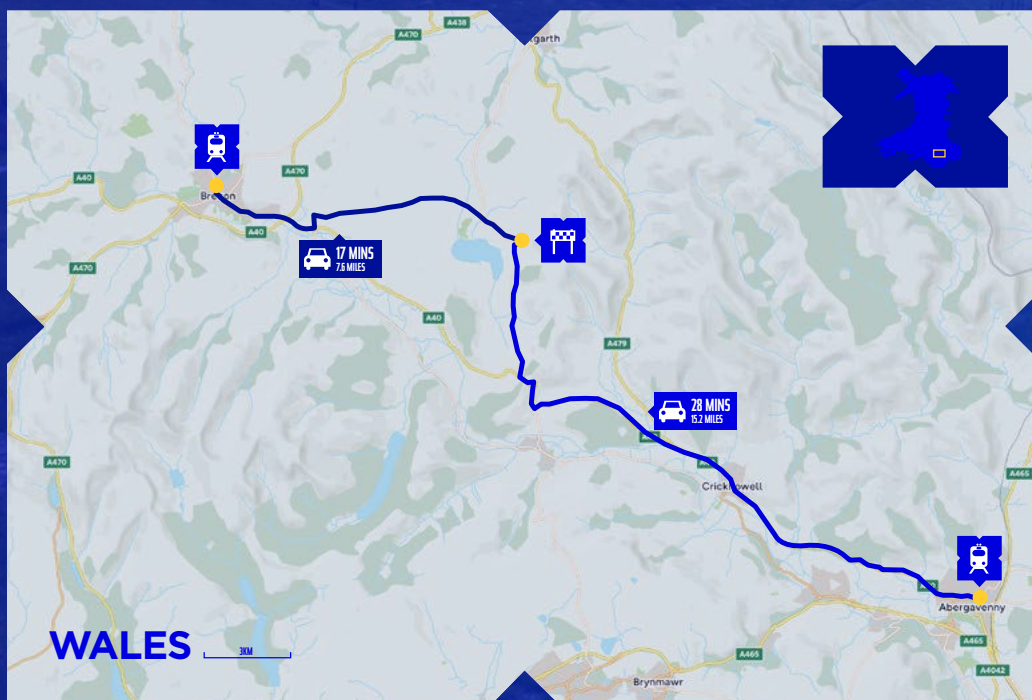
Start and finish line for all races, pre-booked accommodation, pre-booked event parking, bag drop for all runners, drop bag location for 110km single-stage runners at checkpoint 6.

A toilet and shower block can be found on site, as well as cafe and vendors at the finish line. The cafe will open at 6am each day to provide hot drinks and breakfast rolls for purchase. See parking information further down.

Exact location [here](#).

ABERGAVENNY TRAIN STATION

Pick-up and drop-off for all transport pre-bookings



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TRANSPORT AND LOGISTICS

All transfers to the start line must have been pre-booked as there is limited space. Shuttles from the finish line to Abergavenny should have been pre-booked by Friday 10th July but may be available to purchase on the day.

Please arrive 15 minutes before the departure times from Abergavenny Train Station.

There are two shuttles available on Friday 24th to get runners to and from race registration. One leaving at 16:00, the second at 17:30.

110km & 60km Competitors

Your transport will depart at 05:30 from Abergavenny Train Station on Saturday 25th July for those who have pre-booked. Please arrive at 05:15.

50km Competitors

Your coach will depart from Inverness Train Station at 06:30 on Sunday 26th July for those who have pre-booked. Please arrive by 06:15.

60km Competitors

If you have booked a return transfer to Inverness on Saturday 25th July May, the following shuttles will operate from Gilfach Camping, Llangorse:

15:00, 17:00, 19:00, 21:00

25km and 12km Competitors

Your coach will depart from Abergavenny Train Station at 08:30 and 09:30 on Sunday 26th July.

Please arrive 15 minutes before departure

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PARKING INFORMATION

Gilfach Camping, Llangorse

The parking field will be available only to pre-booked tickets. This will be managed by volunteers so please follow their direction when you arrive.

The parking field can be found using the link below. Do not park in the Llangorse Activity Center car park as this will be in use by the center all day.

[what3words /amuse.twigs.earplugs](https://what3words.com/amuse.twigs.earplugs)

BAG DROP & DROP BAGS

110km single-stage runners can leave 1x drop bag at the start which will be available at checkpoint 6, around 60km into your race.

All other runners can leave one bag when registering which will be available at the finish line.

Please keep these bags to less than 10kg.

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ACCOMODATION

Pre-booked accommodation is found near the finish line in the form of tipis, pods, and beds in a bunkhouse. Tents and tent pitches will be located a short walk from the start/finish. At registration you will be able to check into your accommodation.

110km multi-stage runners should bring their own tent unless a tent supplement has been purchased via Let's Do This.

The campsite includes

- Toilets and shower facilities
- Hot and cold water points
- Medical and therapy tents

CHECKPOINTS

Throughout the course, there will be checkpoints stationed approximately between 6 and 12km apart. Each checkpoint crew will inform you of the distance to the next checkpoint.

As our new Nutrition sponsor, Science in Sport will be available with:

**ELECTROLYTE POWDER
BETA FUEL GELS
ISOTONIC GELS**

We will also have:

**JAM SANDWICHES
HOMEMADE CAKES
SWEETS, BANANAS
ORANGES, WATERMELON
CRISPS, COKE, WATER**

Please ensure you have a collapsible cup. If you do not have one, these can be purchased at the race start/finish.

If you require medical attention or therapist treatment, please do not be afraid to ask for assistance - our crew are there to help you get to that finish line.

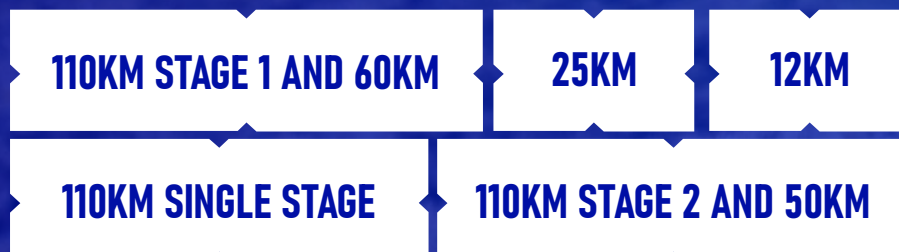
Please make sure that every single one of you has the race director and emergency number in your phone. You can find these in this email.

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ROUTE INFORMATION

The route is available to download as a GPX, or via AllTrails below:



On day 1 of Ultra X 110 Wales, there will be toilets at CP1, CP3 and CP5 as well as at the finish and the start.

Day 2 of Ultra X Wales 110 and for Ultra X 50 Wales there are toilets available at CP1, CP2, and CP4 as well as at the finish and the start.

Once you've started the race, navigate the route using our course markers. The route is fully marked at approximately 50-100m intervals and you're looking for: Ultra X branded orange ribbons, Blue and White directional arrows, and along sections where there is little foliage red and yellow flags. If at any point on the route you do get lost and have not seen a marker for some time, it's possible you've taken a wrong turn. In this situation, it is always best to backtrack to the last marker you saw. Do not try and second guess the course.

Whilst the route is fully marked, it is **mandatory** you download the GPX files of the course onto your GPS watch and phone to assist with navigation. There will be stretches that may require this if running in the dark to assist you.

12km runners are recommended to carry 500ml of water and to download the GPX file. There are no checkpoints on the 12km route with a 3-hour cut-off time.

Please note that some sections of the course may change at the last minute due to unforeseen circumstances. Therefore, if the route markings deviate from what your GPS watch is telling you,

please follow the markings. The course will no doubt re-join your GPS track shortly. Remember: route markings are your primary means of navigation; your GPS watch is your backup.

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CUT-OFFS

At our events, we want everyone to finish their race. We therefore have generous time allowances of roughly 2.5hrs per 10km. We will be implementing cut-offs to ensure the safety of our competitors and crew. Due to the nature and elevation of the route, we have set cut-offs based on difficulty between each checkpoint.

Please see the table below for cut-off details. You must have DEPARTED each checkpoint by the time below.

If you are running the 110km multi-stage, please follow the 60km and 50km cut-off times

Checkpoint	110km	60km	50km	25km	12km
Start Gilfach Camping	0700	0700			
CP1 Dinas Castle Inn	0900	0830			
CP2 Gospel Pass Car Park	1245	1130			
CP3 Llanthony Court Farm	1730	1415			
CP4 Mynydd Du Carpark	2130	1715			
CP5 Dinas Castle Inn	0100	2000			
CP6 & Finish Gilfach Camping	0400	2200			
CP7 Tretower Village Hall	0730		1115	1230	
CP8 Cwmdru Village Hall	1030		1400	14:30	
CP9 Cwmffrwd Farm Campsite	1400		1730		
CP10 Dina's Castle Inn	1600		1930		
Finish Gilfach Camping	1900		2200	1700	1500

If any 110km multistage runners miss a cut-off they will be transported by the Runner Collection Vehicle to the race campsite for the evening where they will have access to their camp bag. Further transport onwards will be at your own expense.

Single stage runners who miss cut-offs on Sunday will be driven to the finish line in when the checkpoint crew has had their final runner pass through or by the Runner Collection Vehicle.

We are there to help and support you if you are unable to continue the course. For safety reasons, it is always preferable to drop out of the race at an aid station. Here we can give you immediate care and support. If you make the decision to drop out, it is important to inform the crew at these aid stations to ensure we can look after you and coordinate assistance to collect you. If you drop out away from an aid station you must phone the race director immediately on the number provided in this email so we can coordinate extracting you off the route.

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LIFE'S TOO GOOD FOR BAD ENERGY

TENZING



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30% OFF WITH CODE: UltraX

THE COURSE

The course showcases some of the most spectacular trails around the Black Mountains in the Brecon Beacons. While we have aimed to keep the route predominantly on trails, a 110km course inevitably includes some road sections. These may offer a welcome reprieve underfoot, but please remain vigilant and aware of traffic at all times.

There are several road crossings throughout the course. Please take extra care in these areas, and if running in low light or darkness, ensure your headtorch is switched on.

Sections of the route pass through local farmland. All permissions have been granted, and we ask that you respect these areas by strictly following the marked course. You may occasionally need to cross stiles, and when passing through gates, please ensure they are closed behind you.

Respect for the local environment, communities, and landowners is paramount. Littering will not be tolerated and may result in time penalties or disqualification, depending on the severity of the offence.

MANDATORY KIT

Please ensure you arrive with all mandatory kit items. Random spot checks will take place at registration and at checkpoints throughout the event.

Collapsible cups are mandatory and will be available to purchase and collect at the start/finish via Let's Do This.

WYLD – YOUR RACE DAY SUPPORT

WYLD Therapy will provide support at checkpoints on Saturday, and at the finish line on Sunday. You can pre-book finish line treatment to ensure you don't miss out via Let's Do This, or on the day if there are spaces available.

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110KM SINGLE STAGE

If you are reading this, you are part of the inaugural Ultra X Wales 110km single stage event. A serious undertaking, and one to be proud of.

A few important points:

- Some overnight checkpoints will provide hot water and food (CP7, 9, and 10).
- A drop bag will be available at the halfway point (Gilfach Camping, Llangorse)
- A shuttle bus will be available between midnight on Saturday and the next morning or finishers who require transport to Abergavenny.

Mandatory night safety equipment:

- Red blinking rear light, to be attached to your backpack and switched-on during night hours be placed on the back of the participant's backpack, switched on during the night-time period
- A head torch plus back up for night sections

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GILFACH CAMPING, LLANGORSE

Location: All races start line, checkpoint 6 for 110km single stage runners, finish line for all races

Please follow parking signs upon arrival, and the direction of our volunteers. Please do not park in the main Activity Center car park.

- What3Words - [amuse.twigs.earplugs](#)
- Google Maps - [Take me there](#)

LLANTHONY COURT FARM & PRIORY

Location: 110km + 60km checkpoint 3

The stunning priory provide the backdrop for this checkpoint. Public parking is available so please do not park along the narrow roads, blocking local farmers yards or disrupting the priory visitors.

- What3Words - [defends.flop.wages](#)
- Google Maps - [Take me there](#)

MYNYDD DU CAR PARK

Location: 110km + 60km checkpoint 4 Natural Resources Wales car park with plenty of parking space for spectators.

- What3Words - [upset.gems.reckon](#)
- Google Maps - [Take me there](#)

DINA'S CASTLE INN

Location: 110km + 60km checkpoint 5, 50km checkpoint 4

A cosy local's pub open for lunch and refreshments while waiting. Please use the car park and make sure you pay the fee at the bar in the pub.

- What3Words - [///coverage.playfully.skill](#)
- Google Maps - [Take me there](#)

TRETOWER VILLAGE HALL

Location: 110km Stage 2, 50km and 25km checkpoint 1, 110km single stage checkpoint 7.

A local village hall in the centre of Tretower. Roadside and National Trust car park parking available.

- What3Words - [comforted.editor.trash](#)
- Google Maps - [Take me there](#)

CWMDU VILLAGE HALL

Location: 110km Stage 2, 50km 2, 110km single stage checkpoint 8

Another small village hall providing day and night support for runners. Large carpark on site for spectators.

- What3Words - [parkway.instincts.headrest](#)
- Google Maps - [Take me there](#)

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FRACTEL



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EMERGENCY INFO

To contact the event director or medical team, please use the following phone number

Event Director (Gil):

Medical Director (Ffyon):

+44 7540 379991

+44 7807 446458

RESULTS

Results will be live as soon as you cross the finish line! Our timing providers ResultsBase will be on site next to the finish line to answer any questions you may have.

The link to results will be available on our website during the event weekend.



PHOTOS

We will have photographers out on the course to capture your. Event photos will be emailed out to you all on Wednesday 7th May, these will be available to purchase.

RACE RULES

No. Rule

1.	There will be no unofficial runner (i.e pacers).
2.	Runners must be completely aware of the length and specificity of the event and be prepared for it. It is the runners responsibility to be stay up to date with the event information as is emailed to competitors and published on the event webpage.
3.	Each runners bib number must be worn on the front of the body and must be easily visible at all times.
4.	Runners must always follow the marked trail/ course.
5.	Each runner must complete the entire course under their own power.
6.	Runners may not store supplies of any kind along the trail. E.g drop bag
7.	Each runner must be checked IN to all aid stations. You will be disqualified if your time is not registered at every aid station.
8.	Cut-off times will be strictly enforced. Runners leaving any aid station after the cut off will not be listed as official finishers and will not be eligible for awards.
9.	Injection of PEDs or Fluids/ IVs by non-official race medical personnel will result in disqualification.
10.	Littering of any kind will result in immediate disqualification. Please respect the natural beauty of our trails and the right of everyone to enjoy them. Littering will threaten our use of the trails and the future of the race.
11.	Any runner who is unable to finish the race must personally inform the aid station captain of the nearest checkpoint of their decision to withdraw. This serves as official notice of a runner's withdrawal from the race. Runners who leave the course without turning in their number will be classified as "lost," initiating search and rescue.
12.	Runners are responsible for the actions of any supporters. If your supporter are deemed to have broken any of the runner race rules the runner will be held accountable. Your supporters act on YOUR behalf and based on YOUR instructions.
13.	Runners must carry with them AT ALL TIMES the mandatory equipment required.
14.	There will be mandatory gear checks at the start, on route, or at the finish. Failure to comply with the gear checks will result in disqualification.
15.	Runners are not to be accompanied by dogs at any time whilst on course.
16.	Any athlete who has been determined to have violated anti-doping rules at any time - through IAAF, the World Anti-Doping Agency, UK Anti Doping or any other National Sports Federation is ineligible for entry into any of our events. We reserve the right to conduct pre and post-competition testing for any and all performance-enhancing drugs (PEDs) listed on the current WADA Prohibited List. Any athlete who refuses to submit to anti-doping controls, if selected for testing, shall be disqualified and subject to a lifetime ban from our events.
17.	Pacers are not allowed at this event.
18.	Runners must at all times comply with any instruction given by race management, staff and volunteers.

*All race rules above will be subject to Ultra X penalty and disqualification guidelines found in our Terms and Conditions [here](#), Clause 22.

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evil eye

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100% TRAIL RUNNING



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