

GREEN EVENTS LIMITED

45th MAN VERSUS HORSE

Supported by Cambrian Training
Saturday 13th June 2026 – Llanwrtyd Wells

**ARRANGEMENTS FOR HORSE RIDERS – ALL COMPETITORS RIDE AT THEIR OWN RISK
AND ITS RECOMMENDED YOU HAVE YOUR OWN INSURANCE.**

INTRODUCTION

Welcome to the 45th Man versus Horse, we hope that you will enjoy the whole occasion.

The minimum age for the horse is 5 years old.

The minimum age for a horse rider is 16 years old on the day of the race.

There are no height restrictions for horses and no weight restrictions for riders. However, competitors should in the opinion of the veterinary inspectors be adequately mounted.

For competitors requiring stabling accommodation, please contact organisers if you do not have contacts already or need help with this.

TIMETABLE ON THE DAY

8.30am – 9.45am	Registration at Llanwrtyd Wells Show field, Ffos Road.
9am – 10am	Pre-start veterinary inspection at the Show field
10.15am approx.	Pre-race briefing at the Show field – it is every competitor's duty to be present at this briefing since lack of knowledge of any changes last minute will not be considered as a basis for any appeal or protest.
11.10am	Riders and horses will follow a pace car, leave the Show field, turn left along Ffos Road and back along Station Road to the start line in Irfon Terrace.
11am	Runners will mass start Race from town centre.
11.15am	Riders and Horses will mass start the Race from Llanwrtyd Wells outside Neuadd Arms Hotel following a pace car out of town at trotting pace for about one mile before being able to ride at full pace.
3.00pm approx.	The Result and Presentation of the trophies will take place at the finish which is about half a mile from the start (Llanwrtyd Wells town centre).

GENERAL INFORMATION

The race is approximately 22 miles in length, is run along metalled roads, forestry tracks, farm tracks, bridleways and across open moorland, rivers and is very hilly – it is, in a word, “Challenging” and any horse taking part must be fit and trained accordingly – you are advised to have a crew or someone with you to help.

MUCH OF THE RACE TAKES PLACE OVER NON-RIGHTS OF WAY AND IT IS PROHIBITED FOR ANYONE TO GO ON PRIVATE LAND BEFORE THE EVENT; PLEASE RESPECT THIS AS LAND-OWNERS DO NOT WISH TO SEE COMPETITORS OR SPECTATORS ON THEIR LAND BEFORE THE RACE. THANK YOU.

Most people working on the day are volunteers – please treat them with respect and politeness. Please read the rules.

We use electronic tagging to time runners and riders from the start to the finish of the race. Riders will be given a timing chip as part of their race number at registration. There will be a matting strip across the ground at the start, near the relay changeover points, and at the finish, which all riders and their horses are required to cross.

Please note the following will result in disqualification:

- Failing the final vet check, even if you are the first rider to cross the finish line.
- Failing to stop at any vet check
- Seen by officials deviating from the marked trail at any time
- Seen by officials cantering on tar macadam roads.
- Seen by officials using the whip excessively or the horse having whip lash wale/weal marks identified at a vet check.

REGISTRATION

- Registration will take place on Llanwrtyd Show field (LD5 4RS), which is on Ffos Road, Ffos Road is the road opposite the garage in the centre of Llanwrtyd Wells.
- There is NO long term parking allowed at the registration area – you must either drop your horse off and return your vehicle to the main car park opposite the finish or unload your horse at the finish car park and walk/ride it to registration
Free parking for one horse box or car and trailer per competitor is available at the finish car park.
- The land owner of the finish car park field has granted access to the start show field for horses and walkers to avoid the public highway. PLEASE keep to the edge of the field and STRICTLY NO VEHICLES.
- Registration is between 8.30am and 9.45am, please ensure you arrive promptly to not risk being disqualified.
- **Crews will need to be with you at the registration to collect passes and numbers to allow them into the mid way vet check section of the course**

- No horse and rider will be allowed to start without having registered and received their race numbers with timing chip, saddle number and without having completed a satisfactory veterinary inspection.
- Please let us know at the start if you do not have a crew and we will make sure someone is available to help you at the mid-way vet check
- A £10 deposit is required for your timing holder – this will be refunded on return of the holder, your saddle number, crew passes and holders.

VETERINARY INSPECTIONS

There will be three veterinary inspections. **In all cases the vet's decision is final.**

No horse with any form of injury will be allowed to compete, even if you have a vet certificate.

- You should present your horse to the vet in a head collar or bridle (your choice as long as your horse is under control) without the saddle on.
- The vet will take your horse's pulse, check the horse over for any 'lumps and bumps' (at the final vetting, the vet will be looking for any new marks, e.g. saddle sores, bruised mouth, whip marks)
- The vet will ask you to trot the horse a certain distance and back again to ensure your horse is sound (if the vet thinks your horse may be lame but is not sure, you will be asked to trot up again, and if the vet is still not sure you will be asked to trot up a third time – if the vet cannot decide whether your horse is lame or not after three trot-ups you will be given the benefit of the doubt).
- At all vet checks your horses heart rate must be 64bpm or less, this may be reduced to 56bpm in extreme climatic conditions to protect the horses.
Please ensure you train your horse not just in fitness for the event but also other stressful factors of the event including the vetting process.
- Pre-start veterinary inspection – 9am to 10am at the Registration field.
- Mid-course veterinary inspection – advance warning signs will be posted on the course to give riders notice of the imminent vet checkpoint. The location of the mid-course vet check point is marked on the map of the course which will be on display at registration. Vets have the right to order a competitor to slow down, stop or withdraw from the Race if the condition of the horse warrants such action.
- The mid way vet check is included in your race time.
You will have 30 minutes to pass the mid-way vet check after your first present to the vets.
- Final veterinary inspection – You have up to a 30 minute 'cooling off' period for your horse if you require it once you cross the finishing line – you must present your horse to the vet for this final inspection **within** this 30 minute period – any horse not passing this final veterinary inspection will disqualify you from the race.
If you are not among the front riders to cross the finishing line please still present your horse to the vet for this final check to ensure the horse is okay and fit to travel home.

HORSE SHOES / FARRIER

A farrier will be in attendance at the Registration Field at the start of the day and then at Finish; any necessary re-shoeing *at the finish* must be carried out during the 30 minute 'cooling off' period. The organisers recommend that all horses are shod. Unshod horses will be allowed to enter but the organisers emphasise that this is entirely at the horse owner/rider's risk. Any horse that starts the race shod must complete the race shod; any horse that starts the race unshod must complete the race unshod.

ANY EXPENSES INCURRED BY THE RIDER TO THE FARRIER OR VET AND/OR HORSE AMBULANCE MUST BE PAID DIRECTLY BY THE RIDER.

PREPARATION

Train your horse and yourself sufficiently as a good level of fitness is required. If you should need to bring a substitute horse, please ensure that any horse entered is trained to a suitably good level of fitness.

A normal resting heart rate for an adult horse is about 30 to 40 heartbeats per minute. Know how to read and understand your horse's heart rate as an increase in heart rate can be associated with pain, dehydration, fever and other problems. EITHER place a stethoscope against your horses' chest behind the elbow (the topmost joint in your horse's foreleg) OR use your fingers to feel just under the jaw until you get the pulse, listen/feel until you hear/feel a strong and steady heartbeat, using a watch with a second hand count the number of heartbeats to obtain the horse's heartbeats per minute. Some athletic horses may have resting heart rates as low as 24 beats per minute; get to know your horse.

Know when and how to feed your horse before, during and after the event. Make sure the horse is kept either cool or warm, depending on the weather on the day. Use electrolytes knowledgeably. Bring plenty of water. TO TEST FOR DEHYDRATION perform a pinch test: pick up a fold of skin in the neck/shoulder region and pull it away from the horse's body and then release the fold of skin; it should return almost immediately to normal position – if the skin remains peaked for 2 or 3 seconds it indicates a degree of dehydration – a standing peak of 5 to 10 seconds indicates moderate to severe dehydration.

Learn also about Azoturia (also known as Tied-up and Set-fast). This is a disease related to feeding/exercise balance and some horses are more susceptible to it than others. It can happen to any type of horse at any time of year, but most often to a horse that is fit and hard and has had a rest day or has been confined to a stable on a full working diet. If the horse is then given some hard, fast, work, Azoturia may result. The muscles 'cramp' because the ineffective breakdown of sugar stored in them causes a build-up of lactic acid. This build-up can destroy the muscle fibres, releasing a substance which may damage the kidneys. The SYMPTOMS of Azoturia are: movement becomes uneven and increasingly difficult (if forced to keep moving, the horse's condition is likely to worsen and the horse may stagger and fall); the horse will show signs of pain and may tremble and break out in a sweat and respiration will increase; the muscles of the hindquarters become tense, hard and painful; the urine is a dark red/brown colour; the temperature and pulse rate may rise. PREVENTION includes: not feeding more concentrates than are needed for the work that the horse is doing; working

slowly for about twenty minutes before going on to faster work (you will be taken en-masse for a walk of about a mile prior to the start of the race); cutting down on the concentrates the day before the horse's rest day, as well as on the rest day; if stabled, turn out in the field for an hour or so daily if practical; if unable to turn out, lead in hand and let the horse graze for ten minutes or so and longer on rest day. TREATMENT –as soon as you recognise the symptoms: dismount, loosen the horse's girth, allow the horse to rest if possible in a sheltered place; DO NOT attempt to move the horse further – if it happens during the Race get someone to tell a Marshal and we will get a vet to you – a horse ambulance will be on site throughout the Race.

Please ensure you do everything you can to train your horse for the emotional stress that the event brings.

If you are concerned about your horse at any stage, please stop and let us know. Do not say you are OK and will take your time walking back if the horse is fatigued, let us know, we have vets who can help.

CREWING

- Please note that the mid way check point has moved this year.
- Crews will be subject to a yellow and red card warning system. Any rudeness to vets or marshals or misconduct can result in the disqualification of their rider.
- Check out locations of start, mid-course vet check, and finish
- It is recommended you bring a wheelbarrow or trolley to facilitate moving equipment about, as vehicle access will be limited.
- Please respect much of the race takes place over non-rights of way and it is prohibited for anyone to go on private land before the event, thank you.
- Crews going through NO ENTRY signs on the day during the Race will result in the horse they are supporting being disqualified.
- Please ensure that crew vehicles do not block roadways on or around the course. Nor should they park on the course of the race at any time.
- Please note there is no access for trailers or lorries at the midway check point.

THE COURSE

- Please note that between the start field and the start line you must stay as a group and between the pace cars, we understand this is incredibly exciting for your horses and you wont be penalised for over excited behaviour.
- The course is fully sign-posted and marshalled with plenty of drinks stations for rider and horse. Where the route is obvious reminder arrows will be placed at intervals.
- DO NOT DEPART from the marked route. The committee does not accept responsibility for route marking as much is over open land and persons not connected with the Race may remove or tamper with the markers: however, all reasonable care will be taken to ensure that route markers and all matter connected with the event will be checked at the last possible moment.

- Any horse eliminated at the midway vet check will need to be boxed back to the finish field either by escort vehicles provided or crews vehicles. Riders must give up their number if eliminated.
- There is an overall time limit of 6 hours for the race. If you reach the mid-way vet check after 3 hours you will be disqualified and be asked to leave the course.

THERE WILL BE FREE REFRESHMENTS FOR ALL COMPETITORS AT THE FINISH.

PASTA PARTY

There is a Pasta Party on Friday evening at the Neuadd Arms Hotel in the centre of Llanwrtyd Wells from 6pm until 9pm. This stamina boosting food (including vegetarian option) is provided for all competitors. Collect your Pasta Party Ticket at the Neuadd Arms on the Friday night; you will be required to provide your race number and name (please bring a copy of your confirmation email with you as proof of entry). Tickets must be handed in to receive your pasta meal. Non-participants may join the Pasta Party by paying.

PRIZES

For the first over the finish line whether it is the man or the horse (subject to the final vet check) there will be a special trophy.

There will also be prize for:

- **BEST TURNED OUT HORSE**
- **BEST CONDITION OVERALL**
- **JUST BECAUSE**
- **THE PAT LAMBKIN AWARD**

APPEALS OR PROTESTS.

Any appeal or protest must be lodged at the Race Control Tent at the Finish within 20 minutes of the provisional results being posted at the Finish. No consideration can be given to any appeal/protest lodged after this time limit has elapsed. A £20 deposit must be paid which is fully refundable ONLY if the appeal/protest is upheld.

SAFETY RULES – failure to comply may result in disqualification

- ***PLEASE ride considerately and be aware of what is happening around you. Nobody wants either person or horse injured in any way. PLEASE be extra careful at the finish as we don't want collisions with horses and runners.***
- ***Horses wearing a red ribbon in their tails will be asked to keep to the back of the group whilst following the pace car.***
- All riders must wear a hat which conforms to British Endurance Standards – it is important that your hat complies as otherwise you may find you are not covered by your insurance.

- Individual riders will be provided with a numbered tabard with timing chip plus a numbered tag to be placed somewhere on the horse e.g. on the saddle.
- Consideration of other riders and the runners throughout the Race - stallions and nervous horses are required at the start of the Race to take a position at the rear of the horses as they parade through the town.
- All stallions competing must wear a stallion badge.
- The use of iPods or similar is strictly forbidden whilst on the course.
- Jumping – riders are advised that any jumping of fences or gates will lead to instant disqualification.
- Cantering and galloping on the tar macadam road portions of the course is forbidden, and if seen doing so by a race official you will be disqualified.
- There may be hazardous areas which will be marked with a CAUTION board, particular care should be taken at these points by reducing speed and/or dismount and proceeding on foot until past the hazard. It is the rider's responsibility to decide whether or not to dismount at these locations.
- **PLEASE do not go home directly from the course without first informing a Marshal or someone – failure to do this can lead to Rescue Crews going out looking for you when you have merely decided to go home!**

The main car park is at location LD5 4SA (main car park).

The start/registration location is LD5 4RS (horse start)

Confirmation of the finish location will be provided at a later date due to ground conditions.

Please note that locations are in rural areas, postcodes can cover quite a large area so be on the lookout for signs and always follow the instructions of marshals.

For any further queries please don't hesitate to contact the horse secretary, Emma Gale, emma.gale@goodwingroup.com

ACCIDENT INSURANCE

The Organisers strongly advise that all competitors, both runners and riders, take out their own personal accident insurance for this race.