

**GREEN EVENTS LTD**  
**45<sup>th</sup> MAN VERSUS HORSE**  
**Supported by Cambrian Training**  
**Saturday 13<sup>th</sup> June 2026 – Llanwrtyd Wells**

Dear Participant,

Welcome to the 45<sup>th</sup> Man versus Horse Race, the original, though often copied, race of its kind. We hope that you will enjoy not just the race, but the whole occasion.

**PLEASE STUDY THE CONTENTS OF THIS DOCUMENT CAREFULLY, IT MAY  
BE A LITTLE LONG, BUT THE INFORMATION CONTAINED IN IT IS  
IMPORTANT AND THERE ARE A NUMBER OF IMPORTANT CHANGES FROM  
PREVIOUS YEARS**

### **Registration**

Registration for all runners (including relay runners) will take place on Friday 12<sup>th</sup> June between 16:00 and 21:00 and on Saturday 13<sup>th</sup> June between 07:30 and 09:30. Registration will be in Victoria Hall, Victoria Square, Llanwrtyd Wells (postcode LD5 4SS What3Words: nerves.liquid.looms).

You should register and collect your race number, which includes your timing chip, during one of these periods as numbers will NOT be issued after 09:30am on the day of the event and you will not be allowed to take part. Please remember to bring some safety pins for attaching your number as we do not have an unlimited supply.

### **Changing Facilities**

There are limited, basic changing facilities at the registration area.

### **Car Parking**

There are a number of small, free car parks, which will quickly fill up, in the town and the main event car park, which is not free, is opposite the finish area and will be signposted. If not in a car park, please park considerately and remember to keep a clear passage for race and emergency vehicles.

### **Results**

Interim results will be posted at Race Control at the finish at intervals while competitors are finishing. Once the organizers determine that no-one still out on the course can affect the results, in terms of prizes, they will be declared provisional. Competitors will then have a period of 20 minutes in which to lodge any appeals or protests. At the end of this period, provided no appeals or protests remain unresolved, the results will be declared final and the presentations will be made. Full results will be posted on-line as soon as possible after the event.

### **Pasta Party**

To make this an enjoyable and fulfilling event, there is a Pasta Party on Friday evening, 12<sup>th</sup> June, at the Neuadd Arms Hotel in the centre of Llanwrtyd Wells.

This stamina boosting food (including vegetarian) is provided free of charge to all competitors. The Pasta Party is from 18:00 to 21:00. Please **take a copy of your confirmation email to registration** so that you can be issued with your Pasta Party ticket, which must be handed in to receive your free meal.

Non-competitors are also welcome at the Pasta Party but will be required to pay for their food.

### **The Race**

The course can be summed up in one word – CHALLENGING! It will be very different from the course used in previous years and much of it has never been used before for this event. It is mainly cross-country through fields and forests, along footpaths, bridleways and across streams, with short

sections on tarmac roads. It is very hilly with a total ascent (and descent) of approximately 4000ft. The course is fully sign-posted and marshalled with plenty of drinks stations.

Much of the race takes place over non-rights of way, and it is prohibited for anyone to go on the course before the event. Please respect this, as landowners do NOT wish to see competitors or spectators on the route before the race.

The finish is alongside the A483 about 1/2 mile from the start, where there will be free refreshments for all competitors. Food will also be available for purchase by non-competitors and a bar will be available for all.

Individual runners and 1<sup>st</sup> leg relay runners will mass start at 11.00am. The horses will mass start at approximately 11.15am. The start line is in the town square, outside the Neuadd Arms Hotel.

All runners will be given ONE race number. All numbers must be clearly displayed on the runner's front and must not be mutilated or defaced in any way, otherwise you risk disqualification.

Relay teams will be provided with a numbered wristband for handing on at the relay changeovers in the usual manner of a relay baton. The final leg relay runner will hand over the wristband after crossing the finish line.

For much of the course you will be sharing it with horses and we ask you to run on the right-hand side, where the track or road is wide enough, so that horses can pass on your left-hand side.

The vast majority of people who help with the organization of this race are volunteers and in order to limit the amount of time they are required to spend out on the course there is an overall time limit of 6 hours for runners (and horses) to complete the course. Therefore, if you arrive at the first relay changeover point (whether you are a relay runner or an individual runner) more than 2 hours after the start or arrive at the second relay changeover point more than 4 hours after the start, you will be asked to withdraw from the race and will be offered transport back to the finish. We cannot force you to stop running but, if you continue, you MUST remove your running number and you MUST close all gates that you have to open. There will probably not be any water stations open and you will not be classed as a finisher! Note that if there is a genuine reason why you have been delayed on a section you may, at the organizers' discretion, be allowed to continue on the understanding that you make up the lost time.

## **Medical Cover**

There will be extensive marshalling, medical and safety cover around the course and at the finish and the majority of the course will be covered by radio communications.

## **Arrangements for Relay Runners**

The organizers will provide coach transport to and from the changeover points for use of both 'outgoing' and 'incoming' competitors. Each coach will have a marshal in attendance. You MUST use these coaches to travel to and from the changeovers, unless you want a very long walk, as they are not accessible by car.

The coaches for the first changeover will be on Dol y Coed road a few hundred yards past the school and library (What3Words: concerned.brain.housework) from about 10.00am for those running the 2<sup>nd</sup> leg and WILL LEAVE by 10:30am. The coaches for changeover 2 will be at the small business park on the main road to Builth (What3Words: grinders.clubs.heartless) from 11:15am for those running the 3<sup>rd</sup> leg and these WILL LEAVE by 11:30am.

Runners who wish to have clothing to wear when they have finished their leg or who wish to remove outer clothing before beginning their leg must make arrangements with their team members to hand over the garments at the changeover. Please do not leave clothing or bags on the coaches as the return coaches operate on a first come, first served basis and the organisers cannot accept any responsibility for items left on the coaches. Runners completing their leg may have to wait a short time until a coach is full before it returns you to the finish.

Please note that, as well as timing points at the start and finish, there will be two timing points on the course in the vicinity of the changeover points but these are not intended to time each leg of the relay,

merely to track the progress of competitors. It is possible that the second leg runner will not go through a timing point at all.

It is the relay team's responsibility to ensure that:

- ▶ each runner wears the number with the correct suffix: 'A' for leg 1, 'B' for leg 2 and 'C' for leg 3
- ▶ the runner of each leg boards the correct coach

It should be remembered that the runners finishing earlier will have to wait at the changeover point(s) until late arrivals have been accounted for, or a coach is full before the coach can return. You are reminded that, since you are being returned by coach, a certain cleanliness of outer clothing will be required.

It is **IMPERATIVE** that any competitor who drops out and makes his/her own way back on foot, or in other transport, from anywhere on the course, informs a marshal or other official of this fact at the first opportunity. This is vitally important so that the marshals do not have to search the course for apparently 'missing competitors' who are comfortably taking their refreshment at the finish venue!

## **Spectators**

Spectators are welcome at the start, finish and at a dedicated spectator point (details available at the start) close to halfway and are urged to give every encouragement to the participants. Spectators are discouraged from going to other parts of the course to prevent blocking the extremely narrow roads.

**Spectators are NOT ALLOWED to ride mountain bikes on the course. This instruction is of the highest importance and, if disregarded, could jeopardise the whole future of the race.**

## **Prizes**

Trophies will be awarded in the following categories:

**Overall winner (relay teams are not eligible)**

**Male and Female Individual Runners**

**Male Individual Veteran Runners – 40 to 49, 50 to 59 and 60+**

**Female Individual Veteran Runners – 40 to 49, 50 to 59 and 60+**

**Running Teams (first 3 individuals to count)**

**Male, Female and Mixed Relay Teams**

**Horse and Rider plus special prizes)**

**Local categories**

Commemorative medal to all finishers.

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### **ACCIDENT INSURANCE**

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

**PERSONAL ACCIDENT INSURANCE IS **NOT** PROVIDED BY THE ORGANISERS**

## Llanwrtyd Wells

Llanwrtyd Wells is, arguably, the smallest town in Britain, with a population of 794 at the 2021 census. The pace of life set by the sheep farmers has remained virtually unchanged over the last 100 years since visitors first came to taste the spa water. Now they come to taste so much more - Man v Horse, World Bog Snorkelling Championships, Organised Walks, Fishing, Mountain Cycling, Annual Beer Festival, Real Ale Ramble and numerous other events and activities.

It is the perfect centre from which to follow the mountain roads to the Epynt, the Brecon Beacons, Llyn Brianne Reservoir and the Cambrian Mountains. If all this has whetted your appetite, come and stay and sample life in Llanwrtyd Wells. For more information please contact:

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Ty'r Sospan  
Llanwrtyd Wells  
Powys  
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We look forward to welcoming you to the 45<sup>th</sup> Man versus Horse on 13<sup>th</sup> June 2026.

The organisers accept no responsibility for any loss, damage or injury however caused to competitors, spectators, competitors' horses or competitors' and spectators' property.

**ALL COMPETITORS TAKE PART AT THEIR OWN RISK**

The event is organised by Green Events Ltd.,  
Ty'r Sospan, Llanwrtyd Wells, Powys, LD5 4TA

*The Man versus Horse Committee, January 2026,  
on behalf of the Organizers, Green Events Ltd.*