



CANAL RACE

MBCR 40

Malpas - Brecon

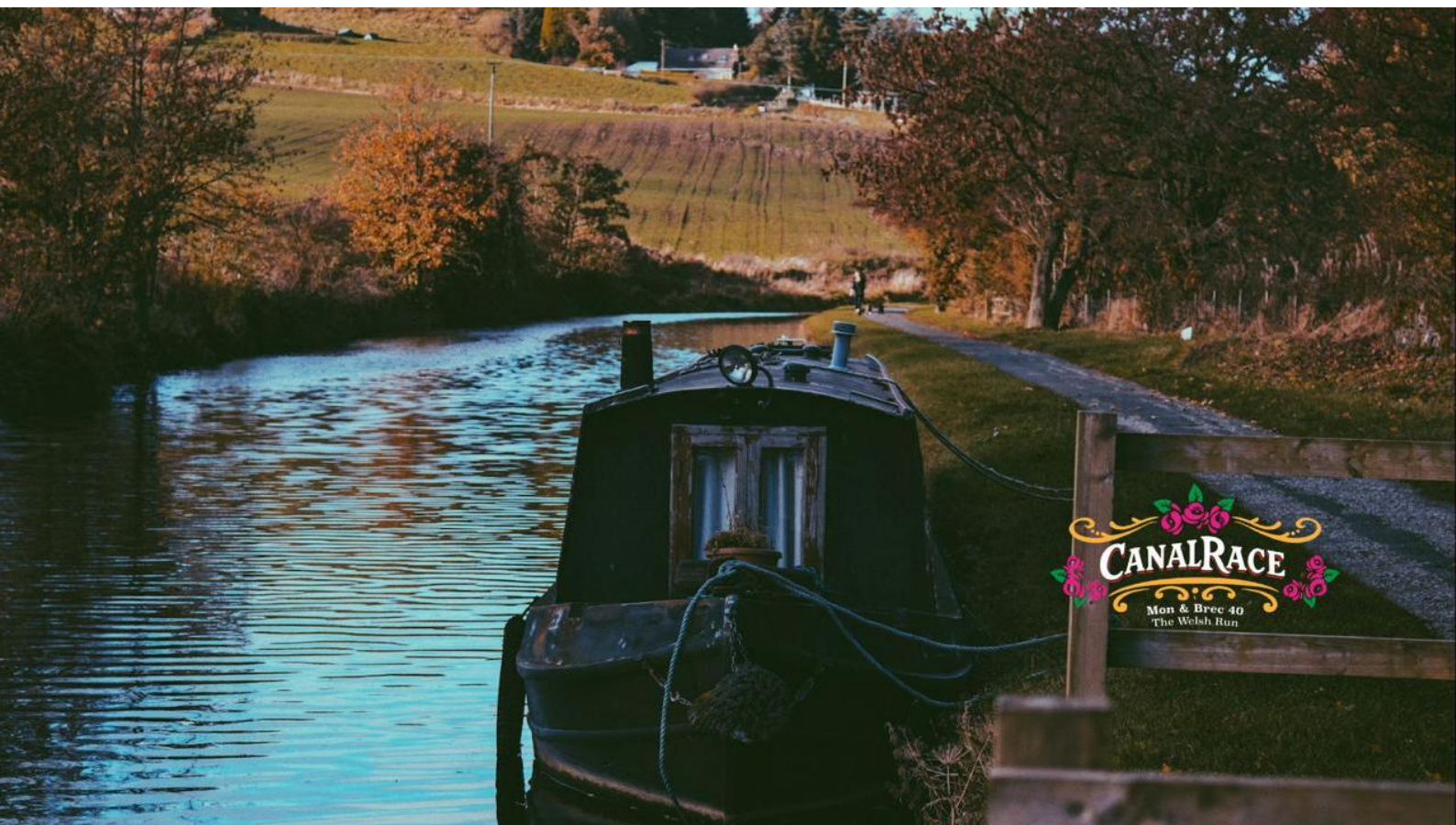
1 WELCOME	03
2 RACE DETAILS	04
3 REGISTRATION	05
4 KEY DATES & TIMES	06
5 PARKING	07
6 COACH TRANSFER	08
7 KIT LIST	09
8 SAFETY	11
9 CHECKPOINTS	13
10 WHEN NATURE CALLS	15
11 RACE RULES	17
12 LAST BUT NOT LEAST	22

1 WELCOME TO THE MONMOUTH & BRECON CANAL RACE (MBCR)

An adventure awaits along the winding Monmouthshire & Brecon Canal through the heart of south Wales.

Please read the whole document and if you have any questions, you can contact race director Rhys Jenkins on hello@canalrace.org.uk or 07426 434994.

We appreciate you might already be in tip top shape to take on this event but, if you have any queries or need any advice, please do let us know. We have endeavoured to make your event as straightforward as possible and ask that if you withdraw before the event, you contact Rhys to let him know.



2 RACE DETAILS

THE COURSE:

A linear, 40-mile adventure. The route map can be found [here](#)

ELEVATION GAIN:

The course has approximately 1,719 feet of ascent.

WHEN:

Saturday 25th April 2026 at 07:00

START LOCATION:

Malpas Cricket Club, Bettws Lane, Newport, NP20 7AB

FINISH LOCATION:

Brecon Cricket Club, Brecon, LD3 7HH

All participants must download a digital GPX copy of the route (when the final version is emailed out to participants) onto the mobile device they will be using on the day. If you do wander off track, then it will help you get back on route.

Whilst you do follow the canal, just keep an eye out for bridge crossings and always double check if unsure.

3 REGISTRATION

At registration, you will need to pick up your race number and drop bag label (if needed), have a kit check and complete the 'Important participant information' on the reverse of your race number – this will need to be completed before you start the event.

A race briefing will be held at 06:45 on the day of the event - all participants need to be registered and present for this. There are two opportunities to register:

EARLY BIRD REGISTRATION

Location: Brecon Cricket Club, Brecon, LD3 7HH

Date: Friday 24th April 2026

Time: 17:00 to 19:00

ON THE DAY REGISTRATION

Location: Malpas Cricket Club, Bettws Lane, Newport, NP20 7AB

Date: Saturday 25th April 2026

Time: 05:30 to 06:30

If you want to use a bag drop, please use the baggage label (provided at race registration) and drop the bag off at the start of the event.

Your bag can be **accessed at Checkpoint 2**. We will move all bags from Checkpoint 2 to the finish in readiness for your return.

We suggest wrapping your clothes etc. in waterproof bags inside your kit bags as we are unable to guarantee they will stay dry during transit.

4 KEY DATES & TIMES

Friday 10th April 2026

- Last day to make amendments or add merch to your booking on SiEntries

Friday 24th April 2026 - Malpas Cricket Club ([NP20 7AB](#))

- 5pm to 7pm - Early Bird Registration & kit check (optional)

Saturday 25th April 2026 - Brecon Cricket Club ([LD3 7HH](#))

- 4:15am to 4:40am - Board the coach (if booked)
- 4:45am - Coach departs Brecon*

Saturday 25th April 2026 - Malpas Cricket Club ([NP20 7AB](#))

- 5:30am to 6:30am - Registration, Kit Check & Drop Bag Deposit
- 6:45am - Pre-Race Briefing
- 7:00am - The adventure begins! (Race Start)

Saturday 25th April 2026 - Brecon Cricket Club ([LD3 7HH](#))

- 10:00pm - Final Cut Off (15hrs)

*If you are getting the coach from Brecon, please make sure you arrive on time as the coach cannot wait for late arrivals and you will need to make your own way to the start.

5 PARKING

For your awareness, the car park at the start location (Malpas Cricket Club) is very limited in terms of spaces and will be reserved for event crew. There is a car park further uphill on Bettws Lane that has a height restriction and a much smaller car park further downhill with no height restriction.

Parking is available at the finish line (**Brecon Cricket Club**). **If you would like a car parking spot, you will need to edit your entry to include this by the 10th April.**



6 COACH TRANSFER

We provide a coach service from the finish (Brecon) to the start (Malpas) on the morning of the event.

If you would like a seat on the coach, please make sure you have added it as an add-on on SiEntries by the **10th April**.

Meet Location: Brecon Cricket Club, Brecon, LD3 7HH

Coach Departure Time: Gates will open at 04:15 and the coach will leave at 04:45 on the dot. If you are late then you will miss your ride to the start.



7 KIT LIST

The kit we ask you to carry must be carried at all times - it is on your person for a reason. A full kit list for the event is as follows;

- Suitable trail or road running footwear
- Water carrier (minimum 1 litre)
- Mobile phone
- Head torch or other light source
- Survival bag / bivvy bag
- Waterproof jacket
- Rucksack or running pack
- A sense of adventure

Please Note: Each participant must be able to carry at least 1 litre of fluid and extra food between checkpoints. Hydration and nutrition is key to completing this challenge.

**WHY DID THE CANAL START A
BAND?
BECAUSE IT HAD THE BEST FLOW!**



8 SAFETY

The terrain is typical towpath, the first 8 miles are mainly tarmac, at which point it switches to a hard packed gravel / dirt path and remains that way to the end.

Road shoes are more than capable of getting the job done and would offer some protection from the endless 'flat as a pancake' miles. If we do have a wet week leading up to the event then the path could become a little muddy in areas - **KEEP AN EYE ON THE WEATHER.**

Mobile phone reception is intermittent in a small number of areas on the route so please be aware of when you have reception should you need to travel back to that point.

A support vehicle will be in attendance, roaming the route for the duration of the event, with emergency contact available via Race HQ should transport be required and there will be first aid available throughout. We strongly advise thoroughly warming up / cooling down properly, for obvious reasons.

These beautifully maintained towpaths are superb running trails but they do come with a few obstacles that you need to be wary of:

- Pedestrians and fishermen have priority
- Take extra care when passing pedestrians and other participants
- Always adhere to advisory signs and warning notices



- Proceed in single file where required and only overtake in a safe and responsible area with at least a 1 metre gap. Overtaking in an inappropriate manner will be met with disqualification from the event.
- Keep a safe distance away from the water's edge at all times.
- In the event of falling in, remain calm and swim to the side, utilise your survival bag and call Race HQ immediately for first aid review and assistance.
- Should a mobile phone not work due to water damage, any passers by must be stopped and immediately given Race HQ number (detailed on race bib) to call on behalf of participant.
- Take extra care passing under bridges as many have low headroom and an awareness of this is required to make good clearance.
- Take extra care around locks and watch out for unprotected drops around the lockside, especially near the gates.
- Take extra caution and slow down when approaching bridges, locks and tunnels.
- If available at low bridges, take the 'high' road and follow the route around the bridge rather than under it.
- If tunnels are dark, use a light source to navigate.
- We will be hammering this home in the race briefing but please be courteous to other towpath users by keeping it clear at all times.

9 CHECKPOINTS

There are 3 checkpoints on the route;

- **Checkpoint 1** at 10 miles
Cut off time: **10:45**
- **Checkpoint 2** and access to drop bags at 20 miles
Cut off time: **14:30**
- **Checkpoint 3** at 30 miles
Cut off time: **18:15**

Please CLICK on “**Google Maps**” and / or “**What 3 Words**” below to open links directly to the event locations.

If you have any supporters, they may find this page (and indeed, this entire document) very helpful!

- Checkpoint 1 - [Google Maps](#) / [What 3 Words](#)
- Checkpoint 2 - [Google Maps](#) / [What 3 Words](#)
- Checkpoint 3 - [Google Maps](#) / [What 3 Words](#)

All checkpoints will be fully stocked with cold and hot drinks, plus the usual ultra running buffet - sweets, crisps, nuts, fruit and cake etc. There will be a chance to rest, gain nutrition and rehydrate - along with some big smiles and encouraging words!

If you have any **dietary requirements** that haven't been added to your entry when signing up, then please **edit your entry on SiEntries by 10th April.**



Our events are **CUPLESS!** There will be no cups at our checkpoints as we are trying our best to be sustainable.

Checkpoints are detailed on the route map and labelled with a green marker, each starting 'CP'. Have this route available at all times to pinpoint your location should assistance and / or transport be required.

The lovely checkpoint volunteers will be checking each of you off a list to ensure we have everyone safe and sound. When you pass by, please help the marshal see you, even if it's just a thumbs up.

The Canal Race crew are passionate about our wonderful environment and as such we work very hard to ensure we don't create more waste than necessary

10 WHEN NATURE CALLS

There is nothing better than having your own knowledge of the nearest toilet. Below, we have listed the toilet opportunities on route. If you do find yourself in desperate need of a toilet and are nowhere near our toilets, then we have found [Toilet Map UK](#) and the Welsh [National Toilet Map](#) both to be fantastic resources.

You will need to Google / What3Words the location for the toilets as some are slightly off route and not visible from the canal but no more than a 1 minute walk.

Toilet 1 - Start line, Malpas Cricket Club / Indoor toilets and outdoor portable toilets / 0 Miles

Toilet 2 - Shell Garage, Henllys Way, Cwmbran NP44 3JA / Indoor public toilet / 3.0 Miles

Toilet 3 - Pontymoile Basin / Indoor toilets / 7.5 Miles

Toilet 4 - Goytre Wharf / Indoor toilets around the back on the cafe building / 13.0 Miles

Toilet 5 - Gilwern / Public toilets on the village high street next to the Beaufort pub / 21.5 Miles

Toilet 6 - Henderson Hall, Talybont on Usk / 32.5 Miles

Toilet 7 - Finish Line, Canal Way, Brecon / Indoor toilets / 40 Miles

We have period products at all of our checkpoints and finish lines. They are there for you to use at your own discretion and our volunteers will be able to tell you where the nearest toilet is.

**WHAT DID ONE CANAL SAY TO THE
OTHER DURING A DISAGREEMENT?
WATER UNDER THE BRIDGE!**



11

RACE RULES

1. The full distance must be completed on foot, keeping, wherever possible, to the recognised towpath route.
2. All Competitors must notify Race HQ (Tel. 07426 434994 or 07967 320079 immediately on retiring (even if they have already reported this at a checkpoint) or if they drop behind a schedule in line with the cut-off times.
3. Competitors must reach all checkpoints by the closing times. They must leave within 40 minutes of arrival. (Ref. rule 4.)
4. Competitors will be deemed to have retired if stopped for more than 40 minutes at any one time. Competitors may enter vehicles for warmth, rest and nourishment, but will be disqualified if the vehicle moves. Any runner seen in a moving vehicle will count as retired, even if the intention is to return to the same place to resume, unless that vehicle is going to the aid of another entrant in difficulty.
5. All competitors must display their race number to the front, at all times, and ensure it is recorded at every checkpoint on route by showing it, upon arrival, to the volunteers.
6. The medical form on the reverse of the number must be completed including emergency contact name and telephone number.



7. All competitors must carry a mobile phone, switched on at all times, for calls to or from Race HQ; and have the financial means to sustain themselves in the event of a breakdown of support vehicle.
8. All competitors must carry a whistle, and a survival blanket at all times. If you are still running at night, all competitors and buddies must carry a torch or headlamp, with spare batteries, and wear reflective clothing when on road sections.
9. All competitors must bring their own cup for accessing hot and cold drinks at aid stations.
10. All competitors must carry the provided gpx file, at all times, in order to pin-point their location should their crew or our transport need to collect them upon retirement.
11. Competitors can have one drop bag only, clearly labelled.
12. Buddy runners (someone who runs with the competitor) must be on foot. They must not run in front of their runner, always beside or behind. If in front they will be regarded as pacers and pacing is not permitted in this event. Competitors may have only one buddy runner at a time and then only from the Govilon checkpoint. Buddy runners must not carry any food, water or other supplies for their runner, i.e. muling is not permitted in this event.
13. Buddies must depart aid stations at the same time as their runner.



14. Walking poles are not allowed at this event for runners or buddies.
15. Sharps, any needles, scalpels, or other articles that could cause wounds or punctures to personnel handling them, must be locked within a suitable container inside kit-bags.
16. Competitors, crews and buddies must accept full responsibility for their actions (see Terms & Conditions).
17. If unable to take part, entrants must undertake to inform the organiser – before race day please.



12 LAST BUT NOT LEAST

At Canal Race C.I.C, we're all about making your experience unforgettable! In true ultra spirit, we encourage camaraderie, so let's lift each other up - participants and supporters alike!

Please remember to be courteous to other trail users on the day.

Our events wouldn't be the same without our amazing volunteers who dedicate their time and energy to keep everything running smoothly. They're here for you and deserve all the appreciation you can muster! So even if you're feeling tired, let's make sure to spread the love and gratitude to our wonderful volunteers.

Thank you once again for signing up for The MBCR! We wish you all the best for an incredible day!





**SEE YOU LATER, ALLIGATOR!
IN A WHILE, CROCODILE!**