

Route Directions for a single lap of The Pendine Ultra

Important Information

The race route utilises an area of beach which is only open to the public on certain days when the military are not carrying out explosive tests. It is therefore important that you are aware and avoid anything which looks out of the ordinary along the route. In the unlikely occurrence that you do see anything of concern it would be useful to record its position by mileage or gps and call the race organiser immediately, then continue on your way. (Do not go near or touch anything suspicious). On the day of the race Pendine Authorities will carry out additional safety measures along the route, with a thorough beach inspection.

Race Start to CP1 (first loop) and CP2 – CP3 (2nd loop)

The race start is at Barnacles Café on Pendine Sands.



Basically you are going to run straight down the beach for 6 miles.

At 2.29 miles you will pass an observation tower on your left; at 4.09 miles you will see red markers to your

far right, stay well clear of this area as it represents a 'Danger Area'; at 4.69 miles on your left is the start of a rocky area, keep to the beach and at least 20 metres from the rocks, the rocky area finishes at 4.89 miles; at 6.09 miles exit the beach to your left taking the track at OS 325/078.

At 6.22 miles the track goes through a gate, then at 6.36 miles right into a gravel car park area and across onto a gravel track.

Continue on the track and at 6.82 miles, OS 316/086, climb over lower gate on right and proceed forward on the higher ground known as 'the sea wall'.

Stay on this high ground section till you reach a small bridge at 7.81 miles OS 304/097, cross the bridge to a gate, over the gate bearing right onto the new Welsh Coastal Path.

Shortly going over two styles and up sixty-four steps, continue on track through wooded area and down to a tarmac path bearing left towards the castle at Laugharne.



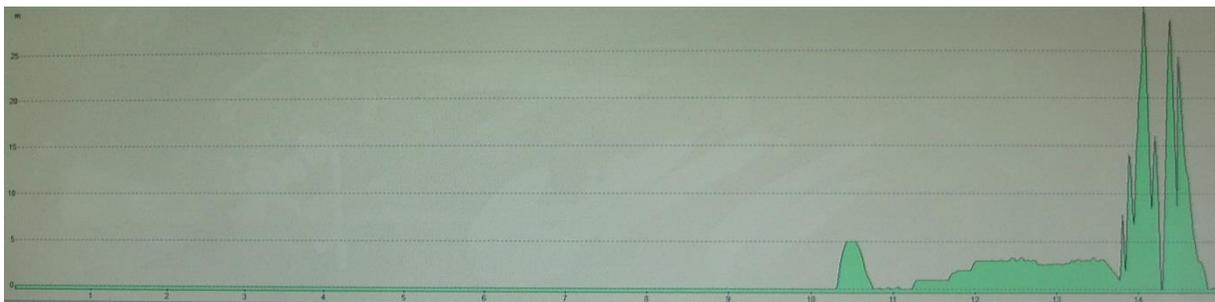
Through a tarmac car-park to a foot-bridge which leads to your CP Station at the picnic area clearly visible beneath the castle itself, at 8.72 miles, OS 301/106.

STAGE STATISTICS

This section, Start to CP1 and CP2 – CP3, - course conditions:

6 miles of relatively hard sand, 1 mile of potentially muddy field, 1 mile of wooded track which on the rise may become slippery if the weather is wet.

Profile for Stage 1 & Stage 3



Total, this stage, distance = 8.72 miles.

Total, this stage, elevation = 79 metres

CP1 to CP2 (first loop) and CP3 to finish (2nd loop)

Exit car park going right on road, then immediately left, past the Cross Inn and into Water Street at 0.1 miles.

At 0.3 miles reach fork in road and take the right option OS 297/108.

At 0.8 miles, OS 290/110 continue on road bearing left, and at 1.5 miles OS 278/108 also continue on road bearing left.

At 2.1 miles pass road on left continuing on same road OS 270/107, and continue also at OS 245/107 where you pass a road junction on your right at 3.7 miles.

Straight over at crossroads O/S 238 102, 4.2 miles, then go right at a T-junction OS 232/090, past the Green Bridge Inn.



At 5.6 miles, OS 221/091 take a track on the left which leads through a wooded area heading down towards the sea.

Just before the pebbled beach area you will reach a footpath on the left at 6.7 miles, signposted Pendine, which will take you up a hill.



At this junction will be a clip-point, which you will need to punch your card provided at registration.

Continue up to the hill, till you reach a fork, take the left option OS 228/075.

At 7.3 miles start your decent towards Pendine, taking in 260 steps until arriving at Point Café where you

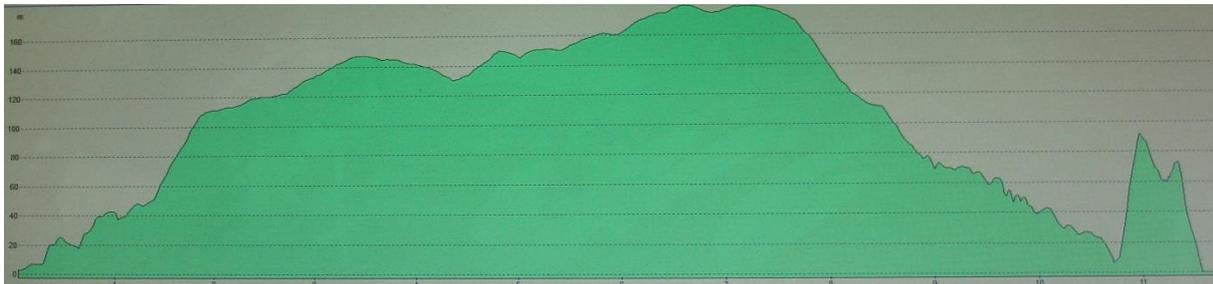
enter the beach, with CP2 or the finish directly ahead of you at 7.6 miles

STAGE & RACE STATISTICS

This section, CP1 – CP2 and CP3 to finish - course conditions:

5 miles of tarmac / road running through single file country lanes. 1 mile of wooded gravel track quite firm. 1 mile of soft track over hills.

Profile for Stage 2 & Stage 4



Total, this stage, distance = 7.6 miles

Total, this stage, elevation = 326 metres

Total loop distance = 16.32 miles

Total loop elevation = 405 metres

Total Ultra Race distance = 32.64 miles

Total Ultra Race elevation = 810 metres