

### Ultrabeast extra info.

So, I hope prep has been going well.

Things you should know.

- A- From the last mountain road crossing/tafarn y bwlch CP, you do not have to go up to Foel Feddau if you're intending to do the full 32 miles. From the bottom of what I call the Beasts Back where the Beast Bach and Preseli Beast runners will be on their hands and knees going up, you can(if you want) traverse around the side of the hill. Be warned though! The little trods are sporadic, and you ideally need to climb uphill a little after a long way round to gain a good trod that heads east. If you stay low for too long then you'll end up wading through long tussocky stumpy ground!!! If you don't want to take the risk, head up to Foel Feddau and then head east.
- B- If you decide that you've had enough at the bottom of the Beasts Back, then head for Foel Feddau with the Beast Bach and Preseli Beast runners. Make sure the marshal there draws a line through your number, as you'll then get a Preseli Beast finishing time. 😊
- C- You must go to Carn Alw! It's the second of the two rocky mounds as you head east, if you're on course, of course!
- D- There are several places to fill water up from springs/small streams between the last road crossing CP at Tafarn y Bwlch, and Foel Drygarn. I often fill up from these springs and I've never known them to dry up even in the hottest of weathers. There will also be some water and sustenance with the marshal on top of foel Drygarn, which is the turning point to head back west along what's known as the Golden road. After here/Foel Drygarn there is nothing until you're nearly home/6-7miles! Make sure you're well hydrated!!!
- E- Cut off at Foel Drygarn is 16.00hrs!!! After this, the marshals will advise you to go back with them, or for you to make alternative arrangements. The cut off is for your, and the marshals who will still be out on the rest of the course', safety! Please adhere to these wishes. Don't worry if you have to get lift back, you'll still get cake!
- F- It's long way, and it's tough!
- G- Keep smiling, it's bound to help.
- H- You'll sleep well that night.
- I- You will have deserved a big pint.
- J- Maybe I should have put the last two comments the other way around!