

Feeding Arrangements

Last year, very few riders were taking the official feeds and most relied on their own helpers.

With volunteers in short supply, there will again be more economical feeding arrangements this year to the extent that there will be no official feed.

However, drinks (water and squash) and some emergency food rations will be available at Hardwick but you will need to stop and collect it.

It is possible to leave supplies on the course. Riders without helpers can leave bottles/food at the Hardwick info desk which will be manned throughout the event.

**Riders - do your bit to Keep Wales Tidy!
Please do not drop bags & wrappers on the course**