



RING O' FIRE

Ultra Marathon Race Pack - 2025



Ring O' Fire Race Series

Embark on the Ultimate Coastal Endurance Challenges!

New Race Formats, New Adventures!

Ring O' Fire 130

29-31 August 2025

Firelighter 50

29 August 2025



Ring O' Fire 130

Event Date: 29-31 August 2025

The backbone of our event series since 2012 and beloved by many, the race has now evolved into a non-stop endurance race.

Step into the extraordinary Ring O' Fire, a non-stop, 130-mile endurance race that will take you on an incredible journey around the stunning Isle of Anglesey / Ynys Môn, North Wales.

Starting and finishing at Breakwater Country Park, Holyhead, runners will compete a full circumnavigation of the enigmatic island. For the determined, this race offers the challenge of pushing on without stopping, while others can take advantage of designated indoor checkpoints to rest or sleep along the way.

Push your limits and immerse yourself in the rugged beauty of the Anglesey Coastal Path, racing continuously through both day and night. With increased cut-off times, revamped checkpoint locations, and enhanced support, this great adventure offers runners up to 55 hours to complete the course.

This race requires an element of self-sufficiency, with checkpoints located every 15 to 20 miles. Our resolute marshals will be there to support you every



step of the way, ensuring your safety and cheering you on. The camaraderie among runners is unparalleled, many participants form lasting friendships through shared experiences and mutual encouragement.

Professional medical support will be available throughout the race to ensure your well-being. Live tracking will be provided for both runner safety and to keep friends and family updated on your progress. Additionally, professional event photography will capture your memorable moments as you tackle the course.

Almost the entire coastline of Anglesey is designated as an Area of Outstanding Natural Beauty, presenting breathtaking views set against the dramatic backdrop of the Snowdonia / Eryri Mountain range. This is not just a race; it's a profound journey of mind and spirit, testing your endurance through some of the most awe-inspiring coastal scenery in the British Isles.

The distance and relentless nature of this non-stop race make Ring O' Fire one of the most demanding ultra marathons in the British Isles.

Are you ready to face the fire, conquer the coast, and forge unforgettable memories?



Firelighter 50

Event Date: 29 August 2025

Since its inception in 2017, the Firelighter has carved its path along the dramatic northwest section of the Anglesey Coastal Path, reaching the historic copper port of Amlwch. This year, the race extends further along the rugged coast to the picturesque seaside village of Moelfre, making it just shy of 50 miles.

The Firelighter is a non-stop, nearly 50-mile endurance race that will take you on an incredible journey from Breakwater Country Park in Holyhead to Moelfre. This challenge provides a taste of what it takes to tackle the full Ring O' Fire 130, while navigating the most demanding technical sections of the northwest coastal path. The Firelighter is a formidable race and should not be underestimated.

With checkpoints located every 15 to 20 miles, runners will need to demonstrate an element of self-sufficiency. This great adventure offers up to 15 hours to complete the course, with increased cut-off times, revamped checkpoint locations, and enhanced support. You'll benefit from professional medical support throughout the race and live tracking for both runner safety and to keep your friends and family updated on your progress. Additionally, professional event photography will capture your memorable moments as you tackle the course.

Join us for the Firelighter and experience the thrill, challenge, and camaraderie of this extraordinary race.



Race information

Start and finish times

Ring O' Fire 130

Event Date: 29-31 August 2025

Race Start:

09:00, Friday 29th August 2025, Holyhead
Breakwater Country Park, Holyhead, LL65 1YG

Race Finish:

15:00, Sunday 31st August 2025, Holyhead
Breakwater Country Park, Holyhead, LL65 1YG

Time Limit:

55 hours to complete the course.

Checkpoints:

There are 9 checkpoints throughout the course.
Three of these checkpoints offer indoor spaces
where participants can rest or sleep for up to 4
hours.

Entry Cost:

Starting from **£255** for Early Bird entries. We are
offering a limited number of charity places in both
our races. Please see the charity section of our
website for more details



Firelighter 50

Event Date: 29 August 2025

09:00, Friday 29th August 2025, Holyhead
Breakwater Country Park, Holyhead, LL65 1YG

00:00, Saturday 30th August 2025, Neuadd Moelfre
Hall, Lligwy, Moelfre, Anglesey, LL72 4TH

15 hours to complete the course.

There are 3 checkpoints throughout the course.

Starting from **£105** for Early Bird entries. We are
offering a limited number of charity places in both
our races. Please see the charity section of our
website for more details.



Race information

Registration and Race Essentials Pick-Up

Location:

Holyhead Breakwater Country Park, Holyhead, LL65 1YG

You can register and collect your race essentials at the following times:

Thursday before the race: 18:30 – 20:30

Race Day Morning: 06:30 – 08:30

During registration, you will receive:

- ✓ Running Number
- ✓ Race T-Shirt
- ✓ Buff
- ✓ Tracker - Tracker fitting will start from 06:45 on race day.

Important Notes:

- ✓ Bring a valid ID to the registration desk.
- ✓ Our friendly marshals will be on hand to assist you.
- ✓ Your photograph will be taken for the tracker link.
- ✓ You may be asked to show your mandatory kit.

Race Briefing:

Time: 08:30

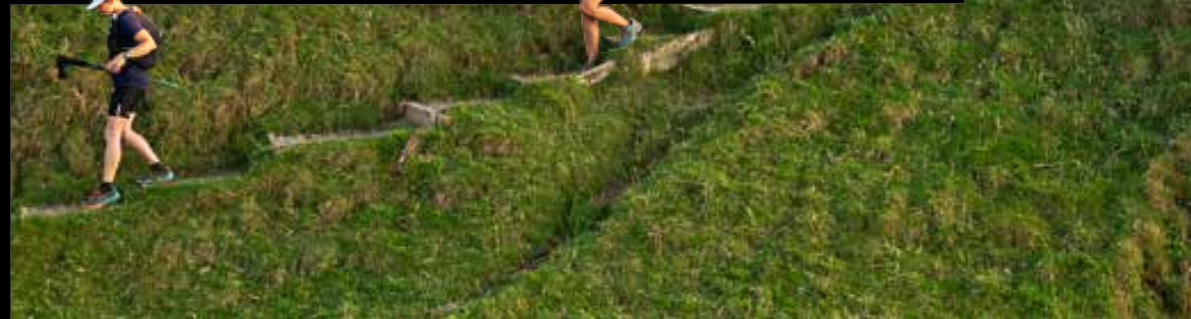
The briefing will cover essential information, outline safety protocols, and clarify rules to ensure a smooth and safe event for all participants. There will also be thanks to our sponsors and partners, and a welcome from local dignitaries.

You can drop-off your bag:

Ring O' Fire 130: Your resupply bag will be transported from the start point to checkpoints at Moelfre, Beaumaris, and Rhosneigr. Our logistics team works diligently to move your resupply bag along the route, ensuring it reaches each checkpoint ahead of your arrival.

Firelighter 50: Your bag will be transported from the start point to the finish at Moelfre. Since you won't have access to your bag during the race, you must carry everything you need while running.

If you have any questions or need further assistance, feel free to ask our marshals on the day.





Bag Transport

Your resupply bag will be transported from the start point to checkpoints

Ring O' Fire 130:

Your resupply bag will be transported from the start point to checkpoints at Moelfre, Beaumaris, and Rhosneigr.

Your bag should be no bigger than a 60-litre rucksack with maximum dimensions of 74cm (Height) x 34cm (Width) x 20cm (Depth) and a maximum weight of 20kg. Please ensure all items are inside the bag, and any liquids are well sealed.

Firelighter 50:

Your bag will be transported from the start point to the finish at Moelfre. Since you won't have access to your bag during the race, you must carry everything you need while running.

Your bag should be no bigger than a 20-litre rucksack with maximum dimensions of 50cm (Height) x 26cm (Width) x 20cm (Depth) and a maximum weight of 10kg.

Bag Specifications:

Your bag should be sturdy enough to withstand being loaded into the back of a vehicle. Use either a holdall or duffel bag. Waterproof and durable bags are recommended to protect your gear from the elements.



Route Overview

Ring O' Fire 130:

Starting and finishing at Breakwater Country Park, Holyhead, the Ring O' Fire 130 is a full circumnavigation of the island in a clockwise direction. The route follows the Isle of Anglesey Coastal Path, covering 130 miles (209 km) with 9 checkpoints. Runners must check in and out of each checkpoint and meet mandatory cut-off times or face withdrawal from the race.

You will encounter diverse terrain, including sandy and pebble beaches, steep cliff-top paths, headlands, rocky coves, sand dunes, farmland, forest sections, and quaint seaside villages. The route is predominantly trail, with some quiet public roads, gates and stiles.

Despite over 13,000 feet (4,000 meters) of vertical ascent and descent, the route primarily involves low-level running. The highest point on the Ring O' Fire route is Holyhead Mountain (Mynydd Twr), standing at 720 feet (220 meters).

You can park and leave your car at Breakwater Country Park in Holyhead. Please note that we cannot accept responsibility for the car or any belongings left inside it.

START / FINISH



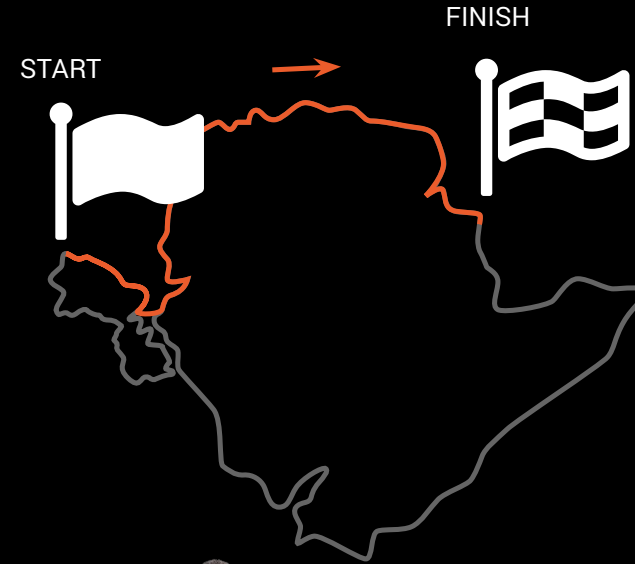
Route Overview

Firelighter 50:

The Firelighter 50 starts at Breakwater Country Park, Holyhead, and finishes at Moelfre. Runners will join the Ring O' Fire participants at the start line, heading in a clockwise direction along the Isle of Anglesey Coastal Path. The route covers nearly 50 miles (80 km) with 3 checkpoints. Runners must check in and out of each checkpoint and meet the mandatory cut-off times to avoid being withdrawn from the race.

This section of the route includes sandy and pebble beaches, steep cliff-top paths, headlands, rocky coves, farmland, forest sections, and quaint seaside villages. The predominantly trail route also includes quiet public roads, gates, and stiles. The coastal path in this section is particularly demanding, with many undulations as it dips between headlands.

We provide bus transportation, before the start of the race, from Moelfre to the starting point at Breakwater Country Park, Holyhead. Please note that we cannot accept responsibility for the car or any belongings left inside it.





Navigation

While advanced navigational skills aren't required, a basic understanding is necessary. We strongly recommend carrying a map, compass, and GPS device.

Self-sufficiency and sound judgment are mandatory as checkpoints can be up to 20 miles apart, and the terrain is challenging. The weather can change quickly, and you may spend many hours running through the night in harsh conditions.

The final route is detailed in our downloadable Map Pack, available about two weeks before the race to accommodate any last-minute changes.

GPX route profiles for both the Ring O' Fire and Firelighter can also be downloaded about two weeks before the race. GPX files are indicative and only provide the high-tide routes; the official route will be included in our 2025 Map Pack.

We recommend using:

- Ordnance Survey Maps of Anglesey West and East (1:25,000)
- Harvey Anglesey Coastal Path XT40 (1:40,000)
- Wales Coast Path Map 1 including Anglesey Coastal Path XT40 (1:40,000)

The route is marked by Anglesey Coastal Path signposts, displaying the Tern and yellow arrow. While generally well-signposted, some areas may be unclear, especially at night or when tired. For night-time navigation advice, please refer to our Hazards section of this document.

Race Rules

1. **Age Requirement:** You must be 18 or older on race day.
2. **Visible Numbers:** Your running number must always be visible on the front of your body for marshals to record your times.
3. **Stay on Course:** Always follow the Ring O' Fire trail as marked in our Map Packs. Straying from the trail may lead to disqualification or a time penalty. If you realise you're off course, promptly return to the marked trail. While we track all runners for safety, for transparency, always inform the nearest marshal if you deviate from the route.
4. **Checkpoints:** Check in and out of each checkpoint. Missing a checkpoint will result in disqualification. Checkpoints are there for your safety.
5. **Honesty Books:** Collect a page from each honesty book and deliver it to the next checkpoint. Missing or losing the page results in a five-hour penalty. If this pushes you over the event time limit, you will be disqualified.
6. **Intentional Misses:** Deliberately missing a checkpoint or honesty book leads to disqualification.
7. **Cut-off Times:** Cut-off times are strictly enforced. Failure to reach or leave a checkpoint within the designated times will result in disqualification.
8. **Waiver:** Sign a full waiver of liability when registering online. Participation is not allowed without this waiver.
9. **Retirement:** If you retire from the event, inform the nearest marshal and hand in your race tracker.
10. **Mandatory Equipment:** Carry the mandatory equipment listed on the Kit Page.
11. **Pacers:** Pacers are not allowed at any stage of the race.
12. **Support Crews:** Support crews are permitted and encouraged for all runners.



Checkpoints

Ring O' Fire130:

There are 9 checkpoints spaced between 15 and 20 miles.

Your resupply bag will be transported from the start point to checkpoints at Moelfre, Beaumaris, and Rhosneigr. Our logistics team works diligently to move your resupply bag along the route, ensuring it reaches each checkpoint ahead of your arrival.

Firelighter 50:

There are 3 checkpoints spaced between 15 and 20 miles.

Your bag will be transported from the start point to the finish at Moelfre. Since you won't have access to your bag during the race, you must carry everything you need while running.

On arrival and departure of a checkpoint, each runner **MUST** register with a checkpoint volunteer.

You may stay at a checkpoint for a maximum of **4hrs**, but you must reach the next checkpoint before the designated cut-off time.



Checkpoints

At our checkpoints, you can expect:

Support: Encouragement from our incredible team of marshals.

Updates: Weather and race updates, cut-off times, and distances to the next checkpoint.

Food and Drink likely options at Checkpoints:

- **Water:** Essential for hydration.
- **Fruit:** Bananas, oranges, and grapes for natural sugars and potassium.
- **Salty Snacks:** Pretzels, salted nuts, and crackers to replace lost sodium.
- **Savory Snacks:** Small sandwiches or cheese sticks for a more substantial option.
- **Sweets:** Fruit pastilles, gummy bears, and chocolate for quick energy and a morale boost.
- **Trail Mix:** A mix of nuts, dried fruit, and chocolate for protein, fats, and sugars.
- **Soup:** Warm and salty options to soothe and balance electrolytes.
- **Energy Bars:** Various flavours from our sponsors to cater to different tastes.
- **Bread or Rolls:** Simple carbs that are easy on the stomach.
- **Coffee or Tea:** For a caffeine boost if needed.

Hot Food – Available exclusively to Ring O' Fire runners at Moelfre, Beaumaris, and Rhosneigr. Likely options may include:

- **Hot Pasta:** Penne or spaghetti with tomato sauce, vegetables and cheese. A comforting and filling option.
- **Chilli:** A spicy bowl of vegetarian chilli for a much-needed energy boost and warmth.
- **Hot Soups:** Hearty vegetable or chicken broth soups - perfect for replenishing nutrients and keeping runners warm.

Shelter: Most checkpoints are in buildings such as community halls providing warmth and shelter for runners.

First Aid Support: First aid and medical support from our qualified first aiders.

Facilities: Toilets, hot and cold water are available at all checkpoints. Checkpoints at Moelfre, Beaumaris, and Rhosneigr have kitchen facilities.

Rest Areas: Floor space to rest or sleep at Moelfre, Beaumaris, and Rhosneigr.

Resupply Bags: Access to your resupply bag at Moelfre, Beaumaris, and Rhosneigr.

Checkpoints

For detailed checkpoint information, including locations, opening/closing times, and available facilities, please refer to the table below:

Check Point (CP) Number	CP Location	ROF/FLT CP	CP Opens	CP Closes	Sleep/Rest CP (ROF Runners Only)	Leave CP After Sleep/Rest By (Time) - ROF Runners Only	Distance Run	Distance to next CP	Distance to Finish	British Grid Reference	What Three Words	Facilities for Runners	Crew and Supporters Information
Start	Holyhead Breakwater Country Park Postcode: LL65 1YG	ROF/FLT shared CP	06:45	09:00	n/a	n/a	0	12.8 miles 20.48kms	130 miles 208 kms	SH225 834	froze delighted roadmap	Cafe Toilets Tent/Shelter Water	Car Park Cafe Public Toilets
1	Penryn Bay Caravan Park Postcode: LL65 4YG	ROF/FLT shared CP	10:47	12:59	n/a	n/a	12.8 miles 20.48 kms	14.2 miles 22.7 kms	117.2 miles 187.5 kms	SH284 845	scars reflected mango	Toilets Small inflatable shelter Water Snacks	Closed. Private Land. No Supporters. Respect the local neighbourhood.
2	Cemaes Bay Beach car park East	ROF/FLT shared CP	12:51	17:37	n/a	n/a	27 miles 43.2 kms	20 miles 32 kms	103 miles 164.8 kms	SH374 937	float line nags	Toilets Small inflatable shelter Water Snacks	Car Park Shops Cafe Public Toilets
3	Moelfre Village Hall Firelighter Finish Postcode: LL72 4TH	ROF/FLT shared CP	Friday 15:42	Saturday 00:00	Yes (max 4hrs)	Saturday 0400	47 miles 75 kms	18 miles 28.8 kms	83 miles 132.8	SH511 861	shuttled museum width	Hot Food (ROF only) Toilets Shelter in building Water Snacks	Car Park Shops Cafe Public Toilets
4	Beaumaris Music Hall, New Street Postcode: LL58 8EL	ROF	Friday 18:17	Saturday 09:54	Yes (max 4hrs)	Saturday 1354	65 miles 104 kms	16 miles 25.6 kms	65 miles 104 kms	SH602 760	mistress deform lollipop	Hot Food Toilets Shelter in building Water Snacks	Car Park Shops Cafes Pubs Public Toilets
5	Sea Zoo Brynisiencyn Postcode: LL61 2TQ	ROF	Friday 20:34	Saturday 19:13	n/a	n/a	81 miles 129.6 kms	12 miles 19.2 kms	49 miles 78.4 kms	SH479 653	shave star tooth	Toilets Small Inflatable shelter Water Snacks	Car Park Shop Cafe Public Toilets
6	Eglwys Crist Y Brenin Hall Malltraeth Postcode: LL62 5AT	ROF	Friday 22:17	Saturday 23:16	n/a	n/a	93 miles 148.8 kms	12 miles 19.2 kms	37 miles 59.2 kms	SH406 687	parsnips shorts shorten	Toilets Shelter in building Water Snacks	Closed. Private Land. No Supporters. Respect the local neighbourhood.
7	Rhosneigr Village Hall Postcode: LL64 5UX	ROF	Saturday 00:00	Sunday 03:21	Yes (max 4hrs)	Sunday 0721	105 miles 168 kms	11 miles 17.6 Kms	25 miles 40 kms	SH318 730	awakening asking tripling	Hot Food Toilets Shelter in building Water Snacks	Car Park Shops Cafes Pubs Public Toilets
8	Rhoscolyn Outdoor Alternative Postcode: LL65 2NQ	ROF	Saturday 01:34	Sunday 11:08	n/a	n/a	116 miles 185.6kms	14 miles 22.4 kms	14 miles 22.4 kms	SH278 751	sang subsystem tower	Toilets Shelter in yurt Water Snacks	Closed. Private Land. No Supporters. Respect the local neighbourhood.
9	Holyhead Breakwater Country Park Postcode: LL65 1YG	ROF	Saturday 03:34	Sunday 16:00	n/a	n/a	130 miles 208 kms	n/a	n/a	SH225 834	froze delighted roadmap	Cafe Toilets Tent/Shelter Water Snacks	Car Park Cafe Public Toilets



Kit List

This kit list is based on our knowledge and experience.

It is essential that you assess what is most appropriate for your individual needs and plan accordingly. Preparation is key - take note of the weather conditions as race day approaches. You may encounter cold, wet weather and high winds. Ensure you have the appropriate gear to operate safely in all weather conditions.

Mandatory Kit

At any point during the race, you may be asked to show items from the mandatory kit list. Failure to carry the mandatory kit may result in penalties, up to and including disqualification.

- ✓ **Mobile Phone:** Fully charged at the start of the race and kept switched on.
- ✓ **Whistle**
- ✓ **Survival Blanket**
- ✓ **Head Torch:** With spare batteries or enough capacity to last the race duration.
- ✓ **Red Light on back when running at night**
- ✓ **Water bottles / hydration system:** Note that distances between checkpoints can be over 20 miles. Plan how much water you will need and how you will carry it, especially in warm weather conditions.
- ✓ **Tracker** - Tracker fitting will start from 06:45 on race day.

Important

To minimise littering and reduce our environmental impact, the event is cup-less. Bring a cup with you or fill your water bottle/bladder/hydration system at each checkpoint.

Ring O' Fire runners should bring their own bowl, plate, fork, and spoon if they want to eat the hot food we provide. We do not provide any plastic plates or cutlery.



Kit List

Recommended Kit

- ✓ **Personal First Aid Kit:** See details below.
- ✓ **Compass:** Not an electronic version/on phone.
- ✓ **GPS Navigation Watch/Device + Charger**
- ✓ **Map Pack:** Issued map pack of route/OS maps - hard copy/ waterproofed.
 - Recommended maps with good detail:
 - OS Explorer Maps Anglesey West 262 (1:25,000)
 - OS Explorer Maps Anglesey East 263 (1:25,000)
 - Harvey Map XT40 Anglesey Coastal Path (Scale: 1:40,000)
 - Harvey Map Wales Coast Path 1 including Anglesey Coastal Path XT40 (1:40,000)
- ✓ **Trail Running Shoes**
- ✓ **Backup Headtorch**
- ✓ **Backpack Light:** Increased safety and visibility.
- ✓ **Backpack**
- ✓ **Waterproof Jacket:** High visibility recommended.

- ✓ **Socks:** 3 pairs.
- ✓ **Running Attire:** Long running tights or shorts, running top, extra clothing layers to stay warm during evening and night running.
- ✓ **Hat and Gloves**
- ✓ **Underwear**
- ✓ **Sun Protection:** Sun cream and sunglasses.
- ✓ **Watch**
- ✓ **Cash/Card**
- ✓ **Bandana or Buff**
- ✓ **Food:** Carry a mix of easily digestible and energy-boosting foods to maintain energy levels and prevent fatigue. Try out different foods during training to see what works best for you.
- ✓ **Cup:** To minimise littering and reduce our environmental impact, the event is cup-less.
- ✓ **Eating Utensils:** Ring O' Fire runners must bring their own bowl, plate, fork, and spoon if they want to eat the hot food we provide. We do not provide any plastic plates or cutlery.

Kit List

Recommended Kit (Continued...)

Kit List for Rest/Sleeping Checkpoints

- ✓ **Sleeping Bag**
- ✓ **Inflatable Mattress**
- ✓ **Travel Pillow**
- ✓ **Eye Mask and Ear Plugs**



Recommended Personal First Aid Kit

- ✓ **Elastic Bands:** For bandage or strapping (100cm x 6cm).
- ✓ **Plasters and/or Tape:** Essential for minor cuts and securing bandages.
- ✓ **Scissors:** For cutting tape, bandages, and other materials.
- ✓ **Vaseline:** For chafing prevention and blister protection.
- ✓ **Blister Treatment/Plasters:** To treat and prevent blisters on the go.
- ✓ **Alcohol Hand Gel:** For clean hands and cleaning small wounds.
- ✓ **Pain Reliever:** Avoid non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen (Advil) and naproxen (Aleve). They can cause significant risks during long-distance events. Instead, consider using paracetamol (acetaminophen) for pain relief, but consult with a healthcare professional before taking any medication during an ultra-marathon.
- ✓ **Rehydration Sachets:** To replenish lost electrolytes and stay hydrated.
- ✓ **Antiseptic Wipes:** For cleaning wounds and preventing infection.
- ✓ **Tweezers:** Useful for removing splinters or debris.
- ✓ **Hydrocolloid Dressings:** For more severe blisters or wounds, providing extra protection and healing.

Hazards

Take care

The route mainly follows the Isle of Anglesey Coastal Path, which is well-maintained and marked. However, sections of the path are isolated, with little or no signs of human habitation for some distance. Care is required during harsh weather, at night, and when fatigued. Be prepared for the following hazards.

Weather

The path involves low-level running, with the highest point being Holyhead Mountain / Mynydd Twr at 720ft (220m). While it is possible to complete the route in harsh weather, the path is often exposed to the elements. Prepare for high winds and rain. A weather forecast will be provided during the race briefing and updated at checkpoints throughout the weekend.

Clothing and Gear

- **Layering:** Wear a waterproof jacket to protect against wind, rain, and wintry weather. A pair of leggings or running tights under shorts will keep your legs warm.
- **Accessories:** Gloves and a hat/buff are advisable for wintry weather.
- **Preparedness:** Ensure you have enough clothing and waterproofs to stay warm and dry, regardless of the forecast. Exposure can set in quickly when stationary, so get out of the wind and add an additional layer while resting.

For further information and a five-day weather forecast, visit the Met Office website.



Hazards

Continued...

Night-time Navigation

Runners will find themselves completing sections of the race in darkness. Extra care is essential as the path can be uneven, making it easy to trip or slip on hidden tree roots or uneven ground.

Although the route is predominantly trail, small sections of public road are included. These quiet country roads are often poorly lit, and cars may not easily see you. Ensure you are visible to oncoming traffic by running facing the traffic and wearing Hi-Visibility clothing. Use a good head torch and carry spare batteries. If you're not confident in your night-time navigation skills, bring a GPS device and learn how to use it and pinpoint your location on your map. If you feel uneasy traveling alone at night, consider teaming up with another runner or joining a group.

Fatigue, Cold, and Hypothermia

The race will test you both mentally and physically. Many runners will be operating at their absolute limits, which can affect decision-making. It's vital to take on sufficient fuel before and during the race. Recognise when you need more food and water; noticing energy drops and addressing them is key to both performance and preventing hypothermia.

Understand the gradual effects of cold and plan for wind chill. Warm, dry clothing is essential to stave off cold and prevent hypothermia. Pay particular attention to keeping your extremities - head, neck, and hands - warm.

It takes experience and courage to decide not to push on, especially in a group. Be extra cautious in any combination of wet, wind, and cold conditions. As a general rule, if you're questioning whether to continue, the answer is probably 'no.' Always keep something in reserve for contingencies, dress appropriately, and watch for symptoms of exposure and fatigue in others.



Hazards

Continued...

Cliff Tops

The route follows the cliff tops closely in several locations, and runners are reminded to stay on the path for their safety. Take extra care when running on cliff tops, as the path can be narrow and exposed. Caution is needed on wet grass and mud, which can be very slippery. Trail running shoes are recommended for their extra grip in wet and muddy conditions.

Livestock

When traveling through a field with cattle, pass steadily around the herd, giving them a wide berth. Running may cause them to run too - it's best to walk until you're clear of the cattle. If you encounter a cow with a calf, take extra care not to come between them and give them plenty of room.

Tides

Sections of the path may be restricted by the rise and fall of the tide. During periods of spring tides, particular care is required. Do not attempt to ford rivers, estuaries, or any open water. There is always an inland option of comparable distance, which will be discussed during the event briefing, and highlighted at checkpoints throughout the route.

For tide information, please visit [Admiralty Easy Tide](#) for a tide table

Mobile Reception

Mobile reception can be patchy or non-existent in some areas. Be aware that it may not always be possible to call for help.



Hazards

Continued...

Medical and Assisting Injured Runners

In the event of a medical emergency, call 999. If you're injured but can walk, make your way to the nearest checkpoint for assistance. For help getting back to a checkpoint or other issues, contact the Race Directors. Be aware that some sections are remote and response times may vary. Always stop to help fellow runners in need.

Assisting Injured Runners

1. **Safety First:** Ensure your safety and the injured runner's safety.
2. **Emergency Contact:** Call 999 if the injury is serious.
3. **Inform Race Directors:** Use the phone numbers provided on your race number to inform the Race Directors.
4. **Provide Assistance:** Offer first aid if able. Help the runner to the nearest checkpoint if they can move.
5. **Stay Until Help Arrives:** If the runner cannot move, stay with them until help arrives.
6. **Report at Checkpoint:** Once help arrives or you can continue, report the incident at the next checkpoint.

Time Adjustment

Your time will be adjusted to reflect the period spent assisting the injured runner. Safety and sportsmanship are our priorities.





Supporters

We encourage all supporters, friends, and family to cheer on our runners.

Welcoming Locations

You are very welcome at the start and finish points of the race. Some checkpoints have ample space, parking, and facilities for supporters. Please avoid checkpoints on private land or in close neighbourhoods. There are many other suitable locations to support.

Great Vantage Points

Besides checkpoints, there are many great vantage points along the coast and we'll be adding more details to the website shortly.

Show Your Support

Bring bells, whistles, and hooters to cheer on the runners! Your encouragement will help them move from checkpoint to checkpoint and reach the finish line.

Important Note

Please avoid the first checkpoint at Penryn Bay Caravan Park, as it is on private land with no parking and narrow roads. Similarly, avoid the sixth checkpoint at Eglwys Crist Y Brenin Hall, Malltraeth, and the eighth checkpoint at Rhoscolyn Outdoor Alternative, as both are on private land with limited parking and narrow roads.

Getting Here

Post Code: LL65 1YG

Ring O' Fire and Firelighter events both start at Holyhead Breakwater Country Park, Holyhead.

Travel Options

Holyhead is a major port with excellent transport links, making it easy to reach:

- Manchester and Liverpool: Approximately 2 hours by car.
- London: Just over 3.5 hours by direct train.
- Dublin: Less than 2 hours by ferry.

By Car

Follow the A55 Expressway along the North Wales coast and cross the Britannia Bridge onto Anglesey. From the bridge, it takes 20 minutes (20 miles / 32 km) along the A55 to reach Holyhead. Free parking is available at the event start and finish point on the approach road to Holyhead Breakwater Country Park.

Car Share

We encourage car sharing to reduce environmental impact and enjoy social and financial benefits. Connect with other runners via our [Facebook group](#). We also invite you to join our [Ring O' Fire and Firelighter Running Community page](#).

By Coach

National Express and Eurolines offer coach services to Holyhead from major cities. For timetable and ticket information, visit:

[Eurolines](#)

[National Express](#)

By Rail

Holyhead Station has direct rail links to London Euston and Cardiff, with easy connections from Chester and Crewe. From Holyhead station, it's a short taxi ride or a walk to Breakwater Country Park. For train times and fares, visit [National Rail](#) or call 08457 484950.

By Ferry

Dublin is less than 2 hours away by ferry. From the ferry port, it's a short taxi ride or walk to Breakwater Country Park. For ferry times and fares, visit:

[Stena Line](#)

[Irish Ferries](#)

By Air

Liverpool John Lennon Airport and Manchester International Airport are the closest, at 104 and 122 miles away, respectively.

Taxis in Anglesey

Find details of taxi services on the [Anglesey Council website](#).

Where to Stay

Anglesey offers a variety of great hotels, quality holiday lets, and camping options:

Hotels

Please note that we don't make specific hotel recommendations, but encourage you to explore and find the accommodation that best suits your needs:

[Visit Anglesey](#)

Holiday Lets:

[Anglesey Holiday Lettings](#)

[Menai Holidays](#)

[Owners Direct](#)

Campsites:

www.campsites.co.uk



Frequently Asked Questions

FAQs 1

Contact Us

We hope you find the answer to your query on this page. However, if you need further information, please don't hesitate to reach out to us at team@ringofire.co.uk

What are the dates of the Ring O' Fire?

Ring O' Fire takes place on 29th August - 31st August 2025.

What are the dates of the Firelighter?

Firelighter takes place on 29th August 2025.

When can I sign-up?

From 6th December 2024. To avoid disappointment, we recommend booking as soon as possible to secure your place.

What's the latest date I can sign up?

The latest date you can sign up is midnight on 1st July 2025, or when all places are sold if sooner. We recommend signing up as soon as possible to secure your place before then.

Can I sign up on the day?

No, we close both races for new sign-ups at midnight on 1st July 2025.

Is there a limit on the number of competitors?

Yes, both the Ring O' Fire and Firelighter races are limited to 150 runners each.

Is there a waiting list?

Yes, a waiting list opens as soon as we reach 150 sign-ups for each race. Places are then offered on a first-come, first-served basis.

Frequently Asked Questions

FAQs 2

What are the entry costs?

Ring O' Fire 130

- £255 Early Bird (First 50 bookings before 31st December 2024)
- £275 Returning Runners (Previous Ring O' Fire participants)
- £295 Standard Fee
- Charity Places: Pay £100 registration fee, raise at least £600. Charity covers entry fee upon completion. Details on Charity Runner page.

Firelighter 50

- £105 Early Bird (First 50 bookings before 31st December 2024)
- £120 Returning Runners (Previous Firelighter participants)
- £135 Standard Fee
- Charity Places: Pay £50 registration fee, raise at least £300. Charity covers entry fee upon completion. Details on Charity Runner page.

Can I get a refund if I can no longer take part in the race?

Yes, a partial refund of 50% is available until 1st July 2025. It is your responsibility to arrange a refund by logging into your registered account. No refunds are available after this date. Please note that charity registration fees are non-refundable.

Can I defer my entry to next year's race?

Yes, deferment to next year's race is available until 1st July 2025. It is your responsibility to arrange a deferment by logging into your registered account.

Please note that you can only defer once to the following year's race. After that, the deferral will expire.

Can I transfer my entry to another runner?

Yes, transfer to a substitute runner is available until 1st August 2025. It is your responsibility to arrange a transfer by logging into your registered account. No transfers can be made after this date.

Please note that T-shirt orders cannot be amended after 1st July 2025. If you transfer after this date, you will receive whatever size/sex the original runner requested or a charitable donation instead of a T-shirt if that was their choice.

Charity entries are not transferable.

Frequently Asked Questions

FAQs 3

Can I transfer from the Ring O' Fire to the shorter distance Firelighter?

Yes, transfer to the Firelighter is available until 1st August 2025. All transfers are subject to a £25 admin fee, payable at the time of transfer. Please email team@ringofire.co.uk to arrange the transfer, and we'll also handle any refund that is due. Note that T-shirt orders cannot be amended after 1st July 2025.

Can I transfer from the Firelighter to the longer distance Ring O' Fire?

Yes, transfer to the Ring O' Fire is available until 1st August 2025. All transfers are subject to a £25 admin fee, payable at the time of transfer. Please email team@ringofire.co.uk to arrange the transfer. We'll also request any additional entry fee that is due. Note that T-shirt orders cannot be amended after 1st July 2025.

Is the race entry fee refundable in the event of a pregnancy?

Pregnancy Refund Policy

Policy: The race entry fee is refundable in the event of a pregnancy.

Pregnancy Refund Process

Process:

- Send your pregnancy refund request to team@ringofire.co.uk before the race start date.
- Attach written confirmation of your pregnancy, signed by your doctor or registered midwife, or a copy of an appointment letter from the hospital (obstetrics and/or midwife) addressed to you. This should be submitted within 30 days after the race start date. Feel free to redact any personal details such as your NHS number.
- Once reviewed and approved, we will process a full refund to the card you used for payment.

Frequently Asked Questions

FAQs 4

How can I get back to Holyhead after the Firelighter has finished?

While many runners have support crews, friends, and family to assist them, we also offer an early morning bus service from Moelfre to the race start at Breakwater Park, Holyhead. This allows you to leave your car in Moelfre so it is there when you finish the race.

There is an additional charge of £15 for this bus service, and you can book a spot when signing up. The buses depart Moelfre at 6am on Friday, 29th August, providing ample time to reach Holyhead for the race start. More details will be provided closer to the event date.

Are there charity runner places available?

Yes, this year we are offering a limited number of charity places in both our races. We have partnered with seven leading charities: Bowel Cancer UK, the Stroke Association, the Afghan Sports Trust, Petals Charity, St David's Hospice, Size of Wales, and Frontline Children. Please see our Run for Charity page for more details.

How hard is the Ring O' Fire?

The 130-mile distance and relentless nature of this non-stop endurance race make Ring O' Fire one of the most demanding ultra marathons in the British Isles. Are you ready to face the fire, conquer the coast, and forge unforgettable memories?

How hard is the Firelighter?

The nearly 50-mile distance of this challenge offers a glimpse into what it takes to tackle the full Ring O' Fire 130, while also navigating the most demanding technical sections of the northwest coastal path. The Firelighter is a formidable race and should not be underestimated.

Am I up for the challenge?

To take on the Ring O' Fire, you must be ready for a challenge that pushes beyond the limits of most. Self-sufficiency, the ability to look after yourself, and making sound judgment calls are crucial. Checkpoints can be more than 20 miles apart, and the terrain is tough. Weather conditions can change rapidly, and you will spend many hours running through the night, sometimes in cold, wet, and windy conditions.

If you're unsure about your ability to tackle the full Ring O' Fire, we recommend starting with the Firelighter. This nearly 50-mile race offers a taste of the challenge while navigating the most demanding technical sections of the northwest coastal path. It's a formidable race in its own right and a great way to gauge your readiness for the full Ring O' Fire.

Frequently Asked Questions

FAQs 5

Are there time limits?

Ring O' Fire: Runners have 55 hours to complete the course.

Firelighter: Runners have 15 hours to complete the course.

Both races have checkpoints along the course. You will be disqualified if you fail to complete a stage or arrive at a checkpoint after the designated cut-off time.

What kind of terrain will I encounter on the route?

Runners will encounter a wide variety of terrain, including sandy and pebble beaches, steep cliff-top paths, headlands, rocky coves, sand dunes, farmland fields, sections of forest, and quaint seaside fishing villages. The route is predominantly trail, but there are small sections of public road, which tend to be quiet country roads. There are also gates and stiles to negotiate throughout the length of the course. Despite over 13,000 feet (4,000 meters) of vertical ascent and descent, the route primarily involves low-level running. The highest point on the Ring O' Fire route is Holyhead Mountain (Mynydd Twr), standing at 720 feet (220 meters).

Can I have a pacer?

No - Pacers Are Not Allowed

We don't allow pacers for several reasons:

1. **Fairness:** Allowing pacers could give some runners an unfair advantage. Pacers can help navigate the course and set a consistent pace, which could significantly impact a runner's performance.
2. **Self-Sufficiency:** We emphasise the importance of self-sufficiency. Runners are expected to rely on their own skills, planning, and determination to complete the race. This challenges runners to push their limits and test their endurance.
3. **Safety and Logistics:** Managing pacers can complicate race logistics and safety measures. Extra people on the course can lead to congestion and increase the risk of accidents or injuries.

Frequently Asked Questions

FAQs 6

Can I have a support crew?

Yes, support crews are allowed and encouraged for several important reasons:

1. **Safety:** Having a support crew significantly enhances your safety. They can provide medical assistance, help in emergencies, and ensure that you stay hydrated and well-nourished.
2. **Logistical Support:** Our races traverse remote and challenging terrain. Support crews can assist with logistics such as food, water, and gear changes, making the race more manageable for you.
3. **Moral Support:** Running our races is a mentally challenging endeavour. Support crews offer emotional encouragement, which can be crucial for your morale and perseverance.

Where can I leave my car?

Ring O' Fire / Firelighter runners: Free parking is available, in a designated area, on the approach road to Breakwater Country Park, just a short walk from the start line. The car park is unsupervised over the weekend, and we cannot accept liability for vehicles or possessions left in them. Vehicles are parked at the owner's own risk. Please follow parking signs and marshal guidance.

Firelighter runners: We also offer an early morning bus service from Moelfre to the race start at Breakwater Park, Holyhead. This allows you to leave your car in Moelfre, so it will be there when you finish the race. The bus service costs £15, and you can book a spot when signing up. Buses depart Moelfre at 6am on Friday, 29th August, providing ample time to reach Holyhead for the race start. More details will be provided closer to the event date.

How easy is the route to navigate?

While advanced navigational skills aren't required, a basic level is necessary. We advise carrying a map, compass, and GPS device.

Do you provide a GPX route profile?

Yes – GPX route profiles for both the Ring O' Fire and Firelighter can be downloaded from our website. These are indicative and only provide the high-tide routes; the official route will be in our 2025 Map Pack, which can be downloaded from our website around two weeks before the start of the race to allow for any last-minute route diversions.

Frequently Asked Questions

FAQs 7

When will the 2025 maps detailing the route be uploaded?

The 2025 map pack will be made available around two weeks before the start of the race to allow for any last-minute route diversions.

How do the trackers work?

Every runner will be equipped with a lightweight tracker. These trackers serve two primary purposes: monitoring your progress for safety and logging your race finish time. The device includes an SOS button for emergencies only. Once activated, it sends a signal to our Race HQ. We'll then try to contact you via your mobile phone and dispatch our safety team to your location. If you're with another runner who has pressed their SOS button, please stay with them. Any time spent helping others will be credited back to you.

How many checkpoints and where are they situated?

There are 9 checkpoints placed along the length of the course. For detailed information on checkpoint locations, opening and closing times, and more, please visit our website.

What happens with the bags?

Bag Transport

Ring O' Fire 130

Your resupply bag will be transported from the start point to checkpoints at Moelfre, Beaumaris, and Rhosneigr.

Your bag should be no bigger than a 60-litre rucksack with maximum dimensions of 74cm (Height) x 34cm (Width) x 20cm (Depth) and a maximum weight of 20kg.

Firelighter 50

Your bag will be transported from the start point to the finish at Moelfre. Since you won't have access to your bag during the race, you must carry everything you need while running.

Your bag should be no bigger than a 20-litre rucksack with maximum dimensions of 50cm (Height) x 26cm (Width) x 20cm (Depth) and a maximum weight of 10kg.

Bag Specifications

Your bag should be sturdy enough to withstand being loaded into the back of a vehicle. Use either a holdall or duffel bag. Waterproof and durable bags are recommended to protect your gear from the elements.

Frequently Asked Questions

FAQs 8

Do you have a kit list? What should I bring with me?

Yes, we have a recommended kit list for all runners. For detailed information on the mandatory and recommended items, please refer to the kit list on our website.

What accommodation is provided during the Ring O' Fire?

If you need to rest or sleep, you can take advantage of designated indoor checkpoints along the way. Checkpoints that can accommodate rest/sleep are Moelfre, Beaumaris, and Rhosneigr. For the determined, you can push on without stopping.

What accommodation is provided during the Firelighter?

The Firelighter is a single-stage race with a race cut-off at midnight. No overnight accommodation is provided. There is limited capacity in the halls, so if you decide to stay the night, you will need to make your own arrangements.

How long can I stay at the rest/sleep checkpoints?

Participants can rest or sleep for up to 4 hours at the designated rest/sleep checkpoints (Moelfre, Beaumaris, and Rhosneigr). These are exclusive to Ring O' Fire runners, and cut-off times are strictly enforced. Failure to reach or leave a checkpoint within the designated times will result in disqualification.

What should I bring for the rest/sleep checkpoints?

Here's the kit list for rest/sleeping checkpoints:

- Sleeping Bag
- Inflatable Mattress
- Travel Pillow
- Eye Mask and Ear Plugs

Frequently Asked Questions

FAQs 9

What about food?

Hot Food: Available exclusively to Ring O' Fire runners at Moelfre, Beaumaris, and Rhosneigr. Options may include:

- Hot Pasta: Penne or spaghetti with tomato sauce, vegetables, and cheese.
- Chilli: A spicy bowl of vegetarian chilli.
- Hot Soups: Hearty vegetable or chicken broth soups.
- Cold Food and Drink: Other checkpoints will offer a variety of cold food and drink options.
- Tea and Coffee - Available to Ring O' Fire and Firelighter runners at Moelfre, and also to Ring O' Fire runners at Beaumaris and Rhosneigr.

General Advice:

- Pack Your Own Food: It's important to pack enough food in your resupply bag, as you may be running for over 50 hours.
- Local Amenities: Depending on when you reach the checkpoints, you might find local takeaways, shops and pubs open. It's wise to have pre-packed food ready.
- Training Food: Stick to foods you are used to eating during training to avoid any digestive issues.
- Additional Supplies: You will pass through small villages and towns along the route, providing options to pick up additional supplies if needed.

Frequently Asked Questions

FAQs 10

What food will be available at the checkpoints?

Food and Drink - likely options at Checkpoints:

- Water: Essential for hydration.
- Fruit: Bananas, oranges, and grapes for natural sugars and potassium.
- Salty Snacks: Pretzels, salted nuts, and crackers to replace lost sodium.
- Savory Snacks: Small sandwiches or cheese sticks for a more substantial option.
- Sweets: Fruit pastilles, gummy bears, and chocolate for quick energy and a morale boost.
- Trail Mix: A mix of nuts, dried fruit, and chocolate for protein, fats, and sugars.
- Soup: Warm and salty options to soothe and balance electrolytes.
- Energy Bars: Various flavours from our sponsors to cater to different tastes.
- Bread or Rolls: Simple carbs that are easy on the stomach.
- Coffee or Tea: For a caffeine boost if needed.

What will be available at the rest/sleep checkpoints (Moelfre, Beaumaris, and Rhosneigr)?

- Support: Encouragement from our incredible team of volunteers.
- Updates: Weather and race updates, cut-off times, and distances to the next checkpoint.
- Shelter: These checkpoints are in buildings such as community halls, providing warmth and shelter for runners.
- First Aid Support: First aid and medical support from our qualified first aiders.
- Facilities: Toilets, hot and cold water, are available at all checkpoints. Checkpoints at Moelfre, Beaumaris, and Rhosneigr have kitchen facilities.
- Rest Areas: Floor space to rest or sleep.
- Resupply Bags: Access to your resupply bag.
- Refreshments: Hot and cold water, tea, and coffee.
- Hot Meals: Available to keep you nourished and energised.
- Electricity: To charge your watches and GPS devices.
- Massage: TBC which checkpoints.

Frequently Asked Questions

FAQs 11

Registration and Race Essentials Pick-Up

Location: Holyhead Breakwater Country Park, Holyhead, LL65 1YG

You can register and collect your race essentials at the following times:

- Thursday before the race: 6:30pm – 8:30pm
- Race Day Morning: 6:30am - 8:30pm

During registration, you will receive:

- Running Number
- Race T-Shirt
- Buff
- Tracker

Important Notes:

- Bring a valid ID to the registration desk.
- Our friendly volunteers will be on hand to assist you.
- If you have any questions or need further assistance, feel free to ask them on the spot.

What happens at the finish?

Many congratulations await you as we hand you your finishing medal!

If the weather is good, most runners and supporters tend to hang around, soaking up the atmosphere and cheering other runners across the finishing line. There should be a few locally brewed beers to hand out and some great tunes. Stay around or pop back for the presentations and soak up the atmosphere. Ring your bells and blow your whistles—"they'll be coming round the mountain when you sing! They'll be coming round the mountain..."

What time are the medal presentations?

Ring O' Fire: 12:00hrs Holyhead Breakwater Country Park, Holyhead, LL65 1YG

Firelighter: 20:00hrs Neuadd Moelfre Hall, Lligwy, Moelfre, Anglesey, LL72 4TH.

Awards for Winners

The Ring O' Fire and Firelighter races award 1st, 2nd, and 3rd place male and female runners.

Frequently Asked Questions

FAQs 12

What happens if I need to drop out?

If you need to retire from the event, here's what you should do:

1. **Inform a Marshal:** Make sure to let the nearest marshal know that you're retiring.
2. **Hand in Your Race Tracker:** Give your race tracker to the marshal to ensure we know your status.
3. **Contact Details:** The Race Directors' mobile numbers are printed on your race numbers, so use them if needed.

Important: It's crucial to notify us if you decide to drop out, otherwise, we might launch a search and rescue mission if we can't reach you.

Transportation: While it's your responsibility to get back to the end of each stage and ultimately to Holyhead, we do have several vehicles and will do our best to assist you.

What happens if the event is re-routed, abandoned, cancelled, or postponed?

We reserve the right to modify the course or checkpoint locations at any time.

Extreme Weather: If severe/extreme weather conditions arise, we may abandon the event for your safety. Unfortunately, no refunds will be offered in this situation.

Uncontrollable Circumstances: If the event can't take place due to reasons beyond our control (like Covid, flooding, severe weather, or denial of access to the course):

- We may postpone the event to a later date, and your entry will be carried forward.
- Refunds won't be offered under these circumstances.

Indefinite Cancellation: If the event is cancelled and indefinitely postponed, we reserve the right to retain all entry fees against costs incurred.

Frequently Asked Questions

FAQs 13

Where are the best places for the Crew/ Supporters to meet the runners?

We encourage all supporters, friends, and family to cheer on our runners. Supporters are very welcome at the start and finish points each day. Some checkpoints have ample space, parking, and facilities for supporters.

Please avoid checkpoints on private land or in close neighbourhoods. There are many other suitable locations to support.

We offer live tracking for both runner safety and to keep friends and family updated on your progress, so it should be straightforward for your supporters to locate you.

For detailed information, please see your Supporters page to help you decide on where best to find the runners.

How long has the race been going, and who are the organisers?

Ring O' Fire was founded in 2012, and 2025 will mark the thirteenth edition of the race (one was cancelled during Covid). We've been running strong for years and are well-established compared to some of the newer events.

You can learn more about the race team, their experience, and other adventures on our website.

Who do I contact for more information?

We hope you find the answer to your query on this document or our website. However, if you need further information, please don't hesitate to reach out to us at team@ringofire.co.uk





RING O' FIRE

2025