



WILD HORSE 200

WELCOME TO THE SOUTH WALES 200:

THE SOUTH WALES 200 IS A TRUE TEST OF HUMAN ENDURANCE. 200 MILES OF NON STOP RUNNING IN LESS THAN 120 HOURS.

A LIFE CHANGING ADVENTURE ACROSS THE GOLDEN TRAILS, MOUNTAINS AND VALLEYS OF SOUTH WALES, ALONG OFFA'S DYKE, TRAVERSING THE BEACONS WAY BEFORE CATCHING THE HEART OF WALES LINE ON TO THE WALES COAST PATH AND FINISH LINE AT WORM'S HEAD.

THE EVENT WILL COMMENCE AT 06:00, MAY 22ND 2024 AND FINISH AT 06:00, MAY 27TH 2024 WITH A STRICT CUT OFF TIME OF 55 HOURS TO REACH THE 100 MILE MARKER AT TALYBONT RESERVOIR.

START LOCATION - SOUTHERN TERMINUS OF THE WALES COAST PATH, CHEPSTOW

FINISH LOCATION - WORM'S HEAD, RHOSSILI

RACE ITINERARY:

TUES, MAY 21ST 2024

Mandatory pre-race briefing, registration
and kit check 18:00 - 20:00
Chepstow

WEDS, MAY 22ND 2024

Final race briefing at 05:45
Start of the South Wales 200 at 06:00
Chepstow

FRI, MAY 24TH 2024

100 mile cut off at 13:00 (55 hours)
Talybont Reservoir

MON, MAY 27TH 2024

Finish of the South Wales 200 at 06:00
Rhossili

TUES, MAY 28TH 2024

The Wild Horse grazes

SCHEDULE - TUESDAY MAY 21ST:

13:30 TO 14:00 HOURS:

A COACH WILL BE AVAILABLE TO BOARD AT WORM'S HEAD, RHOSSILI, THE OFFICIAL FINISH LINE.

14:00 HOURS:

THE COACH WILL LEAVE WORM'S HEAD. IF YOU PLAN ON USING THE COACH SERVICE THEN YOU MUST BE ON BOARD BEFORE 14:00 HOURS.

16:00 HOURS:

THE COACH WILL AIM TO BE IN CHEPSTOW FOR 16:00 HOURS, GIVE US A LITTLE BREAK IF WE HIT TRAFFIC.

18:00 TO 19:00 HOURS:

EARLY BIRD RUNNER CHECK IN AND KIT CHECK. RACE NUMBERS AND TRACKERS WILL BE HANDED OVER TO THE RUNNER. THIS WILL TAKE PLACE AT THE BOAT INN, CHEPSTOW, NP16 5HH.

19:00 TO 20:00 HOURS:

COMPULSORY PRE RACE MEETING THAT ALL RUNNERS MUST ATTEND. THIS WILL ALSO TAKE PLACE AT THE BOAT INN, CHEPSTOW, NP16 5HH.

SCHEDULE - THE MAIN EVENT:

WEDNESDAY MAY 22ND - 05:00 TO 05:30 HOURS:

LATE RUNNER CHECK IN AND KIT CHECK. RACE NUMBERS AND TRACKERS WILL BE HANDED OVER TO THE RUNNER. THIS WILL TAKE PLACE AT THE BOAT INN, CHEPSTOW, NP16 5HH.

WEDNESDAY MAY 22ND - 05:45 TO 06:00 HOURS:

LAST MINUTE WORDS OF ENCOURAGEMENT AND A QUICK WORD FROM THE RACE DIRECTOR TO GET YOU GOING!

WEDNESDAY MAY 22ND - 06:00 HOURS:

START OF THE SOUTH WALES 200 AT THE SOUTHERN TERMINUS OF THE WALES COAST PATH AND AN INCREDIBLE ADVENTURE.

FRIDAY MAY 24TH - 13:00 HOURS:

100 MILE CUT OFF TIME - 55 HOURS (TALYBONT RESERVOIR).

MONDAY MAY 27TH - 06:00 HOURS:

END OF THE SOUTH WALES 200 AND TIME TO REST.

COACH TRANSFER:

A COACH WILL BE AVAILABLE TO BOARD AT WORM'S HEAD, RHOSSILI, THE OFFICIAL FINISH LINE, THE DAY BEFORE THE EVENT STARTS. **AS A RUNNER OF THE EVENT YOU HAVE THE CHANCE TO RIDE THE COACH FOR FREE BACK TO THE START LINE IN CHEPSTOW AND LEAVE YOUR CAR AT THE FINISH LINE READY TO COLLECT ONCE YOU'VE COMPLETED THE EVENT.**

IF YOU WOULD LIKE A SEAT ON THE COACH FROM THE FINISH AT WORM'S HEAD TO THE START LINE IN CHEPSTOW, PLEASE EMAIL US AND WE WILL ARRANGE A SPACE FOR YOU. WE'LL NEED TO KNOW IF YOU WANT A SEAT BY THE END OF FEBRUARY, SO IF MARCH 1ST COMES AROUND AND WE HAVEN'T HEARD FROM YOU, WE'LL ASSUME YOU HAVE YOUR OWN MEANS OF TRANSPORT AND DON'T NEED A SEAT ON THE COACH.

AGAIN, PLEASE NOTE YOU WILL NOT BE CHARGED SEPARATELY FOR THIS SERVICE AS IT'S INCLUDED WITHIN YOUR ENTRY, **HOWEVER, THERE IS A £25.00 CHARGE FOR PARKING YOUR CAR IN THE NATIONAL TRUST CAR PARK AT THE FINISH LINE WHICH CAN BE PAID IN THE NATIONAL TRUST BUILDING (NEAR THE CAR PARK) ON TUESDAY ONCE YOU'VE PARKED YOUR CAR.** PLEASE ENSURE YOU LEAVE ENOUGH TIME TO PARK AND PAY BEFORE BOARDING THE COACH AT 14:00 HOURS.

IF FOR ANY REASON YOU DON'T MAKE IT BACK TO THE FINISH LINE ON FOOT, OUR TEAM WILL MAKE SURE YOU ARE TRANSPORTED TO THE NEAREST CHECKPOINT AND YOU WILL BE RESPONSIBLE FOR MAKING IT BACK TO YOUR CAR UNLESS YOU ARE WILLING TO WAIT AND TRAVEL WITH EVENT CREW AS THEY MOVE TOWARDS THE FINISH LINE.

MANDATORY KIT LIST WHILST RUNNING:

REMEMBER THERE IS NO SUCH THING AS TERRIBLE WEATHER, JUST BAD KIT:

- APPROPRIATE FOOTWEAR (TRAIL SHOES RECOMMENDED)
- WATER BOTTLES (1 LITRE MINIMUM IN TOTAL)
- MOBILE PHONE (WITH BATTERY)
- COMPASS
- DOWNLOADED GPX / GPS FILE OF THE ROUTE
- HEAD LAMP OR OTHER LIGHT SOURCE FOR NIGHT-TIME
- SURVIVAL BAG
- WATERPROOF CLOTHING (TOP AND TROUSERS BOTH WITH TAPED SEAMS)
- WARM CLOTHING (DOWN JACKET OR FLEECE, HAT, GLOVES, BASE LAYER OR MID LAYER)
- BACKPACK
- BLISTER KIT
- RE-USEABLE CUP (TO USE ON ROUTE AND AT CHECKPOINTS)
- ADEQUATE FOOD RESERVES (1,000 CALORIES MINIMUM WHEN LEAVING THE START LINE / EACH CHECKPOINT)

RECOMMENDED GEAR FOR DROP BAGS:

- PLASTIC BAGGIES
- EXTRA WATER BOTTLE
- SPARE SOCKS AND SHOES
- POWER BANK
- BUG SPRAY
- YOUR FAVOURITE FOODS, GELS, SNACKS, DRINKS
- WATER TREATMENT OF YOUR CHOICE (IODINE PILLS, ETC.)
- ANY CHARGING CABLES FOR PHONE, GPS
- WET WIPES
- EAR PLUGS FOR SLEEPING AT SLEEP STATIONS
- WARM PANTS / RUNNING TIGHTS
- CHANGE OF CLOTHING FOR BOTH WARM WEATHER AND COLD WEATHER
- EXTRA HAT & GLOVES
- SLEEPING BAG FOR WARMTH IF YOU PLAN TO SLEEP AT A SLEEP STATION
- HIKING POLES (IF YOU AREN'T ALREADY USING THEM)
- ELECTROLYTES, CAFFEINE PILLS & ANY MEDICINE YOU MIGHT NEED
- EXTRA BATTERIES
- EXTRA HEADLAMP
- YOUR FAVOURITE STUFFED ANIMAL

DROP BAGS:

PARTICIPANTS ARE ALLOWED ONE DROP BAG FOR THE EVENT: DROP BAG LIMITS / DIMENSIONS - 45 CM X 75.5 CM X 45CM; VOLUME: 132 LITRES. PLENTY OF SPACE.

PLEASE NOTE - DROP BAGS ARE AVAILABLE AT ALL CHECKPOINTS:

THEY WILL BE TRANSPORTED BETWEEN CHECKPOINTS BY THE WILD HORSE TEAM AND SHOULD CONTAIN EVERYTHING REQUIRED DURING THE EVENT. PARTICIPANTS WILL HAVE ACCESS TO THEIR DROP BAGS AT EACH CHECKPOINT. IT MUST BE A WATERPROOF DROP BAG.

YOUR DROP BAG SHOULD INCLUDE ANYTHING YOU NEED FOR THE THREE SLEEP STATIONS AND SHOULD CONTAIN EVERYTHING REQUIRED TO HAVE A POWER NAP.

WE APPRECIATE THINGS CAN GET A LITTLE CRAZY AFTER A FEW DAYS AND THIS IS WHY WE HAVE CONDENSED YOUR KIT INTO ONE DROP BAG.

ROUTE & COURSE MARKINGS:

THE RACE ORGANISERS HAVE CREATED THIS EVENT TO TAKE IN THE MOST AWE INSPIRING SCENERY OF SOUTH WALES. THE COURSE FOLLOWS A NUMBER OF FAMOUS TRAILS, INCLUDING OFFA'S DYKE, THE BEACONS WAY, THE HEART OF WALES LINE AND THE LEGENDARY WALES COAST PATH, AS IT WEAVES ITS WAY OVER THE GOLDEN VALLEYS, LAKES AND MOUNTAINS FOR WHICH WALES IS FAMOUS.

NAVIGATION IS SIMPLE ON THE MAJOR TRAILS OF OFFA'S DYKE, BEACONS WAY, CAMBRIAN WAY, HEART OF WALES LINE AND WALES COAST PATH - YOU WILL FOLLOW THE PERMANENT WAYMARKERS AND OF COURSE YOUR GPX FILE.

YOU CAN GET A SNEAK PEEK OF THE ROUTE USING THE BUTTON BELOW. WE MAY TWEAK THE ROUTE AS WE GET CLOSER TO THE DATE BUT WILL NOTIFY YOU AS SOON AS THE FINAL VERSION IS AVAILABLE AND IS READY FOR DOWNLOAD.

ROUTE & COURSE MARKINGS:

WE THOUGHT IT MAY BE HELPFUL TO PROVIDE SOME VISUALS OF THE ROUTE WAYMARKERS TO FAMILIARISE YOURSELF WITH BEFORE THE EVENT:

WYE VALLEY WALK



OFFA'S DYKE



ROUTE & COURSE MARKINGS:

BEACONS WAY



CAMBRIAN WAY



WILD THING, YOU MAKE MY HEART SING

ROUTE & COURSE MARKINGS:

HEART OF WALES LINE



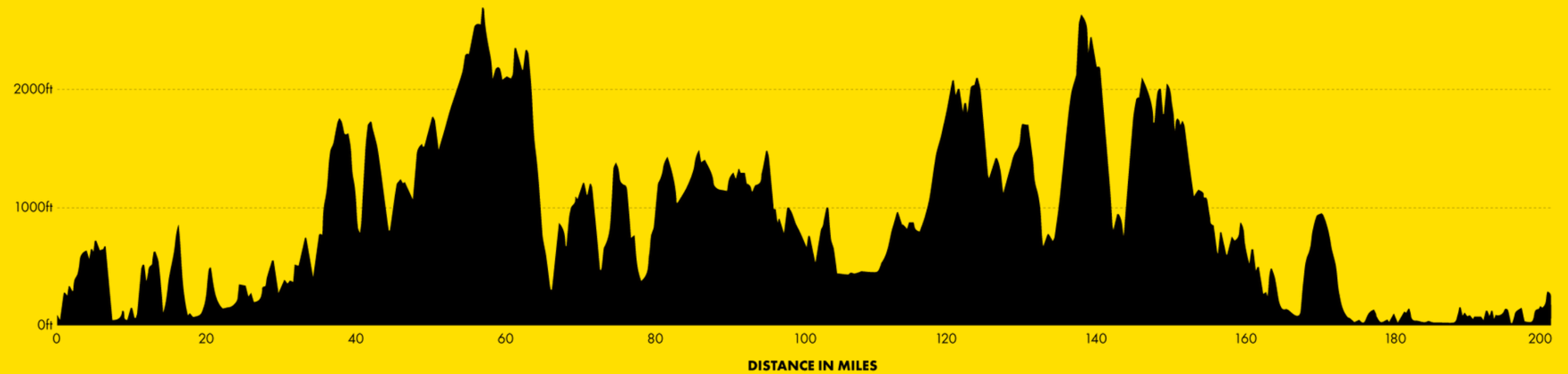
WALES COAST PATH



**WILD
HORSE
200**

WILD THING, YOU MAKE MY HEART SING

ELEVATION:
30,000 FEET



ROUTE & COURSE DESCRIPTION:

THIS IS A 200 MILE ULTRA MARATHON AND ALL RUNNERS MUST HAVE A DIGITAL COPY OF THE ROUTE ON THEM AT ALL TIMES. THIS IS A NON-NEGOTIABLE RULE AND GROUNDS FOR DISQUALIFICATION IF BROKEN. WE'VE SPENT HUNDREDS OF HOURS WORKING ON THE ROUTE AND OUR GPX FILE WILL BE YOUR BEST FRIEND WHEN TACKLING THE SOUTH WALES 200.

FAMILIARISE YOURSELF WITH THE ROUTE AND PLEASE NOTE WE WILL SEND OUT A FINAL VERSION OF THE ROUTE 10 DAYS BEFORE THE EVENT.

COURSE DESCRIPTION:

START TO CHECKPOINT 1 @ 29 MILES

Setting off from the Old Wye Bridge in Chepstow, the route dances with the Welsh / English border along the Wye Valley Way and Offa's Dyke Path all the way to Checkpoint 1 at White Castle. Follow the waymarkers and you can't go wrong. The terrain is surprisingly bumpy and potentially muddy in this stretch. Highlights along this section include the majestic Eagle's Nest, ancient Tintern Abbey, the beautiful Wye Valley and the historic Kymin which looks down on the town of Monmouth. This is the longest stretch you will go without seeing a Wild Horse checkpoint but please be rest assured there is a great opportunity to top up your supplies in the town of Monmouth, you run down the high street and we'd urge you to make the most of the local independent shops.

COURSE DESCRIPTION:

CHECKPOINT 1 TO CHECKPOINT 2 @ 51 MILES

After a resupply of your stocks at White Castle (which is pretty epic), prepare for your first views of the beguiling Black Mountains. You will follow Offa's Dyke until it merges with the Beacons Way on Hatteral Hill, at this point you want to start following the Beacons Way waymarkers. After the short and sharp climb upwards, be sure to turnaround and take your last look into the garden of England, the view is truly awesome. This is where the real fun begins, looking down into the valley, you will see the ancient Llanthony Abbey staring right back at you - you are heading right for it. Make the most of the downhill because next up is the climb out. Another short, sharp blast upwards and you are now in the thick of the Black Mountains. Be wary because on the descent into Grwyne Fawr Valley you leave the Beacons Way and head up the valley looking for Checkpoint 2 at the base of Grwyne Fawr reservoir.

CHECKPOINT 2 TO CHECKPOINT 3 @ 67 MILES (SLEEP STATION)

Time to pick up your buddy runner for quite possibly the most dramatic stretch of the challenge. You wanted mountains and this is where we deliver. After leaving the Grwyne Fawr checkpoint, you head upwards to the highest point in the race - Waun Fach. Before reaching this however, you pass the hidden gem of the Black Mountains - the Grwyne Fawr Reservoir - it's a remarkable piece of engineering forgotten in time with Britain's ugliest bothy (it's actually beautiful), in a deep ravine on the banks on the reservoir). After passing the reservoir, you carry on up to the top of Waun Fach where there is an abundance of Wild Horses knocking around - keep an eye out and keep your distance (please don't feed them). Once you have crested the peak, you stay high, following the ridge line towards Crickhowell, bagging peaks such as Pen Allt-Mawr, Pen Cerrig Calch and Table Mountain on your way down. If you still have daylight then you will be able to see the Brecon Beacons waving at you from a far. The terrain is mountain trail, rocky, with the potential to be a little soft underfoot so keep an eye on your footing. Keep your concentration sharp, your spirits high and rest assured, there will be a nice warm sleep station waiting for you in Crickhowell. Please note there is a 4 hour time limit for sleeping at sleep stations.

COURSE DESCRIPTION:

CHECKPOINT 3 TO CHECKPOINT 4 @ 80 MILES

Crickhowell is the mecca for walking in the Black Mountains / Brecon Beacons and the sleep station is another fantastic opportunity to resupply from any local shops and takeaways. An award winning independent high street supports the local community. Pulling yourself away from the comfort of one of the main checkpoints, the route heads back out of Crickhowell where you join back up with the Beacons Way. This section of the course hugs the side of the mountains and only when you pass Cwmdudery do you start to head up again and on to Llangorse Mountain. With the world famous Llangorse lake sparkling below, you ride the downward wave into the small villages of Bwlch and Llangynidr, crossing quite possibly the prettiest bridge in Wales.

CHECKPOINT 4 TO CHECKPOINT 5 @ 107 MILES (SLEEP STATION)

This is where the route kicks it up a notch and you head up the notorious Tor Y Foel. It's a relentless climb to the top but you are rewarded with some stunning views of Talybont Reservoir. Now it's time to drop the hammer and tackle the reserPHWOAR section of the course. The next miles are mainly on open moorland as well as forestry track and really are runnable. Actually you will find it hard not to run when you catch the view of Pontsticill and Talybont Reservoir's, knowing that the carrot of a sleep station is just around the corner in Llanfrynach. Bell-mouth spillway, Valve Tower and Talybont Reservoir are three highlights you will pass on this stretch of the challenge. You will mainly follow the Taff Trail back down to the MonBrec canal and into the sleep station at Llanfrynach.

FYI - the 100 mile marker will be located on the shores of Talybont Reservoir and all runners have to be passed this point before the strict 55 hour cut off.

COURSE DESCRIPTION:

CHECKPOINT 5 TO CHECKPOINT 6 @ 133 MILES

After a good refuel at the checkpoint / sleep station this next section will feel like a walk in a park, well a National Park, in fact the Brecon Beacons National Park. These next few miles could be heaven or hell depending on your terrain preference - they are as flat as a pancake. You follow the canal all the way into the town of Brecon and this tame towpath is often voted Britain's most beautiful canal - experience it for yourself. The town of Brecon is a key point of the race. Its one of the last major towns you will see on the route and it would be advisable to top up your reserves from one of the many local shops and takeaways. Trust us, you will need them. With views of Pen Y Fan to the south, you head in the direction of the tallest mountain in the south of Britain. Don't worry, we actually take mercy on you at this point and brush you around the side of it, onwards but also upwards. This next section after Storey Arms is a difficult stretch, it's like a scene out of Lord of the Rings. It's remoteness will kick you in the teeth but if you can pull yourself through it then you will be well rewarded with some of the best views in Wales and a warm brew waiting for you at the South Wales Caving Community's headquarters.

CHECKPOINT 6 TO CHECKPOINT 7 @ 145 MILES

Stock up at the checkpoint and keep telling yourself it doesn't get any tougher than this. The terrain has the potential to be tricky underfoot; boggy, slippery, overgrown grass and open moorland. Waymarkers are hard to come by out here and you should rely on your GPX file to pull you through. You are following the Beacons Way for the entirety of this stretch. You will crest the awe inspiring Carmarthen Fan which is made up of Fan Brycheiniog, Fan Foel, Picws Du and Waun Lefrith. With views across Wales, the legendary Llyn Fan Y Fach is within touching distance. We really do hope you hit this section in daylight. Descending into the small village of Llanddeusant, you will see the checkpoint long before you reach it. It's a fun downhill section with the potential to witness the abundance of Red Kite birds of prey that frequent the area. Keep your eyes peeled.

COURSE DESCRIPTION:

CHECKPOINT 7 TO CHECKPOINT 8 @ 164 MILES (SLEEP STATION)

The climb out of Llanddeusant is cruel, very cruel indeed, it will feel like you're carrying the weight of the world on your shoulders but we promise you will find your running legs again. Just knuckle down and get moving forward. The majority of the Brecon Beacons are now behind you, even though you are following the Beacons Way for a fair chunk of this section. You will start to see west Wales in the distance, on a good day you will see the coast teasing you like a mirage. The terrain is nothing new over the next section, you would have become accustomed to it by now after the last stretch and you will find solace in the soft ground. The mountains of Garreg Las and Foel Fraith will quickly remind you of what lies ahead. In all honesty, you've conquered the worst of the mountains at this point and everything else will merely be a bump in the road. Don't get too hooked on the Beacons Way because you do leave it behind half way through this next part of the route and join up with the Heart of Wales Line which will carry you all the way to Llandybie and the final sleep station!

CHECKPOINT 8 TO CHECKPOINT 9 @ 185 MILES

In the grand scheme of things, the terrain over this next section is pretty low key and easy underfoot. You have one notable climb after which it's an easy stroll along the Heart of Wales Line and we promise you will begin to smell the Welsh Coast. Just focus on making it to Loughor Castle, this will mark the beginning of the final trail you will follow - the great Wales Coast Path. Allow yourself to have a fleeting thought of the finish line, you now have approximately 20 miles left to go. Don't lose your concentration though, navigation can be a little tricky along this section with a few road crossings to keep you on your toes. Closing in on Penclawdd, remind yourself that you are fast approaching the final checkpoint of the event.

COURSE DESCRIPTION:

CHECKPOINT 9 TO THE FINISH LINE @ 202 MILES

This is it, the final stretch! 17 miles lie between you and the finish line of an incredible journey. We could tell you anything about the terrain now and it wouldn't matter. All that matters now is finishing the challenge. The terrain is a mixed bag, you have a couple of road sections before you hit Salhouse Point and then you play with the open marshland of the Wales Coast Path. Shortly after North Hill Tor you will hit a wall of sand, yes it's a giant sand dune and it will be fun, we promise! Shake the sand out of your shoes, hold your head up high and enjoy the dramatic cliffs of the Gower. As you turn for home you will notice the distinguished features of Worm's Head rising out of Rhossili Bay - that's your finish line! Keep your focus as you traverse the final couple of miles and be sure to savour every moment - this is your time!

CHECKPOINTS:

THERE ARE FULLY LOADED CHECKPOINTS STATIONED APPROXIMATELY 25 MILES APART, WITH THE EXCEPTION OF A FEW BUMPY SECTIONS WHERE WE'VE REDUCED THE DISTANCE BETWEEN CHECKPOINTS TO GIVE YOU A LITTLE BREATHER ON THE TOUGHER GROUND.

COMPETITORS CAN ACCESS THEIR CHECKPOINT DROP BAG AND EVERYTHING YOU WOULD EXPECT FROM A TOP CLASS CHECKPOINT: FOOD, DRINK, SHELTER, AND, IF NECESSARY, MEDICAL SUPPORT. OUR WILD HORSE CREW WILL BE ON HAND TO HELP YOU IN ANY (REASONABLE) WAY AT ALL.

WE HAVE ADDED IN VERY GENEROUS CUT OFF TIMES FOR EACH CHECKPOINT. PLEASE FAMILIARISE YOURSELF WITH THESE, THEY ARE EXTREMELY GENEROUS, PROVIDE YOU WITH EVEN MORE OPPORTUNITY TO KEEP YOU ON TRACK AND WILL KEEP THE ADVENTURE MOVING FORWARD.

ALL RUNNERS MUST HAVE LEFT THE CHECKPOINT BEFORE THE CUT OFF TIME.

CHECKPOINTS & CUT OFF TIMES:

CHECKPOINT 1
WHITE CASTLE - 29 MILES
10 HOURS
CLOSES AT 16:00 MAY 22ND

CHECKPOINT 2
GRWYNE FAWR RESERVOIR - 51 MILES
21 HOURS
CLOSES AT 03:00 MAY 23RD

CHECKPOINT 3
SLEEP STATION / CRICKHOWELL - 67 MILES
33 HOURS
CLOSES AT 15:00 MAY 23RD

CHECKPOINT 4
LLANGYNIDR - 80 MILES
41 HOURS
CLOSES AT 23:00 MAY 23RD

100 MILE MARKER
TALYBONT RESERVOIR - 100 MILES
55 HOURS
CUT OFF TIME 13:00 MAY 24TH

CHECKPOINT 5
SLEEP STATION / LLANFRYNACH - 107 MILES
57 HOURS
CLOSES AT 15:00 MAY 24TH

CHECKPOINT 6
PENWYLLT- 133 MILES
72 HOURS
CLOSES AT 06:00 MAY 25TH

CHECKPOINT 7
LLANDDEUSANT - 145 MILES
82 HOURS
CLOSES AT 16:00 MAY 25TH

CHECKPOINT 8
SLEEP STATION - LLANDYBIE - 164 MILES
96 HOURS
CLOSES AT 06:00 MAY 26TH

CHECKPOINT 9
PENCLAWDD - 185 MILES
108 HOURS
CLOSES AT 18:00 MAY 26TH

FINISH LINE
WORM'S HEAD - 202 MILES
120 HOURS
CLOSES AT 06:00 MAY 27TH

CHECKPOINTS:

WHAT NUTRITION CAN YOU EXPECT FROM CHECKPOINTS?

A BOTTOMLESS PIT OF FOOD AND DRINK TO FILL YOUR STOMACHS AND TOP UP YOUR ENERGY LEVELS FOR THE NEXT SECTION OF THE COURSE.

DRINK ITEMS WILL INCLUDE: H2O, COCA COLA (THE REAL SHIZZLE), LEMONADE (DON'T GET SCHWEPPEP AWAY), SQUASH (ORANGE, BLACKCURRANT ETC.), HOT CHOCOLATE, TEA, COFFEE AND FUNKY HERBAL / FRUITY TEAS. REMEMBER TO BRING YOUR OWN REUSABLE CUP (WE ARE A CUPLESS ORGANISATION AIMING TO BE AS SUSTAINABLE AS POSSIBLE).

FOOD ITEMS WILL INCLUDE: FRESH FRUIT, CHOCOLATE, SNACK BARS, CRISPS / TORTILLAS, CAKE (EVERYONE LOVES CAKE), SOREEN LOAF, SOUP POTS, PASTA POTS, NOODLE POTS.

VEGAN AND GLUTEN FREE EQUIVALENTS OF THE ABOVE WILL BE AVAILABLE *(IF YOU HAVEN'T ALREADY LET US KNOW ABOUT ANY DIETARY REQUIREMENTS, PLEASE CONTACT US ASAP SO THAT WE CAN CATER FOR YOU)*

CHECKPOINTS:

WHAT ELSE CAN YOU EXPECT FROM CHECKPOINTS?

ELECTRICITY: POWER BANKS WILL BE AVAILABLE TO RECHARGE YOUR GADGETS. PLEASE BRING YOUR OWN PLUGS & CABLES (WE WILL NOT BE PROVIDING THESE).

SHELTER: ALL CHECKPOINTS WILL HAVE COVER IN THE FORM OF A BUILDING / MARQUEE WITH INSULATION TO KEEP IN THE HEAT AND PROVIDE ADEQUATE SHELTER FOR RUNNERS TO CHANGE, EAT AND GEAR THEMSELVES UP FOR THE NEXT SECTION.

DROP BAGS: YOUR DROP BAGS WILL BE AVAILABLE AT EVERY CHECKPOINT.

CREW: EACH CHECKPOINT WILL BE MANNED BY WILD HORSE CREW AND VOLUNTEERS. THEY WILL BE THERE TO HELP YOU AND PERHAPS OFFER UP A MOTIVATIONAL SPEECH IF YOU NEED IT.

MAPS: YOU SHOULDN'T NEED IT BUT THERE WILL BE A PHYSICAL MAP WITH A ROUTE DESCRIPTION AT EACH CHECKPOINT WHICH WILL FOCUS ON THE NEXT SECTION AHEAD OF YOU, SO YOU KNOW WHAT YOU'RE IN FOR.

SLEEP STATIONS:

PLEASE NOTE THERE ARE 3 SLEEP STATIONS ALONG THE ROUTE:

- CRICKHOWELL 67 MILES
- LLANFRYNACH 107 MILES
- LLANDYBIE 164 MILES

RUNNERS WILL BE SUPPLIED WITH SHELTER AND CAMP BEDS, BUT MUST BRING THEIR OWN BLANKET / SLEEPING BAG / PILLOW / CUDDLY TOY.

YOU CAN EXPECT TO ACCESS YOUR CHECKPOINT DROP BAG AT EACH CHECKPOINT AND THIS INCLUDES SLEEP STATIONS.

ELECTRICITY TO RECHARGE YOUR GADGETS WILL BE AVAILABLE AND YOU CAN EXPECT EVERYTHING YOU'D GET FROM ONE OF OUR FULLY LOADED CHECKPOINTS PLUS THE EXTRA BONUS OF BEDS AND WARM MEALS.

SLEEP STATIONS:

WHAT NUTRITION CAN YOU EXPECT FROM SLEEP STATIONS?

BREAKFAST / SNACK OPTIONS: PORRIDGE / BIRCHER (PROTEIN PACKED, FRUIT BASED) - STRAWBERRY / BANANA & BLUEBERRY / GOLDEN SYRUP / NUTELLA, BAGELS, FRESH FRUIT.

MAIN OPTIONS: TOASTED SANDWICHES, BACON SARNIES, HOTDOGS, CHEESEY MASHED POTATO, MILD BEAN CHILLI (WON'T BLOW YOUR HEAD OFF), PASTIES, LOADED NACHOS.

DRINK ITEMS WILL INCLUDE: H2O, COCA COLA (THE REAL SHIZZLE), LEMONADE (DON'T GET SCHWEPPE AWAY), SQUASH (ORANGE, BLACKCURRANT ETC.), HOT CHOCOLATE, TEA, COFFEE AND FRUITY TEAS. REMEMBER TO BRING YOUR OWN REUSABLE CUP (WE ARE A CUPLESS ORGANISATION AIMING TO BE AS SUSTAINABLE AS POSSIBLE).

OTHER FOOD ITEMS WILL INCLUDE: FRESH FRUIT, CHOCOLATE, SNACK BARS, CRISPS / TORTILLAS, CAKE (EVERYONE LOVES CAKE), SOREEN LOAF, SOUP POTS, PASTA POTS, NOODLE POTS.

VEGAN AND GLUTEN FREE EQUIVALENTS OF THE ABOVE WILL BE AVAILABLE *(IF YOU HAVEN'T ALREADY LET US KNOW ABOUT ANY DIETARY REQUIREMENTS, PLEASE CONTACT US ASAP SO THAT WE CAN CATER FOR YOU)*

SLEEP STATIONS:

WHAT ELSE CAN YOU EXPECT FROM SLEEP STATIONS?

ELECTRICITY: POWER BANKS WILL BE AVAILABLE TO RECHARGE YOUR GADGETS. PLEASE BRING YOUR OWN PLUGS & CABLES (WE WILL NOT BE PROVIDING THESE).

SHELTER: ALL SLEEP STATIONS WILL HAVE COVER IN THE FORM OF A BUILDING / MARQUEE WITH INSULATION TO HELP KEEP IN THE HEAT AND PROVIDE ADEQUATE SHELTER FOR RUNNERS TO SLEEP, CHANGE, EAT AND GEAR THEMSELVES UP FOR THE NEXT SECTION. YOUR DROP BAGS AND SLEEP BAGS WILL ALSO BE AVAILABLE. CAMP BEDS WILL BE AVAILABLE FOR RUNNERS TO REST FOR A MAXIMUM OF 4 HOURS. PLEASE BRING YOUR OWN SLEEPING BAG / BLANKET / PILLOW / CUDDLY TOY. PLEASE BE RESPECTFUL OF OTHER RUNNERS SLEEPING. THESE ARE QUIET ZONES.

CREW: EACH CHECKPOINT WILL BE MANNED BY WILD HORSE CREW AND VOLUNTEERS. THEY WILL BE THERE TO HELP YOU AND PERHAPS OFFER UP A MOTIVATIONAL SPEECH IF YOU NEED IT.

MAPS: YOU SHOULDN'T NEED IT BUT THERE WILL BE A PHYSICAL MAP WITH A ROUTE DESCRIPTION AT EACH CHECKPOINT WHICH WILL FOCUS ON THE NEXT SECTION AHEAD OF YOU, JUST SO YOU KNOW WHAT YOU'RE IN FOR NEXT.

CHECKPOINT LOCATIONS:

SHOULD YOU HAVE SUPPORTERS DURING THE EVENT WHO WISH TO MEET YOU AT EACH CHECKPOINT, PLEASE PASS THIS MANUAL ON TO THEM SO THAT THEY CAN USE THE HYPERLINKS IN THE FOLLOWING TABLES FOR EXACT DISTANCES AND DRIVING TIMES OF EACH EVENT LOCATION.

	Location	Distance to run from last section	Distance and time to drive from last section	What3Words Link	Google Maps Link
START	CHEPSTOW	-	-	https://w3w.co/bongo.amber.gradually	https://goo.gl/maps/xWbv8d2Gx76PBySc9
CHECKPOINT 1	WHITE CASTLE	29 Miles	23 Miles 45 Mins	https://w3w.co/pressing.reassured.body	https://goo.gl/maps/dJS8nT2KJovqLDYq5
CHECKPOINT 2	GRWYNE FAWR	22 Miles	18 Miles 40 Mins	https://w3w.co/hunches.bedsread.hits	https://goo.gl/maps/AZsiaAmjb5LtJ7qZ8
CHECKPOINT 3 Sleep Station Buddy Runner Starting Point	CRICKHOWELL	16 Miles	12 Miles 30 Mins	https://w3w.co/idealist.mash.thuds	https://goo.gl/maps/Hv13Fq9Vf89Ak2XDA

CHECKPOINT LOCATIONS:

	Location	Distance to run from last section	Distance and time to drive from last section	What3Words Link	Google Maps Link
CHECKPOINT 4	LLANGYNIDR	13 Miles	5 Miles 12 Mins	https://w3w.co/menswear.cowboy.prom	https://goo.gl/maps/vFnNtbCKCeHmhTA5A
CHECKPOINT 5 Sleep Station	LLANFRYNACH	27 Miles	10 Miles 18 Mins	https://w3w.co/across.gloves.regal	https://goo.gl/maps/2UDSyopgGcfuNpnY9
CHECKPOINT 6	PENWYLLT	26 Miles	25 Miles 36 Mins	https://w3w.co/lamplight.buddy.pose	https://goo.gl/maps/7VfsNMdiPTeHX54u5
CHECKPOINT 7	LLANDDEUSANT	12 Miles	18 Miles 40 Mins	https://w3w.co/sulked.chessey.grins	https://goo.gl/maps/zHXo4BkfMjNtAsJP9

CHECKPOINT LOCATIONS:

	Location	Distance to run from last section	Distance and time to drive from last section	What3Words Link	Google Maps Link
CHECKPOINT 8 Sleep Station	LLANDYBIE	19 Miles	17 Miles 35 Mins	https://w3w.co/concerned.remarks.organic	https://goo.gl/maps/xqRK5sCufGNUc21Q6
CHECKPOINT 9	PENCLAWDD	21 Miles	21 Miles 35 Mins	https://w3w.co/reinvest.growth.merely	https://goo.gl/maps/53RDG7RrvNdogpeA7
FINISH	RHOSSILI	17 Miles	14 Miles 30 Mins	https://w3w.co/youths.envy.fruity	https://goo.gl/maps/AeaNvdbqhM4QpgWz5

RACE RULES:

IN ADDITION TO ANY PREVIOUSLY MENTIONED RULES, PLEASE FOLLOW THE FOLLOWING RACE RULES:

1. PARTICIPANTS MUST BE 18 YEARS OF AGE OR OLDER ON RACE DAY TO START THE RACE. NO RUNNERS UNDER THE AGE OF 18 WILL BE ALLOWED TO PARTICIPATE.
2. YOU MAY NOT JUST POOP ANYWHERE. WE ASK THAT YOU ABIDE BY “LEAVE NO TRACE” BY DIGGING A 6” HOLE (NO TOILET PAPER OR WIPES CAN BE LEFT BEHIND) OR THE CHECKPOINT TOILETS. IN OTHER CASES PLEASE HAUL YOUR WASTE OUT (AND TOILET PAPER). ANYONE WHO DOES NOT FOLLOW THESE RULES WILL BE DISQUALIFIED.
3. YOU MUST CARRY ALL YOUR OWN GEAR. NO PACER OR OTHER RUNNER MAY MULE YOUR STUFF FOR YOU.
4. MANDATORY GEAR MUST BE CARRIED AT ALL TIMES. RUNNERS WHO DO NOT HAVE THE MANDATORY GEAR WILL BE DISQUALIFIED.
5. IF A RUNNER REQUIRES AN IV DURING THE EVENT THEY ARE AUTOMATICALLY DISQUALIFIED.

RACE RULES:

6. IF A RUNNER REQUIRES THE USE OF EMERGENCY SERVICES THEY MAY BE DISQUALIFIED. RUNNERS MUST HEED THE ADVICE OF THE EMERGENCY SERVICES OR THEY WILL BE DISQUALIFIED. THE EMERGENCY SERVICES HAVE THE FINAL SAY.

7. YOU MUST LEAVE YOUR TRACKER ON AT ALL TIMES UNLESS YOU ARE FINISHED OR DNF'ING. FAILURE TO DO SO WILL RESULT IN DISQUALIFICATION.

8. RUNNERS MUST FOLLOW THE ASSIGNED COURSE, NO SHORT CUTS OF THE COURSE IN ANY WAY. IF WE ASK YOU TO GO TO THE TOP OF THE MOUNTAIN, YOU GO TO THE TOP.

9. RUNNERS MUST FINISH IN THE ALLOTTED TIME OR THEY WILL BE CONSIDERED A DNF. THIS INCLUDES MAKING ALL CHECKPOINT CUT OFF TIMES. BUCKLES ARE ONLY AWARDED TO FINISHES WITHIN THE 120 HOUR CUT OFF TIME.

10. RUNNERS ARE REQUIRED TO CARRY ADDITIONAL CALORIES, WATER AND A WATERPROOF JACKET WITH THEM BETWEEN CHECKPOINTS FOR THEIR OWN SAFETY. WE WILL BE DOING SPOT CHECKS.

RACE RULES:

11. RUNNERS MAY ONLY HAVE A PACER FROM THE GRWYNE FAWR CHECKPOINT ONWARDS. YOU MAY HAVE DIFFERENT PACERS THROUGHOUT, BUT ONLY ONE AT A TIME.

12. RUNNERS MUST COMPLETE THE ENTIRE COURSE ON FOOT.

13. LEAVING BEHIND RUBBISH, TOILET PAPER, WIPES, OR ANYTHING ELSE WILL NOT BE TOLERATED AND WILL BE CAUSE FOR DISQUALIFICATION. RUBBISH MAY ONLY BE LEFT IN BINS AND MUST BE CARRIED BY PARTICIPANTS BETWEEN CHECKPOINTS.

14. RESPECT: WE ASK THAT ALL PARTICIPANTS TREAT THE TRAILS, OUR VOLUNTEERS, OTHER PARTICIPANTS AND TRAIL USERS WITH RESPECT AND KINDNESS. DISRESPECT FOR ANY OF THE ABOVE CAN BE GROUNDS FOR DISQUALIFICATION.

15. THIS EVENT IS CONSIDERED AN “ENDURANCE EVENT” AND AS SUCH IT IS NOT CONSIDERED A COMPETITIVE EVENT BUT RATHER A LIFE ACCOMPLISHMENT. WE WILL RECORD FINISH TIMES AND AWARD FINISHERS BUT THE ACCOMPLISHMENT OF THE PARTICIPANTS IN RUNNING IT IS IN THE EXPERIENCE OF IT, NOT HOW FAST YOU CAN FINISH IT.

RACE RULES:

16. TIME PENALTIES MAY BE GIVEN IF THE RACE ORGANISATION DECIDES THAT A RUNNER OR A RUNNER'S CREW OR PACER HAS ACTED IN A WAY THAT IS UNSPORTSMANLIKE OR IF A RUNNER BREAKS A RULE IN SUCH A WAY AS TO WARRANT A TIME PENALTY, A PENALTY BEING A LESSER PUNISHMENT THAN A FULL DISQUALIFICATION. THIS DECISION IS AT THE FULL DISCRETION OF THE RACE ORGANISATION AND WILL BE MADE CAREFULLY.

17. RUNNERS ARE ALLOWED TO PURCHASE SUPPLIES FROM SHOPS ALONG THE ROUTE.

18. FULL DISQUALIFICATION IS VERY RARE BUT MAY BE GIVEN IF A RUNNER, THEIR CREW OR PACER BLATANTLY BREAKS A RULE OF THE RACE, THE LAW, OR ENDANGERS ANYONE IN THE RACE OR ANY OTHER CITIZENS OR TRAIL USERS. PARTICIPANTS AND THEIR CREW ARE EXPECTED TO ACT IN A WAY THAT ENHANCES THE REPUTATION OF THE EVENT. ANY SITUATION THAT ENDANGERS THE RACE'S PERMITS OR OTHER INDIVIDUALS WILL BE REASON FOR DISQUALIFICATION. ANY FORM OF CHEATING INCLUDING SKIPPING PARTS OF THE COURSE IS GROUNDS FOR DISQUALIFICATION.

19. IF FOR ANY REASON YOU DON'T MAKE IT BACK TO THE FINISH LINE ON FOOT, OUR TEAM WILL MAKE SURE YOU ARE TRANSPORTED TO THE NEAREST CHECKPOINT AND YOU WILL BE RESPONSIBLE FOR MAKING IT BACK TO YOUR CAR UNLESS YOU ARE WILLING TO WAIT AND TRAVEL WITH EVENT CREW AS THEY MOVE TOWARDS THE FINISH LINE.

RACE RULES:

20. DID NOT FINISH: A “DNF” WILL BE GIVEN TO ANY RUNNER WHO CHOOSES TO QUIT THE RACE BEFORE THEY HAVE FINISHED THE ENTIRE COURSE EITHER BY THEIR OWN ADMISSION OR BY MISSING A TIME CUT OFF OR IF THE MEDICAL TEAM OR RACE ORGANISATION DOES NOT LET THEM CONTINUE DUE TO A MEDICAL ISSUE INCLUDING BUT NOT LIMITED TO ANY ISSUE THAT REQUIRES HOSPITALISATION OR IS DEEMED AS BEING GRAVE ENOUGH TO REQUIRE HOSPITALISATION WHETHER OR NOT THE PARTICIPANT DOES INDEED SEEK MEDICAL HELP, EXTREME HALLUCINATIONS OR LOSING TOUCH WITH REALITY. MEDICAL ISSUES MAY BE PHYSICAL OR MENTAL AS A LONG ENDURANCE RUN LIKE THIS CAN CAUSE BREAKDOWN OF BOTH THE BODY AND THE MIND.

21. ALL RUNNERS MUST MAKE THEMSELVES KNOWN TO CHECKPOINT STAFF AND VOLUNTEERS. NO RUNNER SHOULD JUST RUN THROUGH WITHOUT GIVING NOTICE. THIS IS A HEALTH AND SAFETY PRECAUTION.

22. RUNNER BIB NUMBERS AND PACER BIB NUMBERS MUST BE VISIBLE AT ALL TIMES. NO EXCUSES.

23. RUNNER INFORMATION ON THE BACK OF THE BIB NUMBERS (AND PACER NUMBERS) MUST BE FILLED IN BEFORE STARTING THE EVENT.

RACE RULES:

24. IF A RUNNERS DROPS OUT FOR WHATEVER REASON THEN THEY MUST NOTIFY THE RACE DIRECTOR BEFORE LEAVING THE COURSE AND TRACKER RETURNED TO THE NEAREST CHECK POINT.

25. ALL RUNNERS MUST HAVE A COPY OF THE ROUTE ON THEM AT ALL TIMES, NO EXCUSES. WE WILL BE DOING SPOT CHECKS WHEN YOU LEAST EXPECT IT.

26. PLEASE NOTE THERE IS A 4 HOUR TIME LIMIT FOR SLEEPING AT SLEEP STATIONS. THIS TIME LIMIT STARTS WHEN A PARTICIPANT ENTERS THE SLEEP STATION.

27. NO RUNNER IS PERMITTED TO STOP FOR LONGER THAN 4 HOURS ANYWHERE ON THE COURSE. THIS ALSO APPLIES TO RESTING IN CREW VEHICLES.

28. LASTLY, AND MOST IMPORTANTLY, A RUNNER IS 100% RESPONSIBLE FOR THEIR CREW AND PACERS AND THE WAY THE CREW AND PACERS ACT ON COURSE AND BETWEEN CHECKPOINTS. NEARLY ALL THE PROBLEMS THAT ARISE IN RACES ARE DUE TO CREW BREAKING RULES. PLEASE EDUCATE YOUR CREW CAREFULLY AND CHOOSE THEM EVEN MORE CAREFULLY. THEY WILL REPRESENT YOU AND THUS REPRESENT THE ENTIRE EVENT. THE WAY YOUR CREW INTERACTS WITH AND TREATS OUR VOLUNTEERS, STAFF, LOCALS AND OTHER TRAIL USERS IS IMPORTANT. WE EXPECT ONLY THE MOST PROFESSIONAL, KIND AND COURTEOUS CREW. PLEASE NOTE THAT CREW IS NOT MANDATORY OR NEEDED TO COMPLETE THIS EVENT.

CREW RULES:

CREW AND PACERS CAN DISQUALIFY THEIR RUNNERS IF THEY DO NOT FOLLOW THESE RULES. PLEASE MAKE SURE YOUR CREW AND PACERS HAVE COPIES OF THIS MANUAL AND UNDERSTAND THE RULES.

1. CREW ARE ALLOWED AT CHECKPOINTS, BUT THEY MUST REFRAIN FROM GOING INSIDE CHECKPOINT TENTS OR BUILDINGS. SPACE WILL BE LIMITED.
2. PACERS MUST START FROM A CHECKPOINT.
3. SLEEP STATIONS ARE FOR REGISTERED RUNNERS ONLY. IF PACERS NEED TO SLEEP WE ASK THAT CREW PROVIDE THEM WITH THE AMENITIES NEEDED.
4. IF PACERS ARE UNABLE TO KEEP UP WITH THEIR RUNNER, FOR WHATEVER REASON, THE PACER MUST STOP AT THE NEXT CHECKPOINT.

CREW RULES:

5. PACERS ARE NOT ALLOWED TO MULE (CARRY STUFF) FOR THEIR RUNNER. PACERS MAY NOT GIVE THEIR RUNNER ANY AID, FOOD, OR WATER UNLESS IT IS AN EMERGENCY SITUATION, IN WHICH CASE THE RUNNER WILL BE DISQUALIFIED. PACERS ARE FOR SAFETY AND COMPANY, NOT FOR GIVING AID OR GAINING AN ADVANTAGE OVER FELLOW PARTICIPANTS.

6. CREW AND PACERS MUST RESPECT AND FOLLOW THE RULES OF THE RACE, INCLUDING FOLLOWING ALL RULES/DIRECTION FROM THE CHECKPOINT CAPTAINS AT EACH CHECKPOINT.

7. WE DO NOT KEEP TRACK OF PACERS. YOU ARE RESPONSIBLE FOR YOUR PACER. PACERS CAN PICK UP A PACER BIB AT RACE CHECK IN OR AT THE CHECKPOINTS.

8. RUNNERS ARE ONLY ALLOWED ONE PACER AT A TIME, NO EXCEPTIONS.

9. PACERS MUST BE ON FOOT. NO BIKES OR OTHER MOTORISED/NON MOTORISED HELP.

10. CREW ARE ALLOWED TO TOP UP RUNNER SUPPLIES WHEN MEETING THEIR RUNNER. THIS IS DIFFERENT TO PACERS PROVIDING ASSISTANCE TO RUNNERS.

HAVE A QUESTION? GET IN TOUCH.



IF THERE IS ANYTHING YOU ARE UNSURE ABOUT
THEN PLEASE DO GET IN TOUCH. WE ARE HERE
TO MAKE SURE YOU ARE FULLY PREPARED TO
TAKE ON THE SOUTH WALES 200.

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