



**WILD  
HORSE  
200**

WILD THING, YOU MAKE MY HEART SING

# WELCOME TO WILD HORSE RUN CAMP:

THANK YOU FOR JOINING US IN THE BANNAU BRYCHEINIOG FOR AN INFORMATIVE LOOK AT ONE OF THE COUNTRY'S MOST SCENIC 200 MILERS. THIS MANUAL WILL GIVE YOU EVERYTHING YOU NEED TO KNOW FOR THE BIG WEEKEND!

DOORS WILL OPEN FOR THE WEEKEND AT 17:00, MARCH 15TH 2024 AND CLOSE AT 18:00, MARCH 17TH 2024

WEEKEND LOCATION / WILD HORSE HQ - [PERTH-Y-PIA BUNKHOUSE, LLANBEDR, CRICKHOWELL, NP8 1SY](#)

WEBSITE - [CLICK HERE](#)

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# WELCOME TO WILD HORSE RUN CAMP:

## DESCRIPTION OF THE WILD HORSE RUN CAMP:

WHETHER YOU'RE A FIRST-TIMER OR AN OLD HAND AT THE 200 MILE DISTANCE, THIS IS AN INFORMATIVE LOOK AT THE ROUTE. GROUP TRAINING RUNS – BOTH DAY AND NIGHT – WILL FAMILIARISE YOU WITH KEY SECTIONS OF THE COURSE, AND DISCUSSION SESSIONS WITH TRAIL RUNNING EXPERTS WILL HELP YOU GET THE MOST OUT OF YOUR WILD HORSE EXPERIENCE.

## WHAT TO EXPECT:

WE NEED TO MANAGE YOUR EXPECTATIONS. THIS EXPERIENCE IS NON COMPETITIVE. IT IS ABOUT GETTING TO KNOW THE SOUTH WALES 200 COURSE. IT IS ABOUT GETTING TO KNOW YOUR FELLOW RUNNER. BUILD THE KNOWLEDGE AND BUILD THE RELATIONSHIPS THAT WILL STAND THE TEST OF A 200 MILER.

THE WILD HORSE RUN CAMP WILL BE AN ENJOYABLE EXPERIENCE. YOU CAN RUN AT YOUR OWN PACE DURING THE TRAIL RUNS. YOU CAN TEST YOUR ABILITIES HOWEVER YOU WANT TO. WE'LL BE THERE FOR YOU THROUGHOUT WITH OUR EVENT TEAM, EXPERT GUIDES AND SPECIAL GUEST SPEAKERS LEADING THE THREE INFORMATIVE TALKS / DISCUSSIONS.

# SCHEDULE - FRIDAY MARCH 15TH:

17:00 TO 18:00

RUNNER CHECK IN - WILD HORSE HQ CRICKHOWELL

18:00 TO 18:30

RUN CAMP KICK OFF, GUIDE INTRODUCTIONS

18:30 TO 19:30

"TACKLING THE WILD HORSE 200" - BEN WERNICK

19:30 TO 19:50

LOAD THE SHUTTLE BUS AND HEAD FOR THE NIGHT RUN / HIKE

20:00 TO 01:30

TRAIL RUN / HIKE FROM CP2 TO WILD HORSE HQ - 14 MILES

23:00 TO 02:00

LATE NIGHT PIZZA AT THE WILD HORSE HQ IN CRICKHOWELL

# SCHEDULE - SATURDAY MARCH 16TH:

06:30 TO 08:00

BREAKFAST AND Q & A WITH STU OBREE AND EVENT TEAM

08:00 TO 08:20

LOAD THE SHUTTLE BUS AND HEAD FOR PANDY

08:30 TO 18:30

TRAIL RUN / HIKE FROM PANDY TO WILD HORSE HQ - 31 MILES

13:00 TO 19:30

SOCIAL, Q&A WITH RACE DIRECTOR, TRAIL RUNNING EXPERTS ALLIE BAILEY & STU OBREE

19:30 TO 20:30

GUEST SPEAKER - ALLIE BAILEY, DINNER AT WILD HORSE HQ IN CRICKHOWELL

20:30 TO 21:30

PANEL FEATURING WILD HORSE 200 RACE DIRECTOR, ALLIE BAILEY AND STU OBREE

# SCHEDULE - SUNDAY MARCH 17TH:

07:00 TO 08:30 -

BREAKFAST AND TOP TIPS FOR PACING, FUELLING, FOOT CARE AND HEADSPACE WITH STU OBREE AND CHRIS HEWETT

08:30 TO 16:00 -

TRAIL RUN / HIKE FROM WILD HORSE HQ TO CP4 AT TALYBONT ON USK - 19 MILES

12:00 TO 16:00 -

SHUTTLES FROM CP4 BACK TO WILD HORSE HQ

13:00 TO 18:00 -

SOCIAL, Q&A WITH RACE DIRECTOR / EVENT TEAM, CREWING TALK, TAPERING AND FAREWELLS

# ACCOMMODATION ARRANGEMENTS:

WE HAVE AN INCREDIBLE BUNKHOUSE ON THE FOOTHILLS SURROUNDING CRICKHOWELL AND THIS WILL ACT AS WILD HORSE HQ FOR THE DURATION OF THE WEEKEND. ALL WORKSHOPS AND GUEST SPEAKER GIGS WILL RUN OUT OF THE BUNKHOUSE.

ALL RUNNERS WILL BE EATING AND SLEEPING AT PERTH Y PIA. THIS BEAUTIFUL BUNKHOUSE IS LOCATED IN A TRULY REMARKABLE LOCATION, WITH UNPRECEDENTED VIEWS OF THE BEGUILING SUGAR LOAF MOUNTAIN.

THERE IS PLENTY OF SPACE FOR EVERYONE AND ALTHOUGH NOT REQUIRED, YOU ARE MORE THAN WELCOME TO BRING YOUR OWN BLANKET / SLEEPING BAG / SOFT TOY.

ELECTRICITY TO RECHARGE YOUR GADGETS WILL BE AVAILABLE, AS WELL AS TOILETS AND SHOWERS. WE'D IMAGINE THESE ARE PRETTY IMPORTANT FACILITIES.

# CATERING ARRANGEMENTS:

WE HAVE ARRANGED FOR AN EXTERNAL CATERING COMPANY TO TAKE CARE OF YOU FOR THE WEEKEND AND THEY CAN ACCOMMODATE ALL DIETARY REQUIREMENTS - AS LONG AS YOU LET US KNOW BEFOREHAND.

WITH REGARDS TO MEALS ORGANISED FOR YOU THROUGHOUT THE WEEKEND, PLEASE SEE BELOW;

BREAKFAST - SATURDAY AND SUNDAY

AFTERNOON SNACK - SATURDAY AND SUNDAY

DINNER - FRIDAY AND SATURDAY

PLEASE NOTE; RUNNERS ARE RESPONSIBLE FOR BRINGING THEIR OWN FOOD / NUTRITION FOR WHEN OUT ON THE TRAILS. THIS IS A GREAT OPPORTUNITY FOR YOU TO TEST OUT THE FOOD YOU PLAN ON EATING AT THE SOUTH WALES 200.



# MANDATORY KIT FOR RUNNING:

THIS RUN CAMP EXPERIENCE HAS BEEN CRAFTED FOR YOU TO TEST YOURSELF AND YOUR KIT ON THE OFFICIAL SOUTH WALES 200 COURSE. WE'D RECOMMEND BRINGING WITH YOU THE KIT THAT YOU PLAN ON USING DURING THE EVENT, WITH THE FOLLOWING LIST BEING MANDATORY:

- 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 / NUTRITION

# RECOMMENDED GEAR FOR THE WEEKEND:

- CHANGE OF CLOTHES FOR CASUAL WEAR
- BLANKET / SLEEPING BAG (OPTIONAL)
- TOWEL
- TOOTHBRUSH
- SHAMPOO
- HIKING POLES
- ANY MEDICINE YOU MIGHT NEED
- EXTRA BATTERIES
- EXTRA HEADLAMP
- YOUR FAVOURITE STUFFED ANIMAL
- FAVOURITE SNACKS
- WATER BOTTLE
- SPARE CHANGE OF RUNNING KIT
- POWER BANK
- BUG SPRAY
- YOUR FAVOURITE FOODS, GELS, SNACKS, DRINKS
- ANY CHARGING CABLES FOR PHONE, GPS
- WET WIPES
- EAR PLUGS FOR SLEEPING
- WARM PANTS / RUNNING TIGHTS

# ROUTE - FRIDAY MARCH 15TH:

**DISTANCE - 14 MILES**

**ELEVATION GAIN - 2,200FT**

**START POINT - CHECKPOINT 2**

**END POINT - PERTH-Y-PIA BUNKHOUSE (WILD HORSE HQ)**

BRIEF DESCRIPTION - THIS IS THE NIGHT TIME ADVENTURE OF THE WEEKEND. WE'D SUGGEST WALKING / HIKING THIS SECTION. IT'S REMOTE, IT'S HIGH UP AND IN MARCH WE COULD BE IN FOR ANY CONDITIONS. PLEASE PREPARE FOR FOR THE WORST WEATHER AND BRING THE RIGHT KIT.

# ROUTE - SATURDAY MARCH 16TH:

**DISTANCE - 31 MILES**

**ELEVATION GAIN - 6,200FT**

**START POINT - PANDY**

**END POINT - PERTH-Y-PIA BUNKHOUSE (WILD HORSE HQ)**

BRIEF DESCRIPTION - THIS IS THE LONGEST SESSION OF THE WEEKEND. YOU WILL START OFF THE DAY IN PANDY AND FOLLOW THE OFFICIAL SOUTH WALES 200 ROUTE BACK TO PERTH-Y-PIA BUNKHOUSE. YOU WILL EXPERIENCE A NEW SECTION (17 MILES) OF THE ROUTE TO START AND RETRACE 14 MILES OF YOUR FOOTSTEPS FROM FRIDAY NIGHT'S SESSION. MENTALLY THIS MAY SUCK BUT TO SEE THIS STRETCH IN THE DAYLIGHT HOURS WILL GIVE YOU EXTREME CONFIDENCE FOR WHEN THE SOUTH WALES 200 COMES AROUND AND YOU HAVE NO CHOICE BUT TO TACKLE IT AT NIGHT TIME.

# ROUTE - SUNDAY MARCH 17TH:

**DISTANCE - 19 MILES**

**ELEVATION GAIN - 4,300FT**

**START POINT - PERTH-Y-PIA BUNKHOUSE (WILD HORSE HQ)**

**END POINT - TALYBONT USK**

BRIEF DESCRIPTION - DAY THREE WILL BE THE TIRED LEG KINDA DAY. YOU'LL RUN FROM THE BUNKHOUSE TO MILE 83 OF THE SOUTH WALES 200 AND THEN DROP OFF TOR Y FOEL MOUNTAIN TO MEET YOUR RIDE BACK TO THE BUNKHOUSE AND THE END OF THE WEEKEND.

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 WILD HORSE RUN CAMP.

CONTACT:

[info@wildhorse200.com](mailto:info@wildhorse200.com)

ph: 07426 434994

[www.wildhorse200.com](http://www.wildhorse200.com)

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