



# **WILD HORSE 200**

— MID WALES —

**YOU MAKE EVERYTHING GROOVY, WILD THING**

# WELCOME TO THE MID WALES 200:

THE MID WALES 200 IS A BEAUTIFUL TEST OF HUMAN ENDURANCE.

200 MILES OF NON STOP RUNNING IN LESS THAN 120 HOURS.

A LIFE CHANGING ADVENTURE AROUND THE BACKCOUNTRY AND MOUNTAINS OF MID WALES, ALONG THE HEART OF WALES LINE, JUMPING ON TO OFFA'S DYKE, BEFORE TACKLING THE GLYNDWR'S WAY, SEVERN WAY AND WYE VALLEY WALK TO COMPLETE THE LOOP AND CROSS THE FINISH LINE.

THE EVENT WILL COMMENCE AT 06:00, 15/06/22 AND FINISH AT 06:00, 20/06/22 WITH A STRICT CUT OFF TIME OF 55 HOURS TO REACH THE 103 MILE MARKER AT LLANGADFAN.

START LOCATION - LLANDRINDOD WELLS.

FINISH LOCATION - LLANDRINDOD WELLS.



# RACE ITINERARY:

TUES, 14/06/22

Mandatory pre-race briefing, registration  
and kit check at 18:00 - 21:00

WEDS, 15/06/22

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

FRI, 17/06/22

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

MON, 20/06/22

Finish of the Mid Wales 200 at 06:00

TUES, 21/06/22

The Wild Horse sleeps



# 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)
- MOBILE PHONE
- COMPASS
- DOWNLOADED GPX / GPS FILE OF THE ROUTE
- HEAD LAMP OR OTHER LIGHT SOURCE FOR NIGHT-TIME
- SURVIVAL BAG / FOIL BLANKET
- WATERPROOF CLOTHING (GOOD WATERPROOF CLOTHING)
- THERMAL TOP / MID LAYER
- BACKPACK
- BLISTER KIT
- ADEQUATE FOOD RESERVES, 1,000 CALORIES



# RECOMMENDED GEAR FOR DROP BAGS:

- PLASTIC BAGGIES
- EXTRA WATER BOTTLE
- SPARE SOCKS, SHOES, SHORTS, SHIRT
- EXTRA BATTERIES FOR HEADLAMPS
- POWER BANK
- BUG SPRAY
- YOUR FAVOURITE FOODS, GELS, SNACKS, DRINKS
- WATER TREATMENT OF YOUR CHOICE (IODINE PILLS, ETC.)
- ANY CHARGER CABLES FOR PHONE, GPS
- WET WIPES
- YOUR FAVOURITE STUFFED ANIMAL



# RECOMMENDED GEAR FOR DROP BAGS:

- EAR PLUGS FOR SLEEPING AT SLEEP STATIONS
- WARM JACKET (DOWN JACKET, FLEECE)
- WARM PANTS/RUNNING TIGHTS
- CHANGE OF CLOTHING: T-SHIRTS, SHORTS FOR WARM WEATHER AS WELL AS COLD WEATHER
- HAT & GLOVES- THIS RACE IS IN THE MOUNTAINS
- SLEEPING BAG- IF YOU PLAN TO SLEEP AT AN AID STATION A SLEEPING BAG WOULD GIVE YOU PLENTY OF WARMTH, OUR BLANKETS MAY NOT BE SUFFICIENT.
- HIKING POLES (IF YOU AREN'T ALREADY USING THEM)
- ELECTROLYTES, CAFFEINE PILLS & ANY MEDICINE YOU MIGHT NEED
- EXTRA BATTERIES
- EXTRA HEADLAMP





# DROP BAGS & SLEEP STATION BAGS:

PARTICIPANTS ARE ALLOWED TWO TRANSPORTABLE BAGS FOR THE EVENT:

**CHECKPOINT DROP BAG - AVAILABLE AT ALL CHECKPOINTS:**

THIS 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.

**SLEEP STATION DROP BAG - AVAILABLE AT ALL SLEEP STATIONS:**

THIS IS THE BAG PARTICIPANTS WILL REQUIRE FOR THE THREE SLEEP STATIONS AND SHOULD CONTAIN EVERYTHING REQUIRED TO HAVE A POWER NAP. PARTICIPANTS WILL ONLY HAVE ACCESS TO THEIR SLEEP STATION DROP BAGS AT EACH SLEEP STATION (NOT CHECKPOINTS). IT MUST BE A WATERPROOF DROP BAG.



# ROUTE & COURSE MARKINGS:

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

THE COURSE ROUTE MARKINGS WILL BE MADE UP OF THE MAIN NATIONAL TRAILS WAY MARKERS AND COLOURED RIBBONS IN ANY AREAS WE FEEL NEED EXTRA SIGNAGE. THE FINAL GPX FILES WILL BE SHARED WITH COMPETITORS CLOSER TO THE RACE DATE. ALL RUNNERS MUST HAVE A GPX COPY OF THE ROUTE - YOU WILL NEED IT. THIS GPX WILL HELP TO KEEP YOU ON TRACK. THERE ARE CHECKPOINTS APPROXIMATELY EVERY 25 MILES.

YOU CAN GET A SNEAK PEAK OF THE ROUTE USING THE BUTTON ON THE RIGHT. 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.

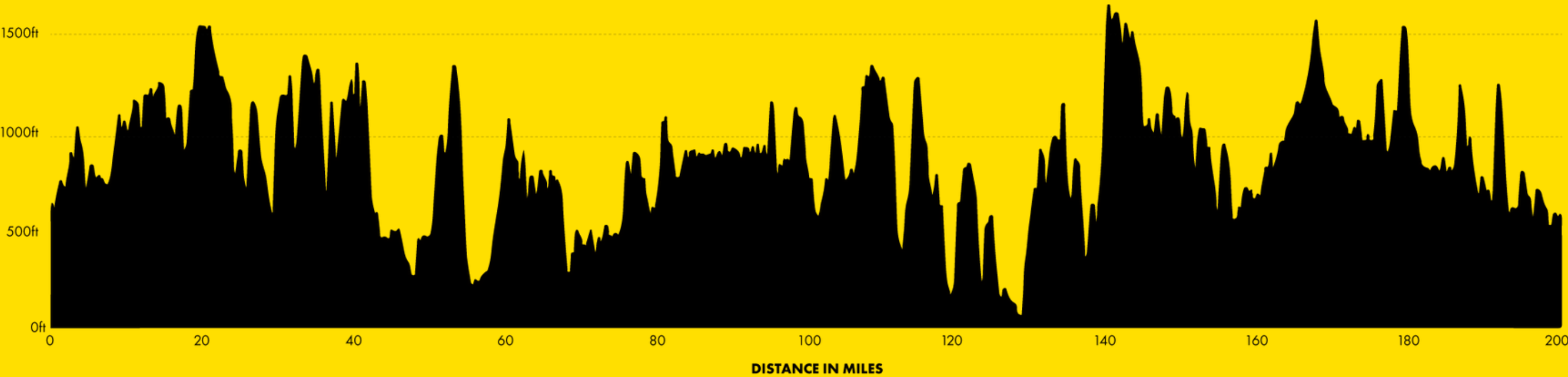
[SEE THE ROUTE HERE](#)





WILD THING, YOU MAKE MY HEART SING

ELEVATION:  
31,000 FEET



WILD HORSE 200



# CHECKPOINTS:

THERE ARE FULLY LOADED CHECKPOINTS STATIONED APPROXIMATELY 25 MILES APART WHERE COMPETITORS CAN ACCESS THEIR CHECKPOINT DROP BAG AND EVERYTHING YOU WOULD EXPECT FROM A TOP CLASS CHECKPOINT: HOT (GOOD) FOOD, QUALITY COLD FOOD, HOT DRINKS, COLD DRINKS (REAL COCA COLA), WATER, SHELTER, AND, IF NECESSARY, MEDICAL SUPPORT.

ELECTRICITY WILL BE AVAILABLE TO CHARGE YOUR GADGETS (YOU MUST BRING YOUR OWN CABLES) AND OUR WILD HORSE STALLIONS WILL BE ON HAND TO HELP YOU IN ANY (REASONABLE) WAY AT ALL.



# SLEEP STATIONS:

PLEASE NOTE THERE ARE 3 SLEEP STATIONS ALONG THE ROUTE

- FORDEN 49 MILES
- LLANGADFAN 103 MILES
- LLANIDLOES 158 MILES

RUNNERS WILL BE SUPPLIED WITH SHELTER, BUT MUST BRING THEIR OWN SLEEP STATION DROP BAG WHICH WILL BE TRANSPORTED BETWEEN SLEEP STATIONS (YEP THIS IS DIFFERENT TO A CHECKPOINT BAG).

YOU CAN EXPECT TO ACCESS YOUR CHECKPOINT DROP BAG AND SLEEP STATION DROP BAG AT EACH SLEEP STATION. ELECTRICITY TO RECHARGE YOUR GADGETS WILL BE AVAILABLE AND YOU CAN EXPECT EVERYTHING YOU'D GET FROM ONE OF OUR FULLY LOADED CHECKPOINTS.



# CHECKPOINTS & CUT OFF TIMES:

## CHECKPOINT 1

KNIGHTON - 27 MILES  
13 HOURS  
CLOSES AT 19:00 15/06

## CHECKPOINT 2

SLEEP STATION / FORDEN - 48 MILES  
23 HOURS  
CLOSES AT 05:00 16/06

## CHECKPOINT 3

DOLANOG - 76 MILES  
38 HOURS  
CLOSES AT 20:00 16/06

## CHECKPOINT 4

SLEEP STATION / LLANGADFAN - 103 MILES  
55 HOURS  
CLOSES AT 13:00 17/06

## CHECKPOINT 5

PENEGOES- 127 MILES  
70 HOURS  
CLOSES AT 04:00 18/06

## CHECKPOINT 6

SLEEP STATION / LLANIDLOES - 158 MILES  
90 HOURS  
CLOSES AT 00:00 19/06



# CHECKPOINTS & CUT OFF TIMES:

## CHECKPOINT 7

LLANGURIG - 179 MILES  
102 HOURS  
CLOSES AT 12:00 19/06

## FINISH LINE

LLANDRINDOD WELLS - 205 MILES  
120 HOURS  
CLOSES AT 06:00 20/06



# 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.



## RACE RULES:

5. IF A RUNNER REQUIRES AN IV DURING THE EVENT THEY ARE AUTOMATICALLY DISQUALIFIED.
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.





## RACE RULES:

**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.

**11.** RUNNERS MAY ONLY HAVE A PACER FROM THE FORDEN 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.



## RACE RULES:

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.

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.



## RACE RULES:

**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. 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.**



## RACE RULES:

20. 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.

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

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

23. IF A RUNNERS DROPS OUT FOR WHATEVER REASON THEN THEY MUST NOTIFY THE RACE DIRECTOR BEFORE LEAVING THE COURSE.

24. 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.



## RACE RULES:

25. 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 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 STATION TENTS 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.







# 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 MID WALES 200.

## CONTACT:

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

ph: 07426 434994

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

