

WILD HORSE 200

– SOUTH WALES –

RUNNER MANUAL

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1 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, April 15th 2026 and finish at 06:00, April 20th 2026 with a strict cut off time of 55 hours to reach the 100-mile marker.

Start location - Southern terminus of the Wales Coast Path, Chepstow

Finish location - Worm's Head, Rhossili



2 RACE ITINERARY

Tuesday, April 14th

Mandatory pre-race briefing, registration and kit check from 17:00 - 19:00 at The Boat Inn, The Back, Chepstow NP16 5HH

Wednesday, April 15th

Trackers handed out at 05:00 – 05:45

Final race briefing at 05:45

Start of the South Wales 200 at 06:00

The Boat Inn, The Back, Chepstow NP16 5HH (we will take the short walk over to the Wales Coast Path Southern Terminus for race start)

Friday, April 17th

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

Allt Du Summit, Brecon Beacons

Monday, April 20th

Finish of the South Wales 200 at 06:00

Worms Head, Rhossili

Tuesday, April 21st

The Wild Horse grazes

3 SCHEDULE - REGISTRATION

Tuesday, 14th April

12:30 TO 12:50 HOURS

A coach will be available to board at Worm's Head Car Park, Rhossili, SA3 1PR. The official finish line.

13:00 HOURS

The coach will leave Worm's Head at 13:00 and will take a little over two hours to get to Chepstow. If you plan on using the coach service, then you must be on board before **13:00 hours**.

15:30 HOURS

The coach will aim to arrive at the Boat Inn by **15:30 hours**, give us a little break if we hit traffic! You will then have 1.5 hours to check into your hotel if needed or view the delights of Chepstow town centre.

17:00 to 18:00 HOURS

Registration will start from 17:00 and you will be able to collect your race number, collect any merch ordered as well as have a complete kit check. This will take place at The Boat Inn, Chepstow, NP16 5HH.

18:00 to 19:00 HOURS

We will hold a compulsory pre-race meeting that all runners must attend, that will cover any last-minute changes, all the info you need for the morning and give you an opportunity to ask any questions. This will also take place at The Boat Inn, Chepstow, NP16 5HH.

4 SCHEDULE - THE MAIN EVENT

Wednesday, 15th April (RACE DAY!!)

05:00 TO 05:45 HOURS

Late runner check in and kit check. Drop bags can be dropped off and trackers will be handed over to the runners. This will take place at The Boat Inn, Chepstow, NP16 5HH.

05:45 TO 06:00 HOURS

Last minute words of encouragement and a quick word from the race director to get you going!

06:00 HOURS

Start of the South Wales 200 at the southern terminus of the Wales Coast Path and an incredible adventure.

Friday, 17th April

13:00 HOURS

100 mile cut off time - 55 hours (Allt Du Summit, Brecon Beacons).

Monday, 20th April

06:00 HOURS

End of the South Wales 200 and time to rest.

5 COACH TRANSFER

A coach will be available to board at Worm's Head Car Park, 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 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 make sure you add this as an add on to your entry on Let's Do This. We'll need to know if you want a seat at least 3 weeks before race day to ensure we can accommodate everyone. If the 25th March 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.

There is a £40.00 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 which leaves at 13:00 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, however, you will be responsible for making it back to your car or onward transport unless you are willing to wait and travel with event crew as they move towards the finish line. Please note that due to the length of this event, a wait at a checkpoint could be a very long time!

6 MANDATORY KIT LIST WHILST RUNNING

Remember there is no such thing as terrible weather, just bad kit:

- **Appropriate footwear** (trail shoes recommended)
- **Water bottles** (2 litre minimum in total)
- **Mobile phone** (with battery)
- **Downloaded GPX/GPS file of the route on your watch or handheld device**
- **Head lamp** or other light source for night-time with back up battery or 2 x headlamps
- **Power bank**
- **Clip on LED safety lights** 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)

7 RECOMMENDED GEAR FOR DROP BAGS

- Plastic baggies
- Extra water bottles
- Spare socks and shoes
- 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 and any medicine you might need
- Extra batteries
- Extra headlamp
- Your favourite stuffed animal

8 DROP BAGS

Participants are allowed one drop bag for the event. There is a size limit of 120 litres and a 20kg maximum weight limit. Drop bags will be weighed at registration and may be refused if overweight.

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.



9

ROUTE AND COURSE MARKINGS

We 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 way markers and of course your GPX file.

You can view 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.

[**SEE THE ROUTE HERE**](#)



We thought it may be helpful to provide some visuals of the route way markers to familiarise yourself with before the event:

WYE VALLEY WALK



OFFA'S DYKE



BEACONS WAY



CAMBRIAN WAY



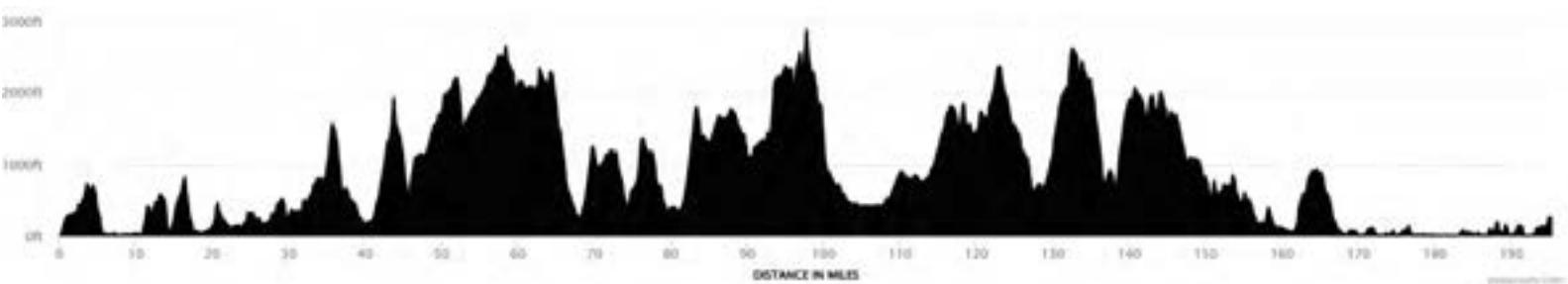
HEART OF WALES LINE



WALES COAST PATH



10 ELEVATION: 32,000FT/ 9,753m



[SEE THE ROUTE HERE](#)



11 CHECKPOINTS

There are **8 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 cut off times for each checkpoint. Please familiarise yourself with these, they are extremely generous and provide you with maximum opportunity to keep you on track and the adventure moving forward.

All runners must have left the checkpoint before the cut off time.



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 Schwepped away), Squash (Orange, Blackcurrant etc.), Tea, Coffee. Remember to bring your own reusable cup (we are a cupless organisation).

Food items will include: Fresh fruit, chocolate, snack bars, crisps, cake (everyone loves cake), 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 edit your entry on Let's Do This asap so that we can cater for you).

WHAT ELSE CAN YOU EXPECT FROM CHECKPOINTS?

Electricity: power banks will be available to recharge your gadgets.

Please bring your own plugs and cables (we will not be providing these).

Shelter: all checkpoints will have cover in the form of a building / gazebo to 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.

12 Event Locations

REGISTRATION (Chepstow)

Location: The Boat Inn, The Back, Chepstow, NP16 5HH

What3Words: <https://w3w.co/downfield.insulated.muddy>

Google Maps: <https://maps.app.goo.gl/7AtGKMg43RdjfzjFA>

START (Chepstow)

Location: The Wales Coast Path (Southern Terminus), The Back, Chepstow, NP16 5HH

What3Words: <https://w3w.co/hiring.beam.loose>

Google Maps: <https://maps.app.goo.gl/h7jkmwubHbfsa7RR9>

CHECKPOINT 1 (Llangattock Lingoed)

Location: The Hunters Moon Inn, Llangattock Lingoed, Abergavenny, NP7 8RR

What3Words: <https://w3w.co/cemented.today.dimes>

Google Maps: <https://maps.app.goo.gl/ngqhNLyFz66V8Zxd6>

CHECKPOINT 2 (Crickhowell)

Location: Crickhowell Scout Hall, Castle Rd, Crickhowell, NP8 1AP

What3Words: <https://w3w.co/acrobats.extension.alleyway>

Google Maps: <https://maps.app.goo.gl/rJQhFe5gz4nnfo6TA>

Notes: Whist crews are allowed to the crickhowell checkpoint, due to very limited parking we ask that crews park elsewhere in crickhowell. Beaufort St Car Park is the nearest public car park which is a 7-minute walk away from the checkpoint.

CHECKPOINT 3 (Llangynidr)

Location: Llangynidr Village Hall, Cwmcrawnion Road, Llangynidr, Crickhowell, NP8 1LS

What3Words: <https://w3w.co/smooth.modifies.including>

Google Maps: <https://maps.app.goo.gl/K89JwwPSe7whGsov7>

CHECKPOINT 4 (Llanfrynnach)

Location: Llanfrynnach Village Hall, School Row, Llanfrynnach, Brecon, LD3 7AZ

What3Words: <https://w3w.co/across.gloves.regal>

Google Maps: <https://maps.app.goo.gl/p2e8rxe9euwegRYdo6>

Notes: Due to the location of this checkpoint, very limited parking and the fact most participants will come through at night this checkpoint is not accessible to crews.

12 Event Locations

CHECKPOINT 5 (Penwyllt)

Location: South Wales Caving Club, 5 Powell St, Penwyllt, Swansea, SA9 1GQ

What3Words: <https://w3w.co/lamplight.buddy.pose>

Google Maps: <https://maps.app.goo.gl/Xk2tLSZk3tZRdZw67>

CHECKPOINT 6 (Llanddeusant)

Location: Almond Lodge, The Old Red Lion, Llangadog, SA19 9UL

What3Words: <https://w3w.co/exact.starting.dizziness>

Google Maps: <https://maps.app.goo.gl/hE3Qn8ZkkX2yTMxR7>

Note: This checkpoint has very little parking and is located down some very tight lanes and so is not accessible to crews.

CHECKPOINT 7 (Llandybie)

Location: Llandybie Public Memorial Hall, Woodfield Rd, Llandybie, Ammanford SA18 3UR

What3Words: <https://w3w.co/dolphins.reminder.insisting>

Google Maps: <https://maps.app.goo.gl/gCFNniGjvsfJuBap7>

CHECKPOINT 8 (Penclawwdd)

Location: Penclawdd Community Centre, Victoria Road, Penclawdd, Swansea, SA4 3FU

What3Words: <https://w3w.co/flinch.condition.depths>

Google Maps: <https://maps.app.goo.gl/tAvKwnUDtGd6foW56>

FINISH (Rhossili)

Location: Worms Head Car Park, Rhossili, Swansea, SA3 1PR

What3Words: <https://w3w.co/spoons.rather.prominent>

Google Maps: <https://maps.app.goo.gl/78L9hVpgoZrBygNc9>

13 Event Distances

| | Total Distance | Distance to Next CP | Accent/Decent to Next CP* | Crew Access? | Cut Off Times |
|--|----------------|---------------------|---------------------------|--------------------------------|---|
| Start Chepstow | 0 miles | 32 mi | 4,200ft/ 3,700ft | Yes | |
| Checkpoint 1 Llangattock Lingoed | 32 miles | 36 mi | 6,900ft/ 6,900ft | No | 11 Hours 17:00 April 15th |
| Checkpoint 2 Crickhowell | 68 miles | 12 mi | 2,500ft/ 2,500ft | Yes (See event location notes) | 33 Hours 15:00 April 16th |
| Checkpoint 3 Llangynidr | 80 miles | 29 mi | 5,100ft/ 5,000ft | Yes | 41 Hours 23:00 April 16th |
| Checkpoint 4 Llanfrynnach | 109 miles | 23 mi | 3,400ft/ 2,500ft | No | 58 Hours 16:00 April 17th |
| Checkpoint 5 Penwyllt | 132 miles | 11 mi | 3,000ft/ 3,200ft | Yes | 72 Hours 06:00 April 18th |
| Checkpoint 6 Llanddeusant | 143 miles | 19 mi | 3,500ft/ 4,100ft | No | 82 Hours 16:00 April 18th |
| Checkpoint 7 Llandybie | 162 miles | 22 mi | 1,600ft/ 1,800ft | Yes | 96 Hours 06:00 April 19th |
| Checkpoint 8 Penclawdd | 184 miles | 16 mi | 1,100ft/ 900ft | Yes | 108 Hours 18:00 April 19th |
| Finish Worms Head | 200 miles | - | - | Yes | 120 Hours 06:00 April 20th |

14 SLEEP STATIONS

Please note there are 3 sleep stations along the route:

- **Checkpoint 2 (Crickhowell) @ 68 miles**
- **Checkpoint 4 (Llanfrynnach) @ 109 miles**
- **Checkpoint 7 (Llanddeusant) @ 143 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.



WHAT NUTRITION CAN YOU EXPECT FROM SLEEP STATIONS?

Breakfast / snack options: porridge, toast, fresh fruit.

Main options: toasted sandwiches, bacon sarnies, cheesy mashed potato, mild bean chilli (won't blow your head off), loaded nachos.

Drink items will include: H2O, coca cola (the real shizzle), lemonade (don't get schwepped away), squash (orange, blackcurrant etc.), tea, coffee. Remember to bring your own reusable cup (we are a cupless organisation).

Other food items will include: fresh fruit, chocolate, snack bars, crisps / tortillas, cake (everyone loves cake), 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 edit your entry on Let's Do This asap so that we can cater for you)

WHAT ELSE CAN YOU EXPECT FROM SLEEP STATIONS?

Electricity: Power banks will be available to recharge your gadgets.

Please bring your own plugs and cables (we will not be providing these).

Shelter: All sleep stations will have cover in the form of a building 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.

15 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.
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 all mandatory kit items with them between checkpoints for their own safety. We will be doing spot checks.
11. Runners may only have a pacer from mile 40 (Abergavenny) 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.

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 or onwards transport unless you are willing to wait and travel with event crew as they move towards the finish line.

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.
24. If a runner drops out for whatever reason, then they must notify the race director before leaving the course and **return the tracker** to the nearest checkpoint.
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 stopping 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.



16 CREW RULES

Crew and pacers can disqualify their runners if they do not follow these rules. Please make sure your crew have copies of this manual.

- Due to the remote nature of our checkpoints, space can be really limited and because of this crews are only allowed at certain checkpoints (detailed earlier in this manual).
- At checkpoints that crews are allowed to attend, they must refrain from going inside checkpoint tents or buildings. Space will be limited.
- Crew can meet runners anywhere on the course, however, please ensure you do not trespass on private land or block access for residents.
- Crew are allowed at checkpoints if collecting a runner that has DNF'd.
- Sleep stations are for registered runners only. If pacers need to sleep, we ask that crew provide them with the amenities needed.
- If pacers are unable to keep up with their runner, for whatever reason, the pacer **MUST** stop at the next checkpoint.
- 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.
- Crew and pacers must respect and follow the rules of the race, including following all rules/direction from the checkpoint team at each checkpoint.

16 CREW RULES

- 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.
- Runners are only allowed one pacer at a time, no exceptions.
- Pacers must be on foot. No bikes or other motorised / non motorised help.
- Crew are allowed to top up runner supplies when meeting their runner. This is different to pacers providing assistance to runners.



WILD HORSE 200

– SOUTH WALES –

RUNNER MANUAL