

# EPONA 100

UPDATED; JUNE 8TH 2024



# WELCOME TO THE EPONA 100:

THE EPONA 100 IS A MODERN DAY ADVENTURE INTO THE BREATHTAKING MOUNTAINS, CRYSTAL CLEAR WATERS & GOLDEN VALLEYS OF SOUTH WALES. 100 MILES OF NON STOP RUNNING IN LESS THAN 50 HOURS.

MADE UP OF THREE INCREDIBLE TRAILS AROUND THE GATEWAY TO WALES, THE EPONA 100 ENCOMPASSES THE STUNNING BEACONS WAY, THE ANCIENT OFFA'S DYKE AND THE MEANDERING CAMBRIAN WAY TO CREATE ONE MIND BLOWING LOOP.

THE EVENT WILL COMMENCE AT 06:00, JUNE 22ND 2024 AND WILL FINISH AT 08:00, JUNE 24TH 2024 WITH A NON NEGOTIABLE CUT OFF TIME OF 50 HOURS TO CROSS THE FINISH LINE IN THE MARKET TOWN OF ABERGAVENNY.

START LOCATION - ABERGAVENNY CRICKET GROUND

FINISH LOCATION - ABERGAVENNY CRICKET GROUND



# RACE ITINERARY:

## FRI, JUNE 21ST 2024

Mandatory pre-race briefing, registration and kit check 16:00 - 19:00

Abergavenny Cricket Ground

## SAT, JUNE 22ND 2024

Trackers will be handed over to the runners and switched on between 05:00 to 05:45

Final race briefing at 05:45

Start of the EPONA 100 at 06:00

Abergavenny Cricket Ground

## SUN, JUNE 23RD 2024

50 mile cut off at 04:00 (22 hours)

Llangynidr Mile 50

## MON, JUNE 24TH 2024

Finish of the EPONA 100 at 08:00

Abergavenny Cricket Ground

# SCHEDULE - PRE EVENT:

## FRIDAY JUNE 21ST

### 16:00 TO 18:00 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 ABERGAVENNY CRICKET GROUND

### 18:00 TO 19:00 HOURS:

COMPULSORY PRE RACE MEETING THAT ALL RUNNERS MUST ATTEND. THIS WILL ALSO TAKE PLACE AT ABERGAVENNY CRICKET GROUND

# SCHEDULE - THE MAIN EVENT:

## SATURDAY JUNE 22ND

05:00 TO 05:45 HOURS:

TRACKERS WILL BE SWITCHED ON. THIS WILL TAKE PLACE AT ABERGAVENNY CRICKET GROUND

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 EPONA 100 AT ABERGAVENNY CRICKET GROUND

## SUNDAY JUNE 23RD

04:00 HOURS:

50 MILE CUT OFF TIME - 22 HOURS (LLANGYNIDR)

## MONDAY JUNE 24TH

08:00 HOURS:

END OF THE EPONA 100 AT ABERGAVENNY CRICKET GROUND AND TIME TO REST

# 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 (FULLY CHARGED)
- COMPASS
- DOWNLOADED GPX / GPS FILE OF THE EPONA 100 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 (TO CARRY IT ALL IN)
- BLISTER KIT
- RE-USEABLE CUP (TO USE ON ROUTE AND AT CHECKPOINTS)
- ADEQUATE FOOD RESERVES (500 CALORIES MINIMUM WHEN LEAVING THE START LINE / EACH CHECKPOINT)

# RECOMMENDED GEAR FOR DROP BAG:

- 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.)
- SALT TABLETS
- ANY CHARGING CABLES FOR PHONE, GPS
- WET WIPES
- 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 HAVE A POWER NAP AT CHECKPOINT 5
- 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 CHECKPOINT 2, CHECKPOINT 5 AND CHECKPOINT 6: THEY WILL BE TRANSPORTED BETWEEN CHECKPOINTS BY THE EPONA TEAM AND SHOULD CONTAIN EVERYTHING REQUIRED DURING THE EVENT. IT MUST BE A WATERPROOF DROP BAG AND WE'D RECOMMEND A DRY BAG FOR EXTRA PROTECTION.

YOUR DROP BAG SHOULD INCLUDE ANYTHING YOU NEED FOR A POWER NAP AT CHECKPOINT 5.



# ROUTE & COURSE MARKINGS:

THE RACE ORGANISERS HAVE CREATED THIS EVENT TO TAKE IN THE MOST MAJESTIC SCENERY OF SOUTH WALES. THE COURSE FOLLOWS A NUMBER OF FAMOUS TRAILS, INCLUDING OFFA'S DYKE, THE BEACONS WAY AND CAMBRIAN WAY, AS IT WEAVES ITS WAY OVER THE BREATHTAKING MOUNTAINS AND GOLDEN VALLEYS FOR WHICH WALES IS FAMOUS.

NAVIGATION IS SIMPLE ON THE MAJOR TRAILS OF OFFA'S DYKE, BEACONS WAY AND CAMBRIAN WAY - YOU WILL FOLLOW A MIX OF EPONA TRAIL MARKERS, 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:

## OFFA'S DYKE



# ROUTE & COURSE MARKINGS:

## BEACONS WAY

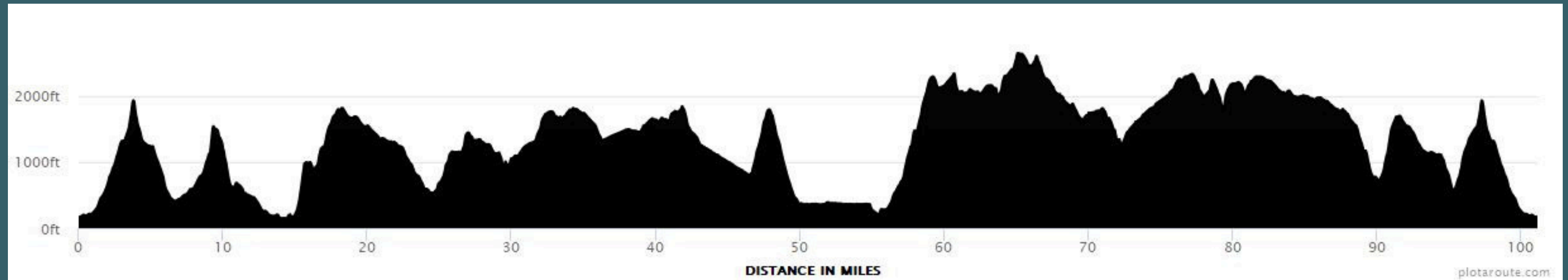


## CAMBRIAN WAY





ELEVATION:  
17,500 FEET



# CHECKPOINTS:

THERE ARE 8 FULLY LOADED CHECKPOINTS STATIONED APPROXIMATELY 10 MILES APART, WITH THE EXCEPTION OF A FEW SECTIONS WHERE WE'VE ALTERED THE DISTANCE DUE TO TERRAIN OR IMPROVED CHECKPOINT LOCATION.

THE CHECKPOINTS WILL INCLUDE EVERYTHING YOU WOULD EXPECT FROM A TOP CLASS CHECKPOINT: FOOD, DRINK, SHELTER, AND, IF NECESSARY, MEDICAL SUPPORT. OUR EPONA 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

LINDA VISTA GARDENS,  
ABERGAVENNY - 13 MILES

6 HOURS

CLOSES AT 12:00 NOON JUNE 22ND

## CHECKPOINT 2

CLYDACH VILLAGE HALL - 24 MILES

10 HOURS

CLOSES AT 16:00 JUNE 22ND

## CHECKPOINT 3

THE TOP HOUSE TREFIL - 35 MILES

15 HOURS

CLOSES AT 21:00 JUNE 22ND

## CHECKPOINT 4

DANYWENALLT YHA - 47 MILES

20 HOURS

CLOSES AT 02:00 JUNE 23RD

## 50 MILE MARKER

LLANGYNIDR - 50 MILES

22 HOURS

CUT OFF TIME 04:00 JUNE 23RD

## CHECKPOINT 5 (SLEEP STATION)

CRICKHOWELL SCOUT HALL - 56 MILES

25 HOURS

CLOSES AT 07:00 JUNE 23RD

## CHECKPOINT 6

MYNYDD DU FOREST - 72 MILES

35 HOURS

CLOSES AT 17:00 JUNE 23RD

## CHECKPOINT 7

GOSPEL PASS - 79 MILES

38 HOURS

CLOSES AT 20:00 JUNE 23RD

## CHECKPOINT 8

TREATS CAMPSITE LLANTHONY - 90 MILES

43 HOURS

CLOSES AT 01:00 JUNE 24TH

## FINISH LINE

ABERGAVENNY CRICKET GROUND -

100 MILES

50 HOURS

CLOSES AT 08:00 JUNE 24TH



# CHECKPOINTS:

## WHAT 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 SCHWEPED 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, SANDWICHES.

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). PLEASE NOTE THESE WILL BE LIMITED AND WE'D ALSO RECOMMEND BRINGING YOUR OWN SOURCE OF POWER (JUST IN CASE)

**SHELTER:** ALL CHECKPOINTS WILL HAVE COVER IN THE FORM OF A BUILDING OR MARQUEE 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 CHECKPOINTS 2, 5 AND 6.

**OUR CREW:** EACH CHECKPOINT WILL BE MANNED BY EPONA 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 AT EACH CHECKPOINT WHICH WILL FOCUS ON THE NEXT SECTION AHEAD OF YOU, SO YOU KNOW WHAT YOU'RE IN FOR.

# SLEEP STATION:

PLEASE NOTE THERE IS ONE OFFICIAL SLEEP STATION ALONG THE ROUTE:

- CRICKHOWELL 56 MILES

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

YOU CAN ACCESS YOUR CHECKPOINT DROP BAG AT THIS SLEEP STATION.

INDIVIDUAL CHANGING AREAS ARE AVAILABLE FOR ANYONE WANTING PRIVACY.

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 STATION:

## WHAT NUTRITION CAN YOU EXPECT FROM THE SLEEP STATION?

**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, CHEESY 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 SCHWEPPEP 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), SOUP POTS, PASTA POTS, NOODLE POTS, SANDWICHES.

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 STATION:

## WHAT ELSE CAN YOU EXPECT FROM THE SLEEP STATION?

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

**SHELTER:** THE SLEEP STATION 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 WILL BE AVAILABLE. CAMP BEDS WILL BE AVAILABLE FOR RUNNERS TO REST FOR A MAXIMUM OF 4 HOURS. PLEASE BRING YOUR OWN GEAR FOR A POWER NAP. PLEASE BE RESPECTFUL OF OTHER RUNNERS SLEEPING. THESE ARE QUIET ZONES.

**CREW:** EACH CHECKPOINT WILL BE MANNED BY EPONA 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 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
<b>START</b>	ABERGAVENNY CRICKET GROUND	-	-	<a href="https://w3w.co/options.quilt.quality_">https://w3w.co/options.quilt.quality_</a>	<a href="https://maps.app.goo.gl/3GyBaFL8teeyKkAd9">https://maps.app.goo.gl/3GyBaFL8teeyKkAd9</a>
<b>CHECKPOINT 1</b>	LINDA VISTA GARDENS ABERGAVENNY	13 Miles	1 Mile 4 Mins	<a href="https://w3w.co/founding.necklaces.encoding_">https://w3w.co/founding.necklaces.encoding_</a>	<a href="https://maps.app.goo.gl/cP6eddGv8CKkMWiG6">https://maps.app.goo.gl/cP6eddGv8CKkMWiG6</a>
<b>CHECKPOINT 2</b>	CLYDACH VILLAGE HALL	11 Miles	6 Miles 10 Mins	<a href="https://w3w.co/stamp.plankton.dialects_">https://w3w.co/stamp.plankton.dialects_</a>	<a href="https://maps.app.goo.gl/1nQZkV8EEahdCsac6">https://maps.app.goo.gl/1nQZkV8EEahdCsac6</a>
<b>CHECKPOINT 3</b>	THE TOP HOUSE TREFIL	11 Miles	10 Miles 14 Mins	<a href="https://w3w.co/bravo.rekindle.convinces_">https://w3w.co/bravo.rekindle.convinces_</a>	<a href="https://maps.app.goo.gl/WmmjWY8NjWFz7LVR">https://maps.app.goo.gl/WmmjWY8NjWFz7LVR</a> A

# CHECKPOINT LOCATIONS:

	Location	Distance to run from last section	Distance and time to drive from last section	What3Words Link	Google Maps Link
<b>CHECKPOINT 4</b>	DANYWENALLT YHA	12 Miles	18 Miles 41 Mins	<a href="https://w3w.co/defended.pollution.lots">https://w3w.co/defended.pollution.lots</a>	<a href="https://maps.app.goo.gl/z4i92xP8vpe22t686">https://maps.app.goo.gl/z4i92xP8vpe22t686</a>
<b>CHECKPOINT 5 Sleep Station</b>	CRICKHOWELL SCOUT HALL	9 Miles	12 Miles 28 Mins	<a href="https://w3w.co/acrobats.extension.alleyway">https://w3w.co/acrobats.extension.alleyway</a>	<a href="https://maps.app.goo.gl/GtNTPrka9XaL9GEW9">https://maps.app.goo.gl/GtNTPrka9XaL9GEW9</a>
<b>CHECKPOINT 6</b>	MYNYDD DU FOREST	16 Miles	17 Miles 43 Mins	<a href="https://w3w.co/winemaker.with.total">https://w3w.co/winemaker.with.total</a>	<a href="https://maps.app.goo.gl/544Zb7TiRSYYFG9H7">https://maps.app.goo.gl/544Zb7TiRSYYFG9H7</a>

# CHECKPOINT LOCATIONS:

	Location	Distance to run from last section	Distance and time to drive from last section	What3Words Link	Google Maps Link
<b>CHECKPOINT 7</b>	GOSPEL PASS	7 Miles	21 Miles 54 Mins	<a href="https://w3w.co/sunflower.prefect.equivocal">https://w3w.co/sunflower.prefect.equivocal</a>	<a href="https://maps.app.goo.gl/7tEuGLVQCqZPwTAa8">https://maps.app.goo.gl/7tEuGLVQCqZPwTAa8</a>
<b>CHECKPOINT 8</b>	TREATS CAMPSITE LLANTHONY	11 Miles	4 Miles 12 Mins	<a href="https://w3w.co/comical.burglars.presumes">https://w3w.co/comical.burglars.presumes</a>	<a href="https://maps.app.goo.gl/r42K25Rrw7eKx4Ka7">https://maps.app.goo.gl/r42K25Rrw7eKx4Ka7</a>
<b>FINISH</b>	ABERGAVENNY CRICKET GROUND	10 Miles	12 Miles 24 Mins	<a href="https://w3w.co/options.uilt.quality">https://w3w.co/options.uilt.quality</a>	<a href="https://maps.app.goo.gl/3GyBaFL8teeyKkAd9">https://maps.app.goo.gl/3GyBaFL8teeyKkAd9</a>



# 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 AND MEDALS ARE ONLY AWARDED TO FINISHES WITHIN THE 50 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 CHECKPOINT 5 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 FROM THE CLOSEST VEHICLE ACCESS POINT TO YOU, 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 THE SLEEP STATION. 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. PLEASE NOTE ALL CREW MEMBERS ARE ENCOURAGED TO RUN THE FINAL MILE WITH THEIR RUNNER.

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 EPONA 100.

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