



EPONA 1  O



# WELCOME TO THE EPONA RUN CAMP:

THANK YOU FOR JOINING US IN THE BANNAU BRYCHEINIOG FOR AN INFORMATIVE LOOK AT ONE OF THE COUNTRY'S MOST SCENIC 100 MILERS. THIS MANUAL WILL GIVE YOU EVERYTHING YOU NEED TO KNOW FOR THE BIG WEEKEND!

DOORS WILL OPEN FOR THE WEEKEND AT 17:00, APRIL 26TH 2024 AND CLOSE AT 18:00, APRIL 28TH 2024

WEEKEND LOCATION / EPONA HQ - [3 THE STABLES THE MEWS, LEWIS'S LN, ABERGAVENNY NP7 5BA](#)

WEBSITE - [CLICK HERE](#)

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# WELCOME TO THE EPONA RUN CAMP:

## DESCRIPTION OF THE EPONA RUN CAMP:

WHETHER YOU'RE A FIRST-TIMER OR AN OLD HAND AT THE 100 MILE DISTANCE, WE ENCOURAGE YOU TO JOIN US IN ABERGAVENNY FOR AN INFORMATIVE LOOK AT ONE OF THE COUNTRY'S MOST SCENIC 100 MILERS. 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 EPONA 100 EXPERIENCE.

## WHAT TO EXPECT:

WE NEED TO MANAGE YOUR EXPECTATIONS. THIS EXPERIENCE IS NON COMPETITIVE. IT IS ABOUT GETTING TO KNOW THE EPONA 100 COURSE. IT IS ABOUT GETTING TO KNOW YOUR FELLOW RUNNER. BUILD THE KNOWLEDGE AND BUILD THE RELATIONSHIPS THAT WILL STAND THE TEST OF A 100 MILER.

THE EPONA 100 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 APRIL 26TH:

17:00 TO 18:00

RUNNER CHECK IN - EPONA 100 HQ ABERGAVENNY

18:00 TO 18:30

RUN CAMP KICK OFF, GUIDE INTRODUCTIONS

18:30 TO 19:30

GUEST SPEAKER & "TACKLING THE EPONA 100" TALK

19:30 TO 19:40

LOAD THE SHUTTLES AND HEAD FOR LLANTHONY

20:00 TO 00:00

TRAIL RUN FROM LLANTHONY TO ABERGAVENNY

23:00 TO 00:30

LATE NIGHT PIZZA AT THE EPONA 100 HQ IN ABERGAVENNY



# SCHEDULE - SATURDAY APRIL 27TH:

06:30 TO 08:00

BREAKFAST AND Q & A WITH RUNNING GUIDES AND EVENT TEAM

08:00 TO 08:10

LOAD THE SHUTTLES AND HEAD FOR TREFIL

08:30 TO 17:30

TRAIL RUN FROM TREFIL TO CRICKHOWELL

12:00 TO 17:30

SHUTTLES FROM CRICKHOWELL TO EPONA 100 HQ IN ABERGAVENNY

13:00 TO 17:30

OPTIONAL Q&A WITH RACE DIRECTOR, TRAIL RUNNING EXPERTS & EVENT TEAM IN ABERGAVENNY

18:00 TO 20:30

DINNER AND PANEL FEATURING GUEST SPEAKER, EPONA 100 RACE DIRECTOR AND 100 MILE VETERANS IN ABERGAVENNY



# SCHEDULE - SUNDAY APRIL 28TH:

07:00 TO 08:30 -

BREAKFAST AND TOP TIPS FOR PACING, FUELLING, HYDRATION AND HEADSPACE

08:30 TO 08:40 -

LOAD SHUTTLES AND HEAD FOR CRICKHOWELL

09:00 TO 16:00 -

TRAIL RUN FROM CRICKHOWELL TO GRWYNE FAWR RESERVOIR

12:00 TO 16:00 -

SHUTTLES FROM GRWYNE FAWR RESERVOIR TO EPONA 100 HQ IN ABERGAVENNY

13:00 TO 18:00 -

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



# 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

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 EPONA 100. WE WILL HAVE A CHECKPOINT ALONG THE ROUTE ON THE SATURDAY.



# MANDATORY KIT FOR RUNNING:

THIS RUN CAMP EXPERIENCE HAS BEEN CRAFTED FOR YOU TO TEST YOURSELF AND YOUR KIT ON THE OFFICIAL EPONA 100 ROUTE. 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)
- ADEQUATE FOOD RESERVES / NUTRITION





# RECOMMENDED GEAR FOR THE WEEKEND:

- CHANGE OF CLOTHES FOR CASUAL WEAR
- TOOTHBRUSH
- SHAMPOO
- HIKING POLES
- ANY MEDICINE YOU MIGHT NEED
- EXTRA BATTERIES
- EXTRA HEADLAMP
- 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
- WARM PANTS / RUNNING TIGHTS



# ROUTE - FRIDAY APRIL 26TH:

**DISTANCE - 11 MILES**

**ELEVATION GAIN - 2,500FT**

**START POINT - LLANTHONY**

**END POINT - ABERGAVENNY**

BRIEF DESCRIPTION - THE OVERLY EXCITED KINDA DAY. AN EVENING SHAKE OUT FROM LLANTHONY TO ABERGAVENNY, VIA SUGAR LOAF MOUNTAIN.



[GPX ROUTE HERE](#)



# ROUTE - SATURDAY APRIL 27TH:

**DISTANCE - 20 MILES**

**ELEVATION GAIN - 2,200FT**

**START POINT - TREFIL**

**END POINT - CRICKHOWELL**

BRIEF DESCRIPTION - A LONG RUN KINDA DAY. STARTING OFF FROM TREFIL BAGGING SOME MUCH NEEDED COURSE EXPERIENCE AND ENDING UP IN THE TOWN OF CRICKHOWELL.



[GPX ROUTE HERE](#)

# ROUTE - SUNDAY APRIL 28TH:

**DISTANCE - 16 MILES**

**ELEVATION GAIN - 3,600FT**

**START POINT - CRICKHOWELL**

**END POINT - GRWYNE FAWR RESERVOIR**

BRIEF DESCRIPTION - THE TIRED LEG KINDA DAY. MORE HILLS, MORE TRAILS, MORE HILLS, MORE EXPERIENCE, MORE HILLS, MORE CAMARADERIE WITH YOUR FELLOW RUNNERS.



[GPX ROUTE HERE](#)



# 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 RUN CAMP.

## CONTACT:

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