



The Valleys 100

24th – 26th May 2014

THE EVENT:

- The aim is to complete, on foot, a defined route of 100 miles within a maximum of 48 hours starting at 10am or 2pm on Saturday 24th May 2014. Entrants may use either of the start times, except that runners should start at 2pm.

START:

West Monmouth School, Blaendare Road, Pontypool, NP4 5YG GR SO 283 002.
Free car parking is provided.

THE ROUTE:

A visually spectacular walk of 101 miles in the South Wales Valleys of South Wales. The route will start from West Monmouth Comprehensive School in Pontypool and follow a clockwise route that will initially take you to the summit of Mynydd Maen. A beautiful stretch of moorland walking will bring the route to Twmbarlwm, considered by many to be one of the finest viewpoints in Southern Wales. A descent then to Cwmcarn and the route will enter the lower Ebbw Valley. The route crosses into the Sirhowy Valley and then climbs to Mynydd y Grug. From here the route descends to Maesycwmmmer and crosses the lower Rhymney valley before climbing to Mynydd and Cefn Eglwysilan. Here you will be treated to a bird's eye view of the Taff Valley that the route will soon cross. The route descends to Pontypridd and then follows the easternmost ridge of the famous Rhondda valleys, providing what we hope will be glorious views in late afternoon light. From Llanwonno the route descends to Ynysbwyl and Abercynon and the first night section will follow the Rhymney Valley Ridgeway through Gelligaer to Deri via common land and a disused railway line. The path will climb the shoulder of Cefn Brithdir and follow the Rhymney Valley Ridgeway to its northern terminus. A walk through Bryn Bach Park will bring the route to the breakfast stop in Tredegar. Following a sustaining breakfast, the route will cross the upper Sirhowy Valley and climb to Cefn Manmoel. The route will provide a bird's eye view over the upper Ebbw Valley as it goes south to the Pen y Fan pond. Now the route will enter the Ebbw valley and climb to Mynydd Carn y Cefn. We consider this ridge to be one of the nicest in South Wales and the Brecon Beacon peaks of Corn Du and Pen y Fan dominate the views to the north. The route descends to Nantyglo and then climbs the Coity Mountain. A wide grassy track is gently climbed as it goes south before a gentle descent to the next checkpoint at is enjoyed. From Cwmavon, a steady ascent of Mynydd-y-garn-fawr takes place to the visually spectacular checkpoint at Keeper's Pond that is situated on the shoulder of the Bloreng Mountain. Now the route follows what many will consider to be a visual highlight with views across the Usk Valley towards the Black Mountains as the path skirts around the northern side of the Bloreng. A very gentle descent takes the route to Llanellen via the Punchbowl, a lake on the side of the hill. The route will then follow the Monmouthshire and Brecon Canal to the village of Goytre. Finally, the route will climb back to a ridge to provide a farewell view of the eastern valleys and descend to the finish at Pontypool.

NUMBER OF ENTRANTS:

- The registration period for the Valleys 100 opens on Monday 14th October 2013 and closes on Friday 29th November 2013. If more than 550 entries are received by 29th November 2013 entrants will be selected by means of a ballot.
- At the time of the ballot LDWA members who have completed a qualifier will take precedence over non-LDWA members.
- LDWA membership is defined as membership initially as on Tuesday 1st January 2013.
- Then LDWA members joined between 1st January 2013 and Monday 14th October 2013.

- If two or more entrants wish to be included or excluded together in the event of a ballot, then the entries should be sent in the same envelope with a statement to that effect attached (or if entering online added as multiple entries).
- Entrants in all categories not successful in the ballot will be placed on a reserve list in the order in which they are drawn out in the ballot.
- Those successful in the ballot will be notified and will be required to send payment by Thursday 19th December 2013. If payment is not received by this date, then if there is a waiting list, the entry will be cancelled and the place offered to a person on the waiting list.
- Notice of non-acceptance will be sent after 3rd December 2013.
- If fewer than 550 entries are received by 30th November 2013 all entries will be accepted (subject to conditions of entry) and the remaining places filled on a first come first served basis irrespective of LDWA membership. The final closing date for entries will be Monday 28th April 2014.

COST:

- The entry fee is £60.00 for LDWA members and £80.00 for non-LDWA members.
- Payment will be made either by the online event SPORTIDENT page or cheque (which should be made payable to "**Valleys 100**")
- The entry fee includes all refreshments provided during the event including a meal at the breakfast checkpoint, transport for retirements, a meal at the finish, a certificate for all starters and a badge for all finishers. Transport of entrants' own food to checkpoints for those with special dietary requirements is included in the cost provided the food is supplied and labelled with their name, walk number and checkpoint number to be delivered to, and the organisers are notified in advance.
- It also includes production of the event report and results which will be published on the event website soon after the event.
- There will be a range of other merchandise available at extra cost.
- Entries will be acknowledged via email.
- If entrants do not use email, then entries / payment will NOT be acknowledged unless a stamped self-addressed postcard or sealed envelope marked "Entry Received" or "Payment Received" is forwarded with the entry. The SAE's will be posted on the 29th November 2013 once it is known that an applicant has either been accepted on the event or not. (subject to the ballot)

CONDITIONS OF ENTRY:

All entrants must:

- Be aged 18 years or over on the 24th May 2014.
- Finish by 10am on Monday 26th May 2014.
- Checkpoint opening and closing times will be clearly posted in the route description and will be enforced – be aware of these when choosing your starting time.
- Have the skills to navigate and read a map.
- Provide evidence of having completed an event of at least 50 miles, or completion of 50 miles of an event of longer than 50 miles, after 1st January 2013. If entering by post this can be a photocopy of a certificate or results sheet. If entering online, this can be a link to an event website results page.
- Conditional entry on the basis that a qualifying event will be completed in the future will not suffice. Entries will only be accepted when evidence is produced that a qualifying event has already been completed.
- Be aware acceptance of an event not included in the list of qualifying events shown on the event website will be at the discretion of the organising committee. However the event should enable the entrant to display the necessary stamina and fitness and navigate the required distance including during the hours of darkness.
- Have completed an official entry form (or copy) with one person per form OR entered online via the event SPORTIDENT page.
- Have paid the required entry fee.
- Agree to comply with the event rules.

KIT REQUIRED:

Please note that the Valleys 100 route is an exposed route, and in bad weather will become very testing. The kit that is required below is the bare minimum expected. You can expect to be subject to a kit check at some point during the event.

- Route Description.
- Maps as specified below.
- A full set of waterproofs.

- Sweater/fleece.
- Trousers to be carried if shorts are worn.
- Compass and whistle.
- A working torch with spare batteries and bulb if not an LED device.
- Adequate survival bag. Space blankets are NOT accepted.
- First Aid kit, which at a minimum must include plasters, adhesive dressing, antiseptic wipes, fixation tape and low adherent dressing.
- A cup or mug (none will be provided on route)
- Emergency food and drink.
- Suitable footwear in good condition to be worn.
- Reflective clothing or reflective markers on rucksacks/backpacks. These must be visible when walking at night.
- Money/Debit/Credit card or mobile phone for emergency use.

MAPS REQUIRED:

- OS 1:25,000 Explorer 152, 166 & OL13 or
- OS 1:50,000 Landranger 161, 170 & 171 or
NB – Both the above list of maps can be bought cheaper as a bulk option from www.dash4it.co.uk
- Bespoke Ordnance Survey 1:50,000 map centred on post code NP24 6AY which can be obtained from <http://www.shop.ordnancesurveyleisure.co.uk/oscustommade>
- Computer-generated versions of these maps printed in colour at a scale of not less than 1:50,000, waterproof and covering at least 1 mile either side of the route will be acceptable or
- Maps in electronic format will also be allowed provided durability and adequate power supply can be demonstrated if requested by a marshal.

BAGGAGE:

- A baggage service is included. A single small bag marked with your walk number should be deposited in the area provided at West Monmouth Comprehensive School, and will be transported to the breakfast stop at Tredegar. It will then be taken back to West Monmouth Comprehensive School for collection at the finish. You undertake not to leave cash or valuables (e.g. mobiles/GPS) in it.
- A numbered tag will be supplied which should be secured to your breakfast stop baggage.
- Please keep the size and weight of your bags within a maximum permitted size 22" x 18"x 10" and maximum weight 13lbs.
- Your bags will be weighed and measured and bags exceeding this size or weight will not be transported. No plastic sacks or bin liners will be accepted, nor items other than those wholly contained within the bag. This includes walking poles.
- All bags must be collected by 11.00am on Monday 26th May 2014.

CONDUCT OF THE EVENT:

- Throughout the event each entrant must follow the route description provided including any late changes notified at the start or en route by marshals, and get their time recorded and tally punched at each checkpoint, including any self-clip.
- Pass through checkpoints in order. In the event that they deviate from the route they must get back on route by the shortest practical means without trespassing on private property. (Deliberate deviation from the route to gain advantage will result in disqualification)
- Complete the event exclusively on foot unless for safety reasons on a marshal's instructions.
- Comply with the Countryside Code and do nothing to bring LDWA into disrepute.
- Be especially quiet at night, in particular whilst near residential property.
- Obey directions given to them by marshals, and hand in their tally and retire from the event if so directed by a marshal.
- The organisers reserve the right to vary the route for any reason such as adverse conditions or road closures, in which case entrants will be informed of the variations by marshals.
- Marshals shall be entitled to group entrants for reasons of safety, for example during adverse conditions.
- No dogs are permitted on the event.

RETIREMENTS:

- Retiring entrants should hand in their tally card at a checkpoint and wait for transport to be arranged to Pontypool. In an emergency, if retiring entrants cannot reach a checkpoint they should pass their tally to another person to hand in, or call the emergency telephone number. Under no circumstances should anyone retire from the event without ensuring the organisers are informed. Checkpoint marshals shall be entitled to retire entrants who in their opinion are behind schedule or who appear to show signs of distress going beyond normal fatigue or to require medical attention. However they have no obligation to do so, and entrants must not rely on checkpoint marshals as to the state of their own fitness.
- No entrant shall be allowed in a checkpoint other than during the official opening times of the checkpoint. These times will be displayed on the event web site and in the route description.
- Any entrant arriving at a checkpoint after that checkpoint has closed will be retired.
- Checkpoint marshals will retire any entrant remaining at a checkpoint for more than 2 hours.
- In all matters connected with the event the decision of the organisers is final. At checkpoints the decision of the marshals is final.

RECEIVING THE EVENT:

Accepted entrants who wish to recce the event should please note that the route may be subject to alteration and that some of the route crosses private land or land that has restrictions on access. Permission is required for organised groups to cross this land and such permission has been granted at the required times during the event only. Any person who is identified as trespassing on land where access has been negotiated for the duration of the event only, may be subject to disqualification.

CANCELLATION & WITHDRAWAL:

- The event is organised by unpaid volunteers who have made reasonable endeavours to organise the event.
- If the event is cancelled for any reason we will do our best to contact you before you start your journey, using the contact details that you have provided to us. We will also put a notice on our website and we ask you to check this before you depart. Cancellation of the event will be at the discretion of the organisers and your entry fee will be refunded less a proportional amount for costs incurred etc.
- If you withdraw your entry on or before 31st March 2014 we will refund your fee, less £5 for administration. There will be no refund if you withdraw after 31st March 2014.

PRIVACY, DATA PROTECTION & PERSONAL INFORMATION:

- For operational and safety reasons we need to store your personal information on a computer. This is a pre-condition of entry and by signing the entry form you agree to this storage. This information will be held by the teams helping to plan and run the event and will be erased after the report and results have been published.
- You should however be aware that the LDWA maintains a Hundreds Database held on the hard drive of a personal computer of the Keeper of the Database. This database is also stored on a re-writable disk. The Hundreds Database contains names, gender, local group, age (where declared on entry forms), number of Hundreds started and finished, and years and times. It does not include addresses or telephone numbers.
- If you do not want your name to appear on the Entry List, the Results List or you do not want your personal details to be stored on the Hundreds Database, then please enter via post **ONLY** and tick the appropriate boxes on the Entry Form.