



Annual 100 Mile Challenge Walk Saturday 23rd – Monday 25th May 2020

“Y 100 Sir Fynwy”

Organised by South Wales LDWA

The Background

The Long Distance Walkers Association (LDWA) is an association of people with the common interest of walking long distances in rural, mountainous or moorland areas. The Association has 43 Groups in the UK and they organise social and challenge walks throughout the year including the flagship event, ‘The Hundred’.



The South Wales Group is honoured to be organising “Y 100 Sir Fynwy” in 2020.

The Route

The route will start and finish at Chepstow Comprehensive School and follow a clockwise route around the county. It is 101 miles long with approximately 14,000 feet of ascent. Y 100 Sir Fynwy will visit Black Rock, Rogiet, Wentwood, Usk, The Bryn, Abergavenny, Cwmyoy, Llanthony, Longtown, Pandy, Treadam, Monmouth, Redbrook, Trellech and Tintern before returning to Chepstow.

In order to identify where the checkpoints are and when they will be open please refer to the table on the reverse of this newsletter.

The Entrants

Whilst the entrants will pass through checkpoints, they will not stop to sleep and will walk through at least one full night. The fastest walkers and runners will complete the challenge in approximately 25 hours whilst the last person to return to Walk Headquarters will probably take close to 48 hours to complete the route. In the early stages of the event, the entrants will pass through the checkpoints within a short time period, but some of the checkpoints in the last 10 miles are open for nearly 24 hours.

The Event

It has taken four years of planning to ensure Y 100 Sir Fynwy can take place. The organising committee has liaised widely with Monmouthshire CC, Newport CC, Chepstow Town Council, National Trust, Natural Resources Wales, The Woodland Trust, CADW, Offa’s Dyke Path Association and Brecon Beacons National Park. The route follows public rights of way or on land that has open access status.

If you have any enquiries about the event please contact David Morgan at southwalesldwa@live.co.uk

Checkpoint	Distance	Open
Rogiet Community Church Hall	11.2 miles	Saturday: 12pm – 6.30pm
Foresters Oaks Picnic Site	17.6 miles	Saturday: 2pm – 9.30pm
Centenary Hall, Usk	27.4 miles	Saturday: 4.30pm – Sunday: 1.30am
The Bryn Village Hall	37.6 miles	Saturday: 7pm – Sunday: 6am
Guide Hall, Fairfield Car Park, Abergavenny	43.2 miles	Saturday: 8pm – Sunday: 7.45am
Cwmyoy Memorial Hall	49.8 miles	Saturday: 9.45pm – Sunday: 10.30am
Llanthony	54.1 miles	Saturday: 11pm – Sunday: 12.10pm
Longtown Outdoor Centre	59.7 miles	Sunday: 1.30am – Sunday: 4pm
Pandy Village Hall	65.3 miles	Sunday: 3.10am – Sunday: 6.30pm
Treadam Barn	71.9 miles	Sunday: 5.30am – Sunday: 10pm
Monmouth School Pavilion	82.4 miles	Sunday: 7.50am – Monday: 1.35am
Redbrook Village Hall	85.8 miles	Sunday: 9am – Monday: 3.30am
Babington Centre, Trellech	90.9 miles	Sunday: 10.45am – Monday: 5.35am
Tintern Village Hall	95.6 miles	Sunday: 12.10pm – Monday: 7.50am
The Finish at Chepstow Comp School	100.8 miles	Sunday: 2pm – Monday: 10am