



100 KM
RUNNER MANUAL

1 WELCOME TO THE SIRONA 100	3
2 RACE ITINERARY	4
3 MANDATORY KIT LIST	5
4 RECOMMENDED GEAR	6
5 DROP BAGS	7
6 ROUTE AND COURSE MARKINGS	8
7 ELEVATION	10
8 CHECKPOINTS	11
9 CUT OFF TIMES	14
10 SLEEP STATION	15
11 CHECKPOINT LOCATIONS	18
12 RACE RULES	20
13 CREW RULES	25
14 CONTACT	26

1

WELCOME TO THE SIRONA 100

One legendary trail. One hundred breathtaking kilometres. The Sirona 100 will unfold along Mother Nature's Rollercoaster – the Wales Coast Path. Kicking off in Machynlleth and concluding in Mwnt, participants will traverse some of the most diverse landscapes the Wales Coast Path has to offer.

The event is set to begin at 14:00 on July 11th, 2026, and will wrap up by 20:00 on July 12th, 2026, with a very generous cut-off time of 30 hours to reach the finish line in the charming seaside area of Mwnt.

Start location - [Ynys-hir Nature Reserve](#), Dyfi Furnace, Machynlleth, SY20 8TA

Finish location - [Tŷ Gwyn Caravan and Camping Park](#), Mwnt, Cardigan, SA43 1QH



2 RACE ITINERARY

Saturday, July 11th

10:45 to 11:00 - Ty Gwyn, Mwnt

- Board the coach*

11:00 - Ty Gwyn, Mwnt

- Coach Departs

13:00 to 13:45 - Ynys-hir Nature Reserve, Dyfi Furnace

- Registration & bib collection
- Kit Check
- Drop Bag Deposit
- Tracker Fitting

13:45 - Ynys-hir Nature Reserve, Dyfi Furnace

- Race Briefing

14:00 - Ynys-hir Nature Reserve, Dyfi Furnace

- Race Start

Sunday, July 12th

20:00 – Ty Gwyn, Mwnt

- 30hr cut off and the end of the SIRONA 100km

*This only applies if you have added the coach transfer as an add on to your booking.

3 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** (with battery)
- **Downloaded GPX/GPS file of the route**
- **Head lamp** or other light source for night-time
- **Clip on LED safety lights** for night-time
- **Survival bag** (Not just a foil blanket)
- **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** (500 calories minimum when leaving the start line / each checkpoint)

4 **RECOMMENDED GEAR FOR DROP BAGS**

- Plastic 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 4
- 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

5 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 4 and checkpoint 6.

They will be transported between checkpoints by the Sirona team and should contain everything required during the event. Participants will have access to their drop bags at each of these 2 checkpoints. It must be a waterproof drop bag.

Your drop bag should include anything you need for a power nap at checkpoint 4.



6 ROUTE AND COURSE MARKINGS

The race organisers have created this event to take in the most majestic scenery of the Wales Coast Path. The course follows the world famous Wales Coast Path as it weaves its way along the breathtaking Ceredigion coastline

Navigation is simple on the Wales Coast Path - you will follow a mix of Sirona 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.

[SEE THE ROUTE HERE](#)

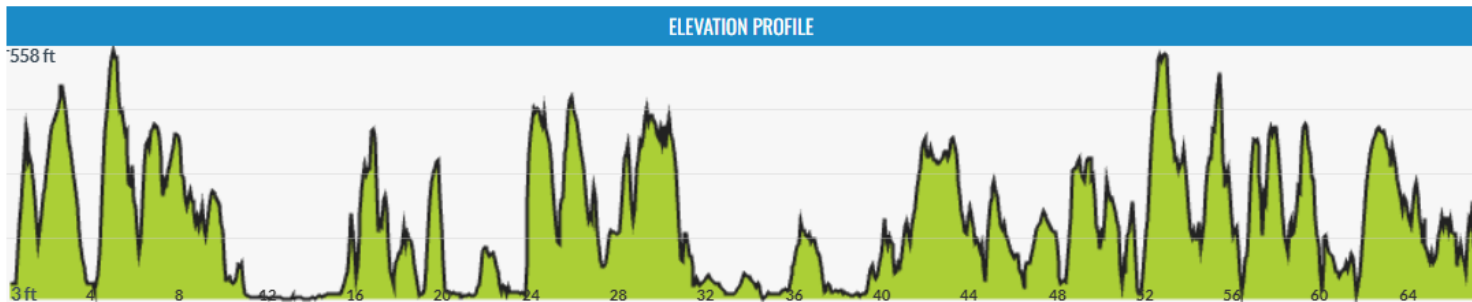


We thought it may be helpful to provide some visuals of the route waymarkers to familiarise yourself with before the event:

WALES COAST PATH



7 ELEVATION: 10,928 FT



[SEE THE ROUTE HERE](#)



8 CHECKPOINTS

There are 5 fully loaded checkpoints stationed approximately 17 km apart, with the exception of a few sections where we've altered the distance due to terrain or improved checkpoint location.

Competitors can access everything you would expect from a top class checkpoint: food, drink, shelter, and, if necessary, medical support. Our Sirona 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.



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 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), 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)

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).

Shelter: all checkpoints will have cover in the form of a building / marquee with insulation to keep in the heat and 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 4 and 6.

Crew: each checkpoint will be manned by Sirona crew and volunteers. They will be there to help you and perhaps offer up a motivational speech if you need it.

9

CHECKPOINTS AND CUT OFF TIMES

CHECKPOINT 3

Neuadd Llanfach Hall

9 km

2 hours

Closes at 16:00 July 11th

CHECKPOINT 4

(SLEEP STATION & Drop Bags)

Penparcau Community Centre

27 km

7 hours

Closes at 21:00 July 11th

CHECKPOINT 5

Llanrhystud Memorial Hall

44 km

12 hours

Closes at 02:00 July 12th

CHECKPOINT 6 (Drop Bags)

Llwyncelyn Village Hall

61 km

17 hours

Closes at 07:00 July 12th

CHECKPOINT 7

Urdd Gobaith Cymru Llangrannog

81 km

23 hours

Closes at 13:00 July 12th

FINISH LINE

Cardigan

100 km

30 hours

Closes at 20:00 July 12th

You'll notice **your checkpoints start at Number 3** – they're numbered for the 100-mile event, so don't worry, you haven't missed any!

You'll join the 100-mile route before checkpoint 3, where you may encounter runners who look like they've already lived a full life since Saturday morning – they probably have.

We've kept the numbering consistent throughout so that when you roll into a checkpoint, the big pink sign matches exactly what you've been preparing for in this manual. No surprises, just running.

10 SLEEP STATION

Please note there is **one** official sleep station along the route:

- **Penparcau Community Centre – 27 KM**

Runners will be supplied with shelter and camp beds, but must bring their own blanket / sleeping bag / pillow / cuddly toy/eye mask/ ear plugs.

You can expect to access your checkpoint drop bag at checkpoints 4 and 6 which includes the sleep station at checkpoint 4.

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 / 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 schwepped 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), sreen 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)

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 / marquee with insulation 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 Sirona Crew and Volunteers. They will be there to help you and perhaps offer up a motivational speech if you need it.

11

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.

START

Location: **Ynys-hir Nature Reserve, Dyfi Furnace**

What3Words: <https://w3w.co/vanilla.with.represent>

Google Maps: <https://maps.app.goo.gl/q6h5m2yHXK1wfvqS9>

1st CHECKPOINT - “Checkpoint 3”

Location: **Tre'r-ddol**

Distance to run from last section: 9 km

Distance and time to drive from last section: 8.6 miles, 14 mins

What3Words: <https://w3w.co/releasing.makeovers.strapping>

Google Maps: <https://maps.app.goo.gl/ycWXE3gqAAGbc77K6>

2nd CHECKPOINT - “Checkpoint 4” – sleep station & drop bags

Location: **Penparcau**

Distance to run from last section: 18 km

Distance and time to drive from last section: 9.4 miles, 19mins

What3Words: <https://w3w.co/blazing.responded.sounding>

Google Maps: <https://maps.app.goo.gl/BwXj2vZKwFxuFyGW6>

3rd CHECKPOINT – “Checkpoint 5”

Location: **Llanrhystud**

Distance to run from last section: 17 km

Distance and time to drive from last section: 7.9 miles, 13 mins

What3Words: <https://w3w.co/freshest.dignify.excellent>

Google Maps: <https://maps.app.goo.gl/MuLospamNTv6sNTm8>

4th CHECKPOINT - “Checkpoint 6” – drop bags

Location: **Llwyncelyn**

Distance to run from last section: 17 km

Distance and time to drive from last section: 9.2 miles, 15mins

What3Words: <https://w3w.co/flexed.diggers.passwords>

Google Maps: <https://maps.app.goo.gl/ygg1bNevTDPGyVQS6>

5th CHECKPOINT - “Checkpoint 7”

Location: **Urdd Gobaith Cymru Llangrannog**

Distance to run from last section: 20 km

Distance and time to drive from last section: 10 miles, 17mins.

What3Words: <https://w3w.co/force.jots.toned>

Google Maps: <https://maps.app.goo.gl/4EeUCn6CT4LTczxa7>

FINISH

Location: **Mwnt**

Distance to run from last section: 19 km

Distance and time to drive from last section: 14 miles, 28 mins.

What3Words: <https://w3w.co/slamming.dramatic.connected>

Google Maps: <https://maps.app.goo.gl/tqq5qdimhvs9qrqV9>

REMINDER.....

You'll notice **your checkpoints start at Number 3** – they're numbered for the 100-mile event, so don't worry, you haven't missed any!

You'll join the 100-mile route before checkpoint 3, where you may encounter runners who look like they've already lived a full life since Saturday morning – they probably have.

We've kept the numbering consistent throughout so that when you roll into a checkpoint, the big pink sign matches exactly what you've been preparing for in this manual. No surprises, just running.

12 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 30 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.
11. Runners may have a pacer from checkpoint 3 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 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 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 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.



13 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.
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, should a situation arise where a pacer is required to give their runner aid, food or water this will result in the runner being 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, no exceptions.
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.

16 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 Sirona 100.

CONTACT:

info@sirona100.com

ph: 07426 434994

www.sirona100.com



100 KM
RUNNER MANUAL