



**5<sup>TH</sup> – 25<sup>TH</sup> May 2020**

## **Souvenir Storyboard**

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**Local Groups' Officer**

**LDWA NEC**

**The official record of why and how LDWA put on a virtual event**

## INTRODUCTION

This document has been produced first of all as a souvenir for those who participated in the 'one and only virtual LDWA 100', but also as a record of why the event took place in this way in 2020.

In January 2020 an outbreak of coronavirus in China quickly spread throughout the world and was categorised as a pandemic by February. Many events and gatherings were postponed or cancelled by the end of February and into March and on 23<sup>rd</sup> March a complete lockdown throughout the country was ordered by the UK Government. This necessarily affected all of the activities of the Long Distance Walkers' Association (LDWA) and the National Executive Committee (NEC) put out the following guidelines on the LDWA webpage throughout this period:

### **Posted 5 March 2020:**

The Long Distance Walkers Association (LDWA) has been monitoring the news in relation to the world outbreak of Coronavirus (COVID-19). In addition, the LDWA is monitoring the UK Government advice and will act responsibly based on the advice provided. There are currently no plans to cancel any of its gatherings including the AGM or annual 100 mile walk challenge event but if Government advice changes then the LDWA plans will be reviewed and advice provided to the 43 geographical groups and membership.

### **Posted 16 March 2020:**

The LDWA has continued to monitor Her Majesty's Government advice in relation to the Coronavirus (COVID-19) pandemic. Following a change to the Government advice on 16 March, the LDWA National Executive Committee has decided that all challenge events, social walks and other formal LDWA business organised by any of the local groups will be cancelled immediately. The ban will be reviewed by the National Executive Committee weekly or when Government advice alters and any subsequent amendments will be communicated.

The National Executive Committee understands that the decision taken to cancel all challenge events and social walks will be concerning to members. The safety of all our members, whether they are volunteer marshals or entrants and the association's ability to deliver a safe environment for all was the reason that the decision has been taken. The Government has advised that everyone should avoid non-essential travel and reduce contact with others in order to slow the spread of the virus. Walking socially would undermine the Government's advice in relation to both non-essential travel and socialisation.

A decision as to what will happen to Y 100 Sir Fynwy in the future will take place in consultation with the National Executive Committee and the committees of all other planned 100 mile challenge walks. Now that the clause in Rule 7.1 has been invoked, entrants can expect to hear more once a wider consultation has taken place with other stakeholders.

A bulk email will be sent to all local group representatives within the next 48 hours outlining the actions that they must take with details of support that the National Executive Committee can offer during the period in question.

### **Posted 24 March 2020:**

The LDWA has continued to monitor Her Majesty's Government advice in relation to the Coronavirus (COVID-19) pandemic. All challenge events, social walks and other formal LDWA business organised by any of the local groups have been cancelled until further notice.

On 23 March, the Prime Minister issued a statement ordering everyone to stay at home with a limited number of exceptions. It included instructions about exercise. Full details can be found at [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus).

We hope that everybody in the LDWA understands the seriousness that the United Kingdom finds itself in and urges all members to be responsible.

This was an enormous blow to an organisation that caters in the main for around 10,000 very active members who love the outdoors and participate in around 150 social walks put on by the Local Groups each month as well the numerous Challenge events that would have been organised for this period. It was also challenging, and at times distressing for our individual members as time moved on. With more and more of our events being cancelled and people not only prevented from organising or joining walks, members were not able to meet up on a regular basis with their regular walking friends either; many were totally isolated.

On 24<sup>th</sup> March the decision was made that the flagship event in the LDWA calendar – the LDWA 100 mile walk – would need to be postponed. The Y 100 Sir Fynwy 2020, due to take place in Wales would not now happen. This was a huge blow, not just for the members of the organising committee who had been planning for the event for 4 years, but also for the 500 walkers who had qualified and had been training for up to a year to take part, and for the small army of volunteers from the local groups who give up their weekend to help, support and marshal on both the marshals' walk and on the main event. As the gap in the calendar drew closer the sense of disappointment was almost palpable.

The weekend before the NEC Meeting in April 'The First and Hopefully Last Fellsman' took place, a virtual event on Facebook to replace their cancelled event. Julie Cribb, LDWA Local Groups' Officer took part (she has unfinished business on the Fellsman). It was fun and generated a lot of the camaraderie that would have happened on the real event. Afterwards she approached the organisers to see if they would be happy for LDWA to copy their idea for the 2020 Y 100 Sir Fynwy. They were very supportive and offered not only some good tips for the Facebook page but also to develop a tracker route to mirror the Y 100 Sir Fynwy event.

Having got support from the Fellsman the proposal was put to the NEC meeting. Some wondered whether it would be possible to recreate even just some of the feel of or fun of an actual 100. Explaining the concept in a Zoom meeting, which was already surreal, was difficult. It possibly didn't help that the main business of the meeting was overshadowed by the very serious impact that the COVID-19 pandemic was having on the activities of the Association. Not fully understanding the concept, there was also a feeling that trying to put on a virtual 100 might devalue the real event. There was a suggestion that everyone on the NEC was already busy with their own portfolios, more so at this time, so no-one really had the time to spend in doing it. Finally, it was suggested a Facebook event would disenfranchise many of our traditional members who did not use social media. So, Julie went off and posted an Expression of Interest on Facebook and on the LDWA website – just in case anyone out there might have been interested. (With apologies to the NEC!)

Overnight there were 95 positive responses to the Facebook post and an edit to say the event would definitely go ahead had to be put on the post the next morning.

Over the next 4 days:

- a conversation was held with Shona Brunskill of the Fellsman Committee to get tips on setting up the Facebook page
- a VC meeting with Dave Driver, the IT person behind FellTrack, to discuss the requirements to make it work for the Y 100 Sir Fynwy route and to allow people who do not use social media to join in
- a WhatsApp group for relevant members of the LDWA NEC was set up
- The Donations page in the LDWA Shop was updated to enable online entries

and the rest is history – as they say.

The Event page went live on 8<sup>th</sup> May and the roll out of the 'One and Only Virtual Y 100 Sir Fynwy that everyone could join in' is detailed in the following pages of this Storyboard.

**EVENT SCHEDULE \***

| Activity/Post                                 | Date        | Time  | Operator                    | Post Text                        |
|-----------------------------------------------|-------------|-------|-----------------------------|----------------------------------|
| Expressions of interest                       | Mon 04/05   | 09.00 | Julie                       | <a href="#">Interest</a>         |
| Facebook Page created                         | Tue 05/05   | 09.00 | Julian                      | <a href="#">Facebook</a>         |
| Invitation to join                            | Fri 08/05   | 09.00 | Julie                       | <a href="#">Invitation</a>       |
| Joining Instructions                          | Fri 08/05   | 09.00 | Julie                       | <a href="#">Joining</a>          |
| Qualification                                 | Sat 09/05   | 10.00 | Julie                       | <a href="#">Qualifier</a>        |
| Latest Government advice from NEC             | Sun 10/05   | 20.17 | Julian                      | <a href="#">GovAdvice</a>        |
| Playlist                                      | Tue 19/05   | 12.00 | Julie                       | <a href="#">Playlist</a>         |
| Catering                                      | Wed 20/05   | 12.00 | David M                     | <a href="#">Catering</a>         |
| Equipment check                               | Wed 20/05   | 14.00 | Shirley Hume                | <a href="#">Equipment</a>        |
| Kit check announcement                        | Wed 20/05   | 20.00 | Julie                       |                                  |
| Kit Check                                     | Thur 21/05  | 10.00 | Julian                      | <a href="#">Kitcheck</a>         |
| Official Photographer - comments off          | Thurs 21/05 | 18.00 | Julie                       | <a href="#">PhotographerOff</a>  |
| Tracker information emailed to all            | Fri 22/05   | 09.00 | Julie                       | <a href="#">TrackerInfo</a>      |
| Tracker Test 😊                                | Fri 22/05   | 11.30 | Julie                       |                                  |
| HQ open and Baggage                           | Fri 22/05   | 09.00 | Shirley H                   | <a href="#">HQOpen Baggage</a>   |
| Car parking and Transport                     | Fri 22/05   | 11.00 | David M                     | <a href="#">CarParkTransport</a> |
| Registration                                  | Fri 22/05   | 14.00 | Gwyneth Littlejohn          | <a href="#">Registration</a>     |
| Weather check                                 | Fi 22/05    | 16.00 | Julie                       | <a href="#">Weather</a>          |
| Official Photographer – comments on           | Sat 23/05   | 08.00 | Julie                       | <a href="#">Photographer</a>     |
| Phoebe's launch                               | Sat 23/05   | 08.55 | Julie                       | <a href="#">Phoebe</a>           |
| Tracker goes live and Event start             | Sat 23/05   | 09.00 | Julie                       | <a href="#">EventStart</a>       |
| First Aid                                     | Sat 23/05   | 10.00 | Gwyneth                     | <a href="#">FirstAid</a>         |
| CP0 (drinks stop) open. Black Rock CP         | Sat 23/05   | 10.30 | Paula Stanislas, C+D        | <a href="#">DrinksStop</a>       |
| CP1 open. Rogiet Community Church             | Sat 23/05   | 11.30 | Hazel, C+D (for TV)         | <a href="#">CP1</a>              |
| CP2 open. Foresters Oaks Car Park             | Sat 23/05   | 13.00 | Gwyneth, B+W                | <a href="#">CP2</a>              |
| Sweeper goes live                             | Sat 23/05   | 14.00 | Various Jules/Chelle        | <a href="#">Sweeper</a>          |
| CP3 open. Centenary Hall, Usk                 | Sat 23/05   | 15.20 | Jackie Burnett, E+H         | <a href="#">CP3</a>              |
| CP4 open. The Bryn Village Hall               | Sat 23/05   | 17.50 | Nicky Wood, Lakeland        | <a href="#">CP4</a>              |
| CP5 open. Guide Hall, Fairfield, Abergavenny  | Sat 23/05   | 19.10 | Gill Bunker, BBN            | <a href="#">CP5</a>              |
| CP6 open (evening meal) Cwmyoy Memorial Hall. | Sat 23/05   | 20.50 | Bill Milbourne, Northumbria | <a href="#">CP6</a>              |
| Day 1 Event close / Tracker off/Comments off  | Sat 23/05   | 22.00 | Julie                       | <a href="#">EndDay1</a>          |

|                                                    |           |       |                                    |                                |
|----------------------------------------------------|-----------|-------|------------------------------------|--------------------------------|
| Day 2 Event open / Tracker live/Comments off       | Sun 24/05 | 10.00 | Julie                              | <a href="#">StartDay2</a>      |
| CP7 open (breakfast) Treats Campsite, Llanthony    | Sun 24/05 | 10.00 | Michelle Armour, N+S               | <a href="#">CP7</a>            |
| CP8 open. Longtown Outdoor Centre                  | Sun 24/05 | 11.20 | Julia Warman, W Yorks, for E Lancs | <a href="#">CP8</a>            |
| Random kit check                                   | Sun 24/05 | 11.30 | Julian                             | <a href="#">RandomKitCheck</a> |
| CP9 open. Pandy Village Hall                       | Sun 24/05 | 12.40 | Deirdre Flegg, Dorset              | <a href="#">CP9</a>            |
| CP10 open. Treadam                                 | Sun 24/05 | 14.20 | Andy Clark, Kent                   | <a href="#">CP10</a>           |
| CP11 open. Ty Price, St Thomas' Com Hall, Monmouth | Sun 24/05 | 16.50 | Hazel Bound, C+D                   | <a href="#">CP11</a>           |
| CP12 open. Redbrook Village centre                 | Sun 24/05 | 17.50 | Paula, C+D for Vermuyden           | <a href="#">CP12</a>           |
| CP13 open. Trellech, Babington Centre              | Sun 24/05 | 19.05 | Chelle Armour, for Wilts           | <a href="#">CP13</a>           |
| CP14 open. Tintern Village Hall                    | Sun 24/05 | 20.10 | Cribbs and Clea Warner, NWG        | <a href="#">CP14</a>           |
|                                                    |           |       |                                    |                                |
| Welcome finishers – Chepstow School                | Sun 24/05 | 21.25 | Julie                              | <a href="#">Finishers</a>      |
| HQ tidy up, S Wales                                | Sun 24/05 | 21.45 | Shirley H                          | <a href="#">HQTidyUp</a>       |
| Day 2 End and thank you                            | Sun 24/05 | 22.00 | Julie                              | <a href="#">Day2EndThanks</a>  |
| Notice of Awards Ceremony                          | Mon 25/05 | 09.00 | Julie                              |                                |
| Awards Ceremony, Video                             | Mon 25/05 | 20.00 | David M, Julie                     | <a href="#">Awards</a>         |

### \*Notes

- i) The Chair of the Y 100 Sir Fynwy (YSF) Organising Committee was approached before the page was set up to get support and to reassure the group that the event would respect the work put in to planning and developing the real event
- ii) As a result the original Chair, the Catering manager, the Entries Secretary, the HQ manager and the Checkpoints manager all agreed to perform their roles in the virtual event.
- iii) All of the route and checkpoint posts were built upon factual information from the YSF website
- iv) The Checkpoints Manager got agreement from 12 of the original local groups that had volunteered to manage checkpoints to manage them in the virtual event too.
- v) The Facebook event replicated as far as possible the activities and timings of the real YSF. The only main additions were that of a Kit Check before the walk started and an Awards Ceremony on the Monday evening afterwards.
- vi) Only the two admins were able to post in the Facebook page to keep control of the event as it was rolled out
- vii) The virtual event was suspended on Facebook and on the tracker for 12 hours overnight on Saturday.
- viii) The virtual event closed on Sunday at 10pm but the tracker then continued for several days

## EXPRESSION OF INTEREST

### Also posted on the LDWA website

EDIT TO UPDATE - THIS EVENT WILL DEFINITELY (VIRTUALLY) GO AHEAD THANKS TO THE TREMENDOUS OVERNIGHT SUPPORT. DETAILS WILL BE SENT OUT/POSTED IN A FEW DAYS AND THE EVENT PAGE WILL GO LIVE NEXT WEEKEND.

SPREAD THE WORD, LATE ENTRIES WILL BE ACCEPTED 😊:-)

### THE ONE AND ONLY VIRTUAL Y 100 SIR FYNWY

**23 - 24 May 2020**

So much work has gone into the planning and preparation for this event and knowing people would be preparing tonight for the Marshals' walk, we couldn't really let May go by without doing something to celebrate this wonderful flagship event. So, for one year only, the 100 walk will be open to all LDWA Members.

Thanks to an idea from the Fellsman, the virtual event will build on the work already done in terms of route and checkpoints and will have kit checks, registration, qualifying events (all virtual of course) but the *piece de resistance* will be a live real-time tracker developed for us, operating throughout the weekend of the 100 linked to the actual route. Certificates will be awarded to everyone who manages any distance according to the tracker.

We need everyone to get involved – walkers, marshals, sweepers, checkpoint support, timekeepers, supporters, caterers, baggage handlers – just like the real thing. Except you will all be [#stayingathome](#)! The tracker will run independently on the internet for anyone without social media and for people wanting to log real distance over the weekend, whether doing a Colonel Tom round and round their garden, or going up and down their stairs or jumping on their trampoline to achieve the actual ascent. However the real fun will be on the Facebook page where checkpoints will open and close in real time, people will be asked to produce daft things as part of their kit check and where photos and comments will brighten up the whole weekend.

But now for a bit of serious stuff – the LDWA is going to lose a large proportion of income to the development fund with the cancellation of all of the challenge events for the foreseeable future. Therefore we would ask for a £5 donation from all those who would like to take part, especially if you are going to be using the tracker, as we are working with a fellow organisation to help us make this bit happen.

If enough people are interested then a Facebook page and the tracker template will be set up and detailed instructions (just like a real 100) will be sent out in the next couple of weeks – to give people a chance to (virtually) qualify 😊

Please like or comment to show interest then wait for further information.

**MAY WOULDN'T BE MAY WITHOUT THE LDWA 100**

## FACEBOOK PAGE CREATED

### About this group

#### Description

The actual LDWA 100 isn't taking place this year, but that doesn't mean we can't do it virtually as a community 😊:)  
Joining instructions are at [https://ldwa.org.uk/news/news\\_story.php?news\\_id=596](https://ldwa.org.uk/news/news_story.php?news_id=596) 😊:)



## INVITATION TO ENTER

8 May 2020

Facebook post

Entries open now for the Virtual Y 100 Sir Fynwy

(instructions in comments)

Don't delay - Join in today

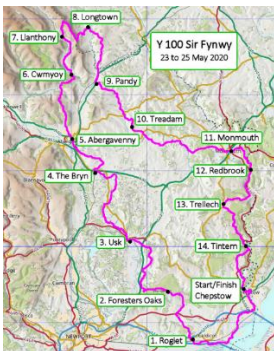
9 May 2020

Facebook post

Did you know that you can get the real experience of the Y Sir Fynwy 100 mile event virtually at home by doing 206,399 steps and 20,006 stairs (or bounces on your trampoline, or up and down your ladder clearing your guttering) or just by chilling on your sofa or sun lounger in the garden and not actually doing any walking by [#stayingathome](#) and entering the Virtual Y 100 Sir Fynwy?

Visit [https://ldwa.org.uk/news/news\\_story.php?menu=Y&news\\_id=596](https://ldwa.org.uk/news/news_story.php?menu=Y&news_id=596)

for details of how to enter 😊



14 May 2020

These are going to be rarer than hen's teeth and more sought after than Julian's Chicken Bakes! If you would like to be in the running - or more accurately - walking (or even just joining in the Facebook fun) then get yourself to the LDWA News page at [https://ldwa.org.uk/news/news\\_story.php?news\\_id=596](https://ldwa.org.uk/news/news_story.php?news_id=596)

to see how to enter 😊:-)

The main event takes place over the same weekend as the 100 would have been held (23-24 May) but the Facebook fun has already begun. There are still places left and you don't have to have walked 50 miles or be over 18 to enter. At £5 it's a lot cheaper than the real thing too - though we would appreciate a small donation thank you 😊





## **JOINING INSTRUCTIONS**

### **On the LDWA Website**

### **ENTRIES OPEN NOW FOR THE VIRTUAL Y 100 SIR FYNWY**

Instructions for entry.

1. Go to the Donate page on the main LDWA website ([ldwa.org.uk](http://ldwa.org.uk))
2. Pay the £5 entry fee (per person if you are entering for a family or friends) in the YSF100 box
3. Please consider adding a small donation in the other box – after all, the travel and accommodation costs for this 100 are going to be non-existent
4. Forward the emailed receipt to [julie.cribb99@gmail.com](mailto:julie.cribb99@gmail.com) If you have paid for more than one entry please include the names of all entrants in the covering email.
5. I will reply to your email with your ID and password for the tracker system and the link to the Facebook fun page. (Depending on the timing and amount of interest this may not be instant – please bear with us)

If you entered early please send me your receipt. (If you have any problems with the process you can contact me on the above email.)

Looking forward to seeing you all there

## QUALIFIER

Welcome to the Virtual Y 100 Sir Fynwy 2020.

If you have not already qualified for the event you have two weeks to do so 😊

Please post in the comments below your qualifying activity to receive your virtual pass into the event.

[#staysafe](#) [#staylocal](#) [#stayhome](#)



## GOVERNMENT ADVICE FROM NEC

The NEC advice following the Prime Minister's announcement has been published on the LDWA's main Facebook page and it will appear on the LDWA web-site later. Please be aware that the rules in the four nations differ.

We'll be posting guidelines about how all of this will work for the Virtual Y 100 Sir Fynwy challenge soon, and we'll take the latest advice into account, whilst ensuring we comply with the spirit of the guidelines which are in force.

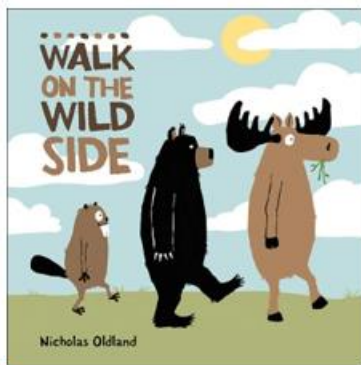
## PLAYLIST

FOUR SLEEPS TO GO 🤔

What are you loading into your phone to help you keep going throughout the walk?

Do you just listen to the birds and the bees and the wonderful sounds of nature? Or do you bring along your own playlists and favourite walking sounds?

Share your go-to songs, podcasts or just the type of thoughts that occupy you on your walks in the comments below and see what others do too 😊



## EVENT CATERING

David Morgan, Catering Manager for the virtual Y 100 Sir Fynwy has now begun preparations. As lockdown in Wales is still strict he has enlisted the help of his former colleagues to safeguard supplies and escort him to the various checkpoints! Please contact him (in the comments below) with any special catering requirements.



### CHECKPOINT MENUS

HQ before you start - Full Welsh breakfast, croissants, pastries and anything else your local supermarket can supply or you fancy cooking

CP1 - Coffee and cake

CP2 - Long soft drink, or more coffee and cake, or biscuits - possibly a bit early for a beer, or wine or whatever - just go for it

CP3 - Possibly a nice salad for lunch, baked potato, must be some cheese left in the fridge from making your emergency sandwiches?

CP4 - Tea and a biscuit - don't want to spoil your appetite or slow you down

CP5 - Nice G+T or glass of wine and nibbles in preparation for the meal stop next

CP6 - Evening meal stop - chance to eat that leftover pasta from last night or all that carbo-loading you've been doing for the past fortnight - (how did you manage to buy pasta!)

CP7 - Nice continental breakfast - can't stop to cook or else you'll fall behind

CP8 - Eat that stuffed croissant you made earlier to take with you

CP9 - Anything left in the biscuit tin

CP10 - There must be a couple of old bars of emergency chocolate in one of your rucksacks at the back of the cupboard

CP11 - Ah - lunch. Nice ploughman's at that imaginary pub - just raid the fridge for anything you still have left

CP12 - There should be a few jelly babies and stale biscuits - somewhere?

CP13 - Is that G+T time again - just nice with that crushed bag of crisps you've been carrying around all weekend

CP14 - Don't want you hanging around so close to the end - water!!

Finish - Nice roast dinner, you deserve it. Or else a pint of Guinness (other stouts are available) in the bath while you eat all your leftover supplies



## EVENT EQUIPMENT CHECK FOR HQ AND CHECKPOINTS

Shirley Hume is braving the shed, garage and containers to sort out what's needed for the weekend. As the schools and halls are closed we're going to need more tents for the checkpoints – especially overnight! Good to see some of the essential kit ready for packing. Checkpoint hosts – any special requests? And checkpoints have you got your equipment sorted?



## ADVANCE NOTICE OF KIT CHECK

### KIT CHECK NOW OPEN

Please read comment

The risk assessment for the virtual 100 has insisted that as entrants are socially distanced this year (and by a lot more than 2m in the majority of cases!) we need to make sure they are safe and appropriately equipped for the journey. Walkers doing the distance round their lounge and up their stairs will have very different rucksack contents to those actually managing to get out and about and do some walking in the great outdoors – though even these folk will need to check their clothing and essential supplies are suitable.

As Julian won't be able to reach your rucksacks (social distancing again) please post a photo of the kit you will taking in the comments so you can get your Kit Check Pass in advance of registration.

Thank you.





## **OFFICIAL PHOTOGRAPHER** (comments off)

Inspired by the stunning array of photographs in the Coronavirus 100 Challenge we have asked the same photographer (YOU) to cover the virtual Y 100 Sir Fynwy event. This thread will go live on Saturday morning just before the start for everyone to post photos and videos of wherever they are walking.

## TRACKER SYSTEM INFORMATION

Friday 9.00 - Email (below) sent to all participants

Friday 11.30 – Tracker test post 😊

**So, how many people tried the tracker to see if it was working 😊**

All

Thank you for signing up to participate in the virtual Y 100 Sir Fynwy. This email contains information on the Tracker system we are using for the event. This has been developed for us by the people at the Fellsman, and is designed to be used by everyone, whether or not you are participating in the Facebook page too. (If you do use Facebook and have not yet joined the page, please note that the page has been active all week with posts about qualifiers, kit check and catering and you can join in by clicking the link in the original Welcome email – hint, start at the bottom of the page and work up 😊.)

The event is due to start at 9.00am on Saturday morning which is when the tracker will go live. If you try and sign in before then with the details you were given in the Welcome email, the page will just tell you that the event hasn't started yet and to come back later. All of the checkpoints in the system are the same as those identified for the real event. To get round the 100 miles over the weekend try and check in to the start as close as possible to 9.00am.

You can use the tracker for fun by just checking into checkpoints throughout the weekend, or you can use it for real if you are planning on doing some significant walking. However, the system will not let you reach the next checkpoint if it knows you haven't left enough time to be able to walk there! It will give you a message saying, keep going, or nearly there and to come back later. Note: YOU DON'T ACTUALLY NEED TO WALK TO USE THE TRACKER! A pantomime cow came first at the virtual Fellsman by just playing in the garden and keeping an eye on the time (though several people actually did the distance too!)

If you are planning on walking any distance then please make sure you are following the relevant government guidelines for your area. If you are able and wish to walk 100 miles over the weekend then at some point the tracker information will not be accurate as the virtual event will be suspended from 10.00pm on Saturday night until 10.00am Sunday morning, when it will pick up again seamlessly (i.e. not add 12 hours to your time). It will probably catch up again at some point on Sunday. However if this is the case please take a gpx log on your own gps device as a back up. For those wishing to carry on for the next few days and log up to 100 miles the tracker system will stay live after the weekend.

Note, the checkpoint opening times are the same in Facebook and in the tracking system. The table below gives you an idea. However, if you are joining in on Facebook too remember to check in to checkpoints as they open there too – the two systems are NOT linked 😊

The link to the tracker is <https://felltrack.com/ysirfynwy2020> which will take you to a log in screen. Click log in and the next page will ask for your unique ID and password. Once into the system you can track your own progress and see where your fellow participants are – just like the real thing. The virtual wristband will also make the right noise when you present it to the reader 😊

If you are using the tracker please let me know if you decide to retire or withdraw before the finish just like in a real event (you don't have to have walked any distance to do this - it is time based), just so we know you aren't lost and are waiting for you.

Any questions just contact me, but it will make more sense once you are into the system. Don't try and overthink things! The main thing is enjoy yourself whatever you are doing. And #staysafe 😊

## HQ NOW OPEN FOR REFRESHMENTS AND BAGGAGE

Shirley has now opened up HQ for early arrivals and for dropping off bags for the breakfast stop and for the end. Make sure these are all securely closed and labelled and post a photograph in the comments. They must also fit into the measuring cage as shown and weigh less than a standard baby elephant. If in doubt ask Shirley 😊. Be aware that Ned, our sniffer dog, will be on hand to check out all those emergency supplies in the breakfast bags and to monitor social distancing in the queues! Note that the facilities will be on a slightly smaller scale this time as we cannot allow more than one person into the school at a time 😊 BTW panorama is 'actual' virtual walk HQ





## CAR PARKING AND TRANSPORT

David Morgan is also in charge of transport on this event as, after he has used the fleet to move his supplies around the checkpoints, he will need to be ready to ferry people back to HQ as their energy, supplies, willpower and internet signals give out 😊 Car Parking is limited so he has prepared an instructional video to help – please review this before setting off! Also, as car hire companies are still closed for business, he has had to commandeer an interesting range of support vehicles this year. Any queries or if you can help please comment below :-)

(INC Video)



## REGISTRATION NOW OPEN

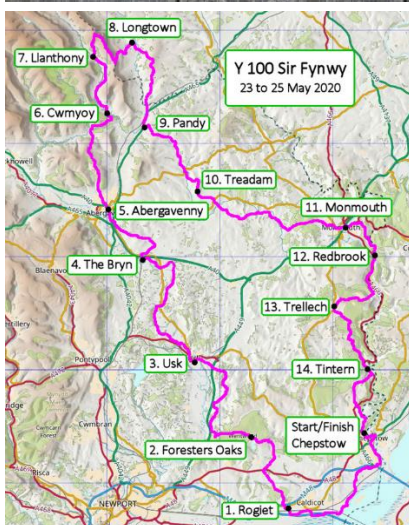
Please hold up your KIT CHECK PASS and shout (comment below) your walker number to Gwyneth and her team whilst maintaining your distance! You will then be issued with your tally for the event. As there will only be virtual clipping taking place it will be pristine at the end so you can use it as a bookmark memento afterwards 😊 If you have binoculars you will also be able to check out the route and checkpoint details on the board by the registration desk



| No.        | Checkpoint<br>(Select the name for more information)           | Distance |       | Cum<br>Steps | Time to CP<br>@ 4mp<br>Mins | Cum<br>Mins | CP<br>Opening<br>Time | Stage<br>Ascen<br>t<br>(feet) | Cum            |                |
|------------|----------------------------------------------------------------|----------|-------|--------------|-----------------------------|-------------|-----------------------|-------------------------------|----------------|----------------|
|            |                                                                | Stage    | Total |              |                             |             |                       |                               | Stairs<br>up / | Stairs<br>up / |
| Start      | <a href="#">Chepstow School</a>                                | 0.0      | 0     | 0            | 0                           | 0.00        | Sat 9.00              | -                             | -              | -              |
| Drinks / 0 | <a href="#">Black Rock Car Park</a>                            | 6.6      | 6.6   | 14,890       | 90                          | 90          | Sat 10.30             | -                             | -              | -              |
| 1          | <a href="#">Rogiet Community Church Hall</a>                   | 4.6      | 11.2  | 10,378       | 60                          | 150         | Sat 11.30             | 627                           | 872            | 872            |
| 2          | <a href="#">Foresters Oaks Car Park</a>                        | 6.4      | 17.6  | 14,438       | 90                          | 240         | Sat 13.00             | 1185                          | 1647           | 2,519          |
| 3          | <a href="#">Centenary Hall, Usk</a>                            | 9.8      | 27.4  | 22,109       | 140                         | 380         | Sat 15.20             | 1674                          | 2,327          | 4,846          |
| 4          | <a href="#">The Bryn Village Hall</a>                          | 10.2     | 37.6  | 23,011       | 150                         | 530         | Sat 17.50             | 622                           | 865            | 5,710          |
| 5          | <a href="#">Guide Hall, Fairfield Car Park, Abergavenny</a>    | 5.6      | 43.2  | 12,634       | 80                          | 610         | Sat 19.10             | 491                           | 682            | 6,393          |
| 6          | <a href="#">Cwmvow Memorial Hall</a>                           | 6.6      | 49.8  | 14,890       | 100                         | 710         | Sat 20.50             | 1722                          | 2,394          | 8,786          |
| 7          | <a href="#">Treats Campsite, Llanthony</a>                     | 4.3      | 54.1  | 9,701        | 70                          | 780         | Sun 10.00             | 594                           | 826            | 9,612          |
| 8          | <a href="#">Longtown Outdoor Centre</a>                        | 5.6      | 59.7  | 12,634       | 80                          | 860         | Sun 11.20             | 1432                          | 1,990          | 11,602         |
| 9          | <a href="#">Pandy Village Hall</a>                             | 5.6      | 65.3  | 12,634       | 80                          | 940         | Sun 12.40             | 698                           | 970            | 12,573         |
| 10         | <a href="#">Treadam</a>                                        | 6.6      | 71.9  | 14,890       | 100                         | 1040        | Sun 14.20             | 797                           | 1,108          | 13,680         |
| 11         | <a href="#">St. Price, St Thomas' Community Hall, Monmouth</a> | 9.7      | 81.6  | 21,883       | 150                         | 1190        | Sun 16.50             | 807                           | 1,122          | 14,802         |
| 12         | <a href="#">Redbrook Village Centre</a>                        | 4.2      | 85.8  | 9,475        | 60                          | 1250        | Sun 17.50             | 980                           | 1,362          | 16,164         |
| 13         | <a href="#">Trellech, Babington Centre</a>                     | 5.1      | 90.9  | 11,506       | 75                          | 1325        | Sun 19.05             | 1230                          | 1,710          | 17,874         |
| 14         | <a href="#">Tintern Village Hall</a>                           | 4.7      | 95.6  | 10,603       | 70                          | 1395        | Sun 20.10             | 523                           | 727            | 18,601         |
| Finish     | <a href="#">Chepstow School</a>                                | 5.2      | 101   | 11,731       | 75                          | 1470        | Sun 21.25             | 1011                          | 1,405          | 20,006         |

To complete a realistic YSF one would need to do 207,399 steps and 20,006 stairs up

To calculate flights of stairs divide 20,006 by the number of stairs in your house and that is the number of times you would need to do the return journey up and down stairs.

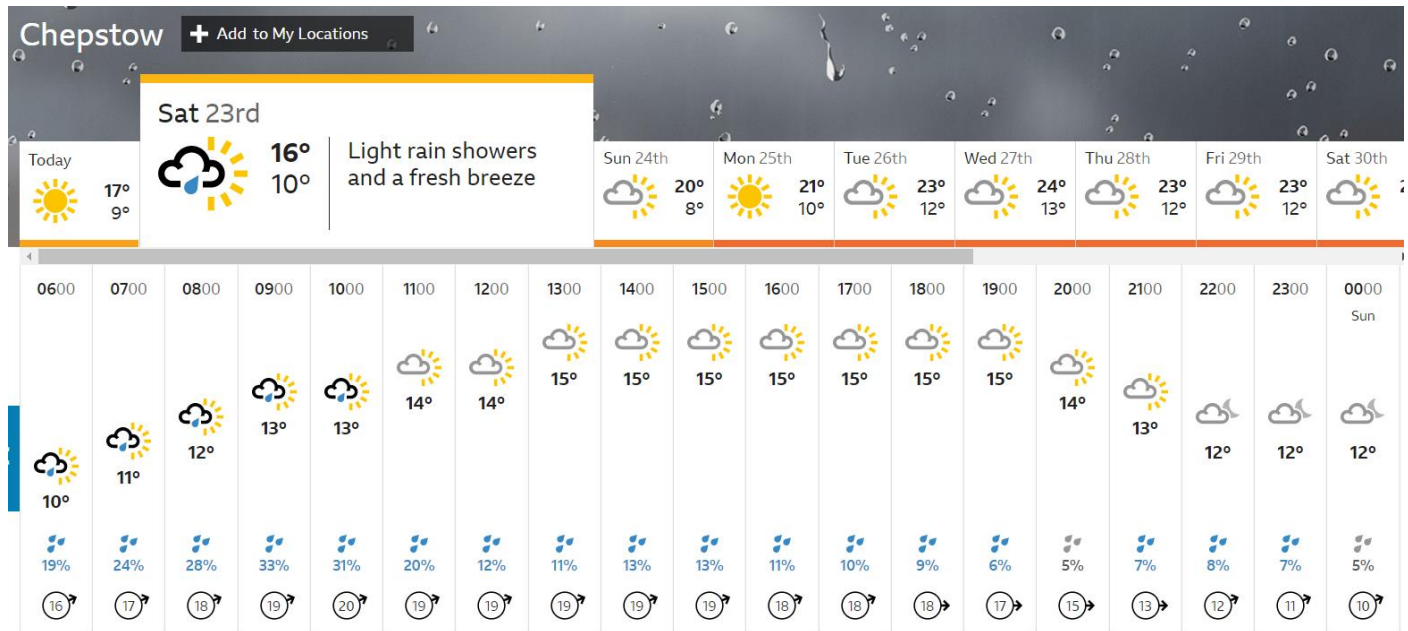


| THE VIRTUAL Y 100 SIR FYNWY              |                                  |                             |                              |                                |  |
|------------------------------------------|----------------------------------|-----------------------------|------------------------------|--------------------------------|--|
| START<br>Registration                    | Black Rock Car Park, Drinks Stop | CP1 Rogiet Community Church | CP2 Forester's Oaks Car Park | CP3 Centenary Hall, Usk        |  |
| FINISH<br>Chepstow School                |                                  |                             |                              |                                |  |
| CP14 Tintern Village Hall                |                                  |                             |                              | CP4 The Bryn Village Hall      |  |
| CP13 Trellech, Babington Centre          |                                  |                             |                              | CP5 Guide Hall, Abergavenny    |  |
| CP12 Redbrook Village Centre             |                                  |                             |                              | CP6 Cwmvow Memorial Hall       |  |
| CP11 St Thomas' Community Hall, Monmouth | CP10 Treadam                     | CP9 Pandy Village Hall      | CP8 Longtown Outdoor Centre  | CP7 Treats Campsite, Llanthony |  |



## WEATHER CHECK

So David was absolutely correct in his predictions for the weather for the Y 100 Sir Fynwy. Those of you walking in the general area of the 100 will find the weather very pleasant for walking. However it may not be the same where you are or at the various checkpoints – just be pleased it wasn't the Speyside 100 this year! (see below) Walkers and marshals add your weather checks in the comments below 😊





## OFFICIAL PHOTOGRAPHER Comments ON

Please post photos and videos of your walk here



## **PHOEBE'S LAUNCH**

### **10 Minute Warning**

**Please assemble in the car park at 08.55 ready for off**

### **Y 100 Sir Fynwy launch**

A very warm welcome to our President Phoebe Smith who is going to say a few words to launch our event and set us off and to her friend Cerys Mathews who has come along to wish us well in Welsh. Phoebe will also be walking some of the way with us and catching up with some checkpoints so look out for her and say hello.

Phoebe also asked me to say that Cerys is not that small - she was standing on a lower step for the purposes of the camera!

Video

TRACKER GOES LIVE. EVENT START

TRACKER NOW LIVE. Good luck everyone and enjoy the weekend.

Don't forget to keep tracking!

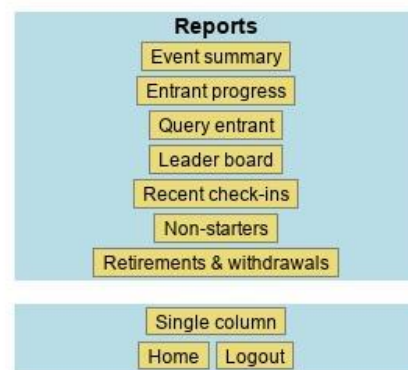
Entrant 999 (Fred Smith) last checked in 87:35 ago (Sat 09:00) at Chepstow School Start

Next checkpoint is Black Rock Car Park

You may now check in at Black Rock Car Park



FellTrack - Y Sir Fynwy 2020.  
User: walker999



Don't get a surprise the first time you check in!

## Section 1 – Chepstow to Rogiet.

**11.2 miles, 25,267 steps, 627 ft, 872 stairs**

Watch out for Rob's reflective markers as you follow the route description!

### **Section 1 of Y 100 Sir Fynwy sees the route leave Chepstow and walk to Rogiet via the Wales Coast Path.**

The route leaves the school and turns left into The Dell and passes beneath the imposing Norman Chepstow Castle to reach a 'bucket drop' in the Drill Hall Car Park. The route will pass St Mary's Church with its well preserved Norman west door arch and cross the A48 via an underpass. A short stretch of street walking will take the route out of Chepstow town centre and it will pass underneath the M48 as it leaves Chepstow via the Wales Coast Path which will be followed until Rogiet.

The route will pass through Mathern, the burial place of King Tewdric, St. Pierre Golf Club, St. Pierre Pill that was used as an important harbour in post Roman Britain, Black Rock that was used as the terminus for train passengers who would then cross the Severn Estuary via the ferry and Sudbrook which hosts the Severn Railway Tunnel pumping station and pumps out 50 million litres of water per day to prevent the tunnel flooding. The route will cross the M4 twice, once by passing underneath the Prince of Wales bridge and later by crossing via a footbridge and after 11.2 miles the route will arrive at Checkpoint 1 in Rogiet Community Church Hall.



## FIRST AID

Gwyneth has been monitoring the kit checks and is horrified at some of the footwear, clothing and headgear people are taking! She is on standby to get to you immediately with a police escort with all the first aid you might require and even has a book to look up any of those odd things you may present her with 😊 The alcohol is purely for rubbing purposes – honest! Any first aid requirements please comment below :-o



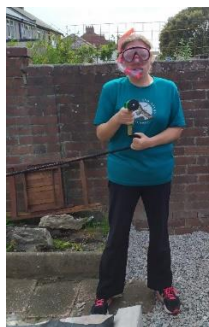


## BLACK ROCK CAR PARK, DRINKS STOP NOW OPEN

### Cornwall and Devon

Paula is now ready for walkers to grab a drink as they pass by ... although it looks like she may have been mis-sold PPE?! Practice makes perfect and she is now confident in her ability to get the water into your mugs from a 2m distance. If she misses there is a handy container at the other side of the car park! She heard David was struggling to get supplies to this stop so has ordered extras – though the driver is having problems on the back road! (Other fizzy drinks available 😊) Order at the picnic table for alcoholic beverages but just help yourself to the water carrier!

:-D



**CP1 NOW OPEN**

**Rogiet Community Church**

**Cornwall and Devon (for Thames Valley)**

**Hazel and Terry Bound, Viv and Roy Zelionka, Ali Ryan and Mr Stores**

**are here to welcome you**

**Please check in in the comments below and don't forget to swipe your tracker wristband**

**Next section Rogiet to Foresters Oaks Car Park**

**6.4 miles, 14,438 steps, 1,185 ft, 1,647 stairs**

**Please follow the route description as you leave the checkpoint.**

Section 2 of Y 100 Sir Fynwy sees the route leave Rogiet and the Wales Coast Path and now join the Monmouthshire Way to reach Foresters Oaks Car Park.

The route leaves Rogiet and starts to head north into Slade Woods along the Monmouthshire Way. Some lane and field walking will bring the route to the Domesday registered village of Llanvair Discoed. The route will pass the impressive 17<sup>th</sup> century Court House and its quirky windows prior to the climb to Gray Hill via the Penhein Estate. The views from Gray Hill are particularly impressive and the Cotswolds, the Mendips, the Brecon Beacons National Park, the Severn Estuary as well as the conurbations of Newport and Cardiff can all be seen from this relatively small hill. A short but steep descent will see the route arrive at Checkpoint 2 in the Foresters Oaks Car Park after 6.4 miles.



## CP2 NOW OPEN

### Foresters Oaks Car Park – Bristol and West

Gwyneth and her team are here to welcome you

Please check in in the comments below and don't forget to swipe your tracker wristband

Next section Foresters Oaks Car Park to Usk.

9.8 miles, 22,109 steps, 1,674 ft, 2,327 stairs

Please follow the route description as you leave the checkpoint.

Section 3 of Y 100 Sir Fynwy sees the route continue to follow the Monmouthshire Way and for some of the journey, the Usk Valley Way on undulating terrain to the Roman town of Usk.

Y 100 Sir Fynwy now enters the ancient forest of Wentwood and rises gently before descending via Bertholey House towards Newbridge on Usk. Bertholey House has its origins in the 16<sup>th</sup> century and was burnt down in 1905. It was restored to its current glory in 1999. The route passes its magnificently ornate gates and then climbs to Cefn Hill. The route provides fine views to the west Mynydd Maen, the first of the ridges that Valleys 100 followed in 2014. Gwern Hill is climbed prior to descending to Llewellyn's Dingle and a long descent brings the route into Usk. Passing the west door of the Priory Church of St Mary, our entrants will pass the grave of St David Lewis who was executed for his Roman Catholic beliefs. A short street walk will see the route arrive at the Centenary Hall, Usk after 9.8 miles.



## **SWEEP TEAM STARTING OUT**

Fresh from their successful world tour we have the champion sweeping team of Chelle and Jules (and well frankly any of the marshals who can give our tail enders a bit of a shove :-D) There's a bit of a hill (bit :-D !!) coming up in the next section so help each other along with any tips and advice you have (in the comments) for mountain climbing – it is Wales after all – and spare a thought for our friends from Norfolk and Suffolk group :-o If you find yourself at the back have a chat with the sweepers but keep your 2m distance – they have cattle prods!



## CP3 NOW OPEN

### Essex and Herts

Jackie Burnett and her team are ready to welcome you.

**Please check in in the comments below and don't forget to swipe your tracker wristband**

**Next section Usk to The Bryn**

**10.2 miles, 23,011 steps, 622 ft, 865 stairs**

**Please follow the route description as you leave the checkpoint.**

Section 4 of Y 100 Sir Fynwy follows the Usk Valley Way on a fairly level section to the riverside village of The Bryn.

The route continues to head north and for the first half of the section, the western bank of the River Usk is followed to the Chain Bridge that was built in 1829. The eastern side of the river bank is then followed to pass close to the estate of Clytha Castle prior to reaching The Bryn Village Hall after 10.2 miles.





## CP4 NOW OPEN

### The Bryn Village Hall

#### Lakeland

Nicky and her team are ready to welcome you

Please check in in the comments below and don't forget to swipe your tracker wristband

Next section The Bryn to Abergavenny

5.6 miles, 12,634 steps, 491 ft, 682 stairs

Please follow the route description as you leave the checkpoint.

Section 5 of Y 100 Sir Fynwy leaves the Usk Valley Walk and enters an area that is relatively un-walked prior to arriving in Abergavenny, the gateway to the Black Mountains.

Leaving The Bryn, lanes are followed, principally because the footpaths that are shown on the map do not work, to Tresaion (which translates as trespasses!). Arable fields are followed to reach Highmead Farm and shortly afterwards the A465 is crossed and immediately afterwards the Abergavenny to Hereford main line. Road walking brings the route to The Guide Hall, Abergavenny after 5.6 miles. For those who have walked the Abergavenny Three Peaks, you'll recognise the hall as the event Walk HQ.



## CP5 NOW OPEN

Guide Hall, Fairfield, Abergavenny

Beds, Bucks and Northants

Gill Bunker and her team are ready to welcome you

Please check in in the comments below and don't forget to swipe your tracker wristband

Next section Abergavenny to Cwmyoy

6.6 miles, 14,890 steps, 1,722 ft, 2,394 stairs

Section 6 of Y 100 Sir Fynwy leaves Abergavenny and climbs the Deri, one of Sugar Loaf's southern ridges prior to descending to Cwmyoy.

The route leaves Abergavenny by walking steeply up Pen-y-Pound. Most of the climbing is done on the very quiet lane that brings the route to the ancient oak woodland of Twyn-yr-allt. More climbing through the woods sees the route emerge onto the open hillside of Deri. Heading in a northerly direction the route reaches 400 metres above sea level and re-joins the Monmouthshire Way before dropping down to Forest Coal Pit. The route skirts to the south of the ancient hillfort of Twyn y Gaer and after a short descent, after 6.6 miles arrives at Cwmyoy Memorial Hall.



**CP6 NOW OPEN**

**Cwmyoy Memorial Hall – Evening Meal Stop**

**Northumbria**

**Bill Milbourne and his team will be catering for you tonight**

**Please check in in the comments below and don't forget to swipe your tracker wristband**

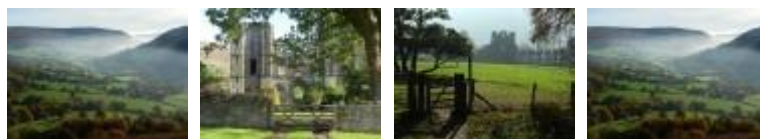
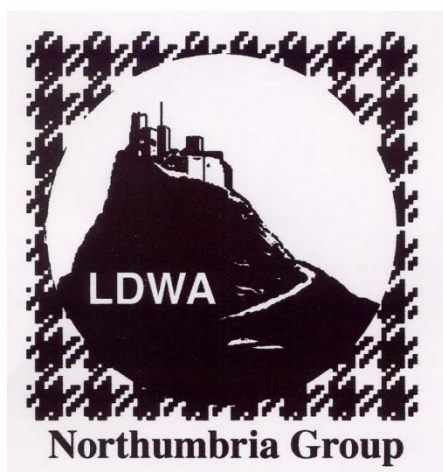
**Next section Cwmyoy to Llanthony**

**4.3 miles, 9,701 steps, 594 ft, 826 stairs**

**Please follow the route description as you leave the checkpoint and watch out for Rob Richardson's reflective route markers.**

Section 7 of Y 100 Sir Fynwy is a valley floor walk along the magnificent Vale of Eywas.

Leaving Cwmyoy Memorial Hall, the route passes close to St. Martin's Church, famous for its twisted shape due to the pressure of the land slippage above it. You probably won't see it as this section is likely to be dark for most entrants, but it's worth a visit if you get the chance. The route follows a well-established path via several fields to reach Treats Campsite, Llanthony after 4.3 easy miles.



## END OF DAY 1

Wherever you are on the route you can now take a break. Whichever checkpoint you are at you are guaranteed good food, possibly a drink or two and a really comfortable bed for the night. (Or if you want to make the experience as realistic as possible you can always take your sleeping bag out into the garden and have cheesy beans on toast with a very sugary tea!)

The tracker will be suspended until 10am tomorrow when it will start again seamlessly, so you don't suddenly find yourself with an additional 12 hours on your times.

All the marshals will be gathering at HQ for a lock-in, so don't expect any replies until the morning 😊

Go and rest your weary legs, thanks for participating so well today and see you in the morning 😊



## START OF DAY 2

**WAKEY WAKEY** – parcel for you! Probably the maps for today 😊

Go and get your brekky (I can smell pancakes :-P ) then get back on the trail.

Tracker started at 10.00 so will be continuing from your position last night.





## CP7 NOW OPEN

### Treats Campsite, Llanthony – Breakfast stop

#### Norfolk and Suffolk

Chelle and her team are here to welcome you

Please check in in the comments below and don't forget to swipe your tracker wristband

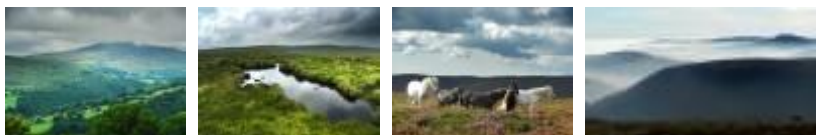
#### Next section Llanthony to Longtown

5.6 miles, 12,634 steps, 1,432 ft, 1,990 stairs

Please follow the route description on leaving the checkpoint

Section 8 of Y 100 Sir Fynwy has the steepest and largest climb on the whole route. The reward will be fabulous views, particularly for the slower entrants as well as breakfast at Longtown.

The route now leaves the Monmouthshire Way and passes to the side of the iconic Augustinian Llanthony Priory that was dissolved by Henry VIII in 1538. If it's dark when you're here, look to the skies as this is a dark sky area and the stars will very bright. The route will see entrants 'gird their loins' as they climb steeply to Loxidge Tump and to reach the Offa's Dyke Path at 604 metres above sea level. The route turns south and follows the very well established Offa's Dyke path to its junction with the Beacons Way prior to turning east (and leaving Offa's Dyke Path) and descending steeply during a brief foray into Herefordshire to Longtown which will be reached after 5.6 miles. Here entrants will enjoy a full Welsh Breakfast.



## CP8 NOW OPEN

Longtown Outdoor centre

West Yorkshire (for East Lancs)

Jules and her team are ready to welcome you

Please check in in the comments below and don't forget to swipe your tracker wristband

Next section Longtown to Pandy

5.6 miles, 12,634 steps, 698 ft, 970 stairs

Please follow the route description on leaving the checkpoint

Section 9 of Y 100 Sir Fynwy heads south to Pandy on paths that provide a remarkable view south towards Ysgyryd Fawr.

The route leaves Longtown and immediately starts a 160 metre climb to Mynydd Ferddin. Once at the top, the route provides exceptional views to the south and east and passes close to Walterstone Motte and Bailey. A road walk of about a mile brings the route to the village of Pandy and after 5.6 miles the Pandy Village Hall is reached.



## **RANDOM KIT CHECK**

at the next checkpoint

Have your rucksacks ready . . .

**CP9 NOW OPEN**

**Pandy Village Hall**

**Dorset**

**Deirdre and her team are ready to welcome you**

**Please check in in the comments below and don't forget to swipe your tracker wristband**

**Next section Pandy to Treadam**

**6.6 miles, 14,890 steps, 797 ft, 1,108 stairs**

**Please follow the route description on leaving the checkpoint**

Section 10 of Y 100 Sir Fynwy sees the route join Offa's Dyke path on which it remains for 20.5 miles.

The route leaves Pandy on the Offa's Dyke Path and follows this well-established national trail via fields to reach Llangattock Lingoed. From here the route heads south to Caggle Street prior to rising to White Castle, one of the three Monmouthshire castles that are linked together to create the Three Castles Walk, and a favourite place for Rudolph Hess to visit when he was imprisoned in Wales during the Second World War. A short descent from White Castle brings the route to Treadam after 6.6 miles.



## CP10 NOW OPEN

### Treadam

#### Kent

Andy and his team are ready to welcome you

Please check in in the comments below and don't forget to swipe your tracker wristband

#### Next section Treadam to Monmouth

9.7 miles, 21,883 steps, 807 ft, 1,122 stairs

Please follow the route description on leaving the checkpoint

Section 11 of Y 100 Sir Fynwy is a long section and sees the route end at Monmouth, a major Monmouthshire town. On route, it follows the Offa's Dyke national trail.

The route leaves Treadam and follows rather remote paths that provide fine views of the surrounding countryside. Llantilio Crossenny is passed on route to the Bulmers' apple orchard at Penrhos Farm. The beautiful church of Llanvihangel-Ystern-Llewen is visited and it is likely that a drinks point will be located here. A climb into Kings Wood follows prior to descending into the beautiful town of Monmouth. After 10.5 miles the route will arrive at the Hitchcock Sports Pavilion which is owned by the Monmouth School.





## CP11 NOW OPEN

**Ty Price, St Thomas' Community Hall, Monmouth**

**Cornwall and Devon**

**Hazel and Terry, Viv and Roy Zelionka, Ali Ryan and Mr Stores are here to welcome you**

**Please check in in the comments below and don't forget to swipe your tracker wristband**

**Next section Monmouth to Redbrook**

**4.2 miles, 9,475 steps, 980 ft, 1,362 stairs**

**Please follow the route description on leaving this checkpoint**

Section 12 of Y 100 Sir Fynwy is the shortest section on the whole route. It has a climb though, and views west from the Kymin will be impressive.

The last 18 miles of Y 100 Sir Fynwy are undulating. This section contains one of the undulations. From Monmouth, the route remains on Offa's Dyke Path and climbs to the folly called the Kymin. Built in 1794, it was created by Philip Meakins Hardwick as a location where he could eat dinner with his friends. If you've ever walked the Wye Forest 50 challenge walk, then you will already know how good the views are to the west to the Black Mountains and beyond. Nearby is the Naval Temple that was built between 1794 and 1800 and which commemorates the many Admirals, including the most famous, Lord Horatio Nelson. A straightforward descent brings the route to the Redbrook and after 3.4 miles Redbrook Village Hall will be reached.



## CP12 NOW OPEN

### Redbrook Village Centre

#### Norfolk and Suffolk (for Vermuyden)

Paula and her team are ready to welcome you

**Please check in in the comments below and don't forget to swipe your tracker wristband**

#### Next section Redbrook to Trellech

**5.1 miles, 11,506 steps, 1,230 ft, 1,710 stairs**

**Please follow the route description on leaving this checkpoint**

Section 13 of Y 100 Sir Fynwy leaves Offa's Dyke Path and re-joins Monmouthshire Way for part of the next undulation to the mediaeval town of Trellech.

On leaving Redbrook, the route crosses the River Wye via the now disused railway bridge. The western bank of the River Wye is followed to Whitebrook. Whitebrook was once a hive of industrial activity although its peacefulness now makes that hard to believe. In 1606, the first wireworks were commenced and remained the main form of industry until 1760 when paper mills took over. By the mid-19<sup>th</sup> century most industry had ended and nature started to reclaim the Wye Valley. From Whitebrook a climb commences that sees the route arrive in the village of Trellech. Recent archaeology has revealed that Trellech was once a major mediaeval town with a significant population and certainly more important than nearby Newport. Now a sleepy upper Wye village, after 5.1 miles the route will arrive at the Babington Centre in the heart of the village.



## CP13 NOW OPEN

**Babington Cenytre, Trellech**

**Wiltshire**

**Chelle Armour and her team are here to welcome you**

**Please check in in the comments below and don't forget to swipe your tracker wristband**

**Next section Trellech to Tintern**

**4.7 miles, 10,603 steps, 523 ft, 727 stairs**

**Please follow the route description on leaving this checkpoint**

Section 14 of Y 100 Sir Fynwy descends through woodland to arrive at the iconic Tintern Abbey.

On leaving Trellech, the route largely passes through established deciduous woodland. Generally descending, the route passes behind Cleddon Hall, famous for being the birthplace of Bertrand Russell. The route passes through the tropically named Barbadoes Green before finally descending to Tintern where after 4.7 miles the route will arrive at Tintern Village Hall.



## CP14 NOW OPEN

### Tintern Village Hall

#### North West Grampian

Hannah Cribb and her team are here to welcome you

Please check in in the comments below and don't forget to swipe your tracker wristband

Next section Tintern to Chepstow

5.2 miles, 11,731 steps, 1,011 ft, 1,405 stairs

Please follow the route description on leaving this checkpoint – last section – nearly home 🏠

Section 15 of Y 100 Sir Fynwy has one final undulation but once at the top, the views south, even at night time towards the Severn Estuary are exceptional.

The route leaves Tintern Village Hall and walks towards the first Cistercian abbey created in Wales; the magnificent Tintern Abbey. Look closely at the west window. This is the base to the event logo and whether you walk through in the daytime or night, you will have a great view as it is also illuminated during the hours of darkness. The route now follows the Wye Valley Walk for a couple of miles before climbing to Penterry Church and the sight of a lost village due to the bubonic plague. Not as famous as Eyam in Derbyshire, the village was nevertheless obliterated and a mass plague pit was created to bury the bodies.

Descending from Penterry Church, the route will cross the A466 and re-join the Wye Valley Walk for a short period before leaving it and re-joining the Monmouthshire Way to walk past the ruined Grade 1 listed Piercefield House. This was the sight of the very first package holiday where the elite of London would travel to 'take the air'. It hosted Horatio Nelson and Lady Hamilton and was the home of Nathaniel Wells, the first black sheriff of Monmouthshire. A mile later and the route finishes at Chepstow Comprehensive School.



## WELCOME FINISHERS

**Congratulations** on reaching the finish of the one and only virtual LDWA 100 mile walk. You must be pleased to be back here again – or pleased to be wherever you are – ready for a bath, a nice meal, some fluid replacements (!) and bed 😊

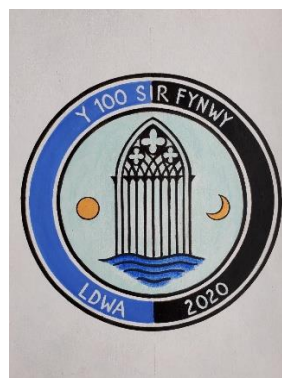
Whether you walked 100 miles or 100 steps you will receive one of these virtual badges and a personalised certificate to go with your virtual tally as a souvenir set with our sincere thanks from the organisers for joining in and making this such a great event.

You have all helped us celebrate the work that had gone into planning and preparing the official Y 100 Sir Fynwy and this virtual event has given everyone a taster of what's to come next year. We hope to see many of you back for the actual event in 2021.

However, don't disappear just yet – head into HQ, after your welcome handshake, for a delicious meal cooked by our very own Catering Manager [David Morgan](#) and a shower . . . It's still open for another half an hour 😊:-)



| THE VIRTUAL Y 100 SIR FYNWY                    |                                           |                                   |                                      |                                    |
|------------------------------------------------|-------------------------------------------|-----------------------------------|--------------------------------------|------------------------------------|
| START<br>Registration                          | Black Rock<br>Car Park,<br>Drinks<br>Stop | CP1 Bagist<br>Community<br>Church | CP2<br>Parreth's<br>Gals Car<br>Park | CP3 Centenary<br>Hall, Uck         |
| FINISH<br>Chapetaw<br>School                   |                                           |                                   |                                      | CP4 The Bryn<br>Village Hall       |
| CP14 Tintern<br>Village Hall                   |                                           |                                   |                                      | CP5 Ruide Hall,<br>Abergweny       |
| CP13 Trelech,<br>Subington Centre              |                                           |                                   |                                      | CP6 Cymyry<br>Memorial Hall        |
| CP12 Redbrook<br>Village Centre                |                                           |                                   |                                      |                                    |
| CP11 St Thomas'<br>Community Hall,<br>Monmouth | CP10<br>Treadon                           | CP9 Fedy<br>Village Hall          | CP8<br>Longtown<br>Outdoor<br>Centre | CP7 Treets<br>Compts,<br>Llanthony |





## HQ tidy up, lost property and Marshals' dinner

Now the event is nearly over [Shirley Hume](#) and her team are starting the tidy up at HQ as the school need it pristine for the morning (actually they don't this year but that's another matter 😬 :-o)

We seem to have gathered quite a bit of **lost property** so please comment if you can't find something or think you have left something out on the course or at a checkpoint.

The marshals on toilet duty appear to have far too much time on their hands!

CP marshals - please return all your equipment to HQ ready for next year, thank you 😊 :-o) A big pile in the car park will be fine 😬 :-o

When you are all finished [David Morgan](#) has cooked up a special dinner for us - so pop inside 😊



## END OF DAY 2 AND ALMOST THE END OF THE VIRTUAL Y 100 SIR FYNWY

So as all the checkpoints close, the organising team are ushered out of our virtual HQ for the event and I put away my stickies and highlighter pens, it just leaves us to say a **MASSIVE THANK YOU** to everyone who took part and joined in so enthusiastically – even though possibly the majority of people had absolutely no idea what was going on when they signed up!

Whether you participated as a walker, marshal, one of the virtual organising team, or indeed all of the above, it wouldn't have worked without all of you doing what you did.

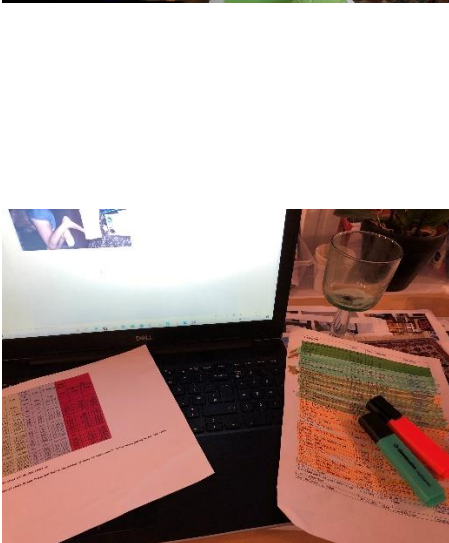
Hopefully this will be the One and Only Virtual Y 100 Sir Fynwy – or in fact any virtual LDWA 100 mile event – but I hope it's both celebrated the work that went into planning the original and also given us all a bit of the camaraderie that we would otherwise have missed this year. As well as offering some the opportunity to take part in a 100-mile event. A virtual personalised Certificate will be winging it's way to all of you in the next couple of weeks.

A special thanks must go to Dave who developed the FellTrack version of the YSF especially for us and kept it running over the weekend. The tracker will now stay live until the end of the month, or until everyone has finished or retired, whichever is sooner. And thanks to the Fellsman for the original idea that we adopted and adapted. We are making a donation to their chosen charity as a thank you.

Finally, talking of donations, thanks to the very many of you who donated on top of your entry fee at the beginning of this event. We appreciate every small gift especially at this difficult time. If you haven't donated yet and you feel you'd like to we'll be leaving the YSF100 donation tab open in the shop until the end of the month.

**But this is still not the end!! Come back tomorrow at 8.00pm for the Y 100 Sir Fynwy Awards Ceremony when David, LDWA Chair, will say a few words.**

Safe journey home 😊



## **THE VIRTUAL Y 100 SIR FYNWY AWARDS CEREMONY**

David's video

### **POST ON MAIN LDWA PAGE**

(Words to accompany the video for those who haven't taken part)

## **THE VIRTUAL Y 100 SIR FYNWY AWARDS CEREMONY**

The Virtual Y 100 Sir Fynwy took place over the last two weeks on Facebook, culminating with the walk this weekend, mirroring the events that would have been taking place on the actual walk.

Over 150 people participated and had a great time, generating the sort of camaraderie we have come to expect on LDWA 100-mile events, manning checkpoints, organising HQ, catering, transport and kit check, which proved very interesting this year! 100 people used the tracking system, developed and supported by the Fellsman, to log some walking too!

All participants will receive a virtual Certificate, badge and souvenir tally to mark the event, which they received from David Morgan, LDWA Chair, a few minutes ago at the virtual Awards Ceremony.

## THANKS AND ACKNOWLEDGEMENTS

- First of all thanks to the LDWA NEC for letting me run with an idea when they really didn't think there was time to enact it or what they were letting the association in for!
- Next, to the Fellsman committee, in particular Shona Brunskill, who was happy for us to adopt and adapt their idea and who gave us some valuable tips to help make the Facebook event run smoothly
- Dave Driver, Fellsman volunteer and IT maestro, who built our very own Y 100 Sir Fynwy event into their FellTrack system enabling us to mirror the actual route and checkpoints of the 100-mile walk.
- A big thanks to our President Phoebe Smith, not only for giving up her time to record the launch video for us but for inviting Cerys Mathews to do the same in Welsh!
- Shirley Hume who organised the checkpoint marshals – Hazel and Terry Bound, Gill Bunker, Paula Murphy, Jackie Burnett, Bill Milbourne, Gwyneth Littlejohn, Nicky Wood (and Henry), Chelle Armour, Deirdre Flegg, Andy Clark, Julia Warman and the Cribb girls – many of whom also brought along their own checkpoint teams and doubled up in other roles over the two weeks of the event!
- Julian White, our social media Guru, kit check marshal and gastronome extraordinaire (who managed to turn every thread into a food related one!)
- Alan Warrington and Madeleine Watson for keeping the entry and donations system running and reporting
- Michael Jones for reporting the event as it unfolded on Twitter
- Tony Alcock who designed the Y 100 Sir Fynwy badge
- David Morgan, our Chair, Catering and Transport Manager and star of the small screen who really entered into the spirit of it once it started to become clear what madness had been unleashed – who also designed the Certificate for the virtual event.
- **But most of all YOU ALL who entered, participated, walked, ran, marshalled, spent hours on Facebook (or even signed up for it for the first time ever just to help me out!), joined in with all the threads, worked out how to use the tracker and generally had fun and made the event the real success that it was. Oh, and donated so generously too – we thank you so much.**

I'd finally like to acknowledge the support from my family who put up with me living in a parallel universe for the two weeks in the run up to the virtual event – they would have seen more of me on the real thing!

Julie Cribb

LDWA NEC Local Groups' Officer

May 2020

## STATISTICS OF THE EVENT

- 155 people entered the virtual Y 100 Sir Fynwy
- 109 used the FellTrack system
- 29 participated without being on social media

### The Facebook page

Between 7<sup>th</sup> and 24<sup>th</sup> May:

- 126 joined the Facebook group
- 17 participated only on Facebook
- At least 2 only joined Facebook to join in with the event
- There were 50 posts by admins as the event unfolded
- There were 9,400 engagements (comments and reactions) 600 on Saturday 23<sup>rd</sup> and 1,200 Sunday 24<sup>th</sup> alone
- 116 people joined in on the weekend of the walk
- The three top posts in terms of activity were:
  - CP14 Open at 8pm on Sunday evening
  - Kit Check open on Thursday 21<sup>st</sup> May
  - Welcome finishers at 9.35pm on Sunday evening

### Walkers

It is impossible to say how many people actually did any walking. It was not necessary to walk to either participate on Facebook or to use the tracking system. A number did short walks over the weekend and posted the results in the LDWA Coronavirus 100 Challenge.

At the time of writing 13 people had recorded 100 miles during the 48 hours from 9.00am Saturday 23<sup>rd</sup> May, which were subsequently confirmed. It was also confirmed that these walks were carried out entirely in the home or within the government guidelines current at the time in their locality. It was agreed that the achievements of these individuals should be acknowledged as it was perhaps even more challenging for them to have done this distance in isolation and without the support and camaraderie of 500 other participants and an army of checkpoint marshals that would have been present on the real thing.

|    | Participant           | Distance (miles) | Time    |
|----|-----------------------|------------------|---------|
| 1  | John Higgins (runner) | 100.66           | 17h 55m |
| 2  | Vicki Howe            | 100.8            | 24h 54m |
| 3  | Roderick Smith        | 100              | 28h 44m |
| 4  | Celia Hargrave        | 101              | 29h 14m |
| 5  | Sahrah Wilding        | 100.4            | 32h 35m |
| 6  | Kev Baldry            | 101              | 34h 36m |
| 7  | Janet Pitt-Lewis      | 101              | 34h 37m |
| 8  | Elizabeth Hobday      | 102.68           | 36h 19m |
| 9  | Jo Dixon              | 100              | 37h 36m |
| 10 | Julian Pursey         | 100.13           | 39h 57m |
| 11 | Kathleen Young        | 100              | 42h 15m |
| 11 | John Young            | 100              | 42h 15m |
| 13 | Simon Pipe            | 102.23           | 44h 03m |

Several people also submitted logs confirming a distance of at least 100km.



## Participants in the Y 100 Sir Fynwy 2020

|                  |                    |                   |                   |                    |
|------------------|--------------------|-------------------|-------------------|--------------------|
| Julie Cribb      | David Giles        | Jane Woodburn     | Helen Southall    | Dily Ruffer        |
| Julian White     | Sara Dyer          | Sharon Sullivan   | John Higgins      | Richard Newall     |
| Madeleine Watson | Cathryn Row        | Malcolm Walmsley  | Emma Whittick     | Jacqui Brownridge  |
| Elaine Oddie     | Elizabeth Hobday   | Alan Leadbetter   | Heather Smith     | Charlotte Smith    |
| Robert Barclay   | Beverly Holmes     | Paula Stanislas   | Mike Smith        | Michael Askey      |
| Marian White     | David Holmes       | Paul Baker        | Jackie Burnett    | Adrienne Olszewska |
| Andy White       | Lyndsey Holmes     | Mary Dee          | Richard Haynes    | David Wainwright   |
| Gerry Moore      | Tim Bedwell        | Rhys Pippard      | Michael Best      | Roderick Smith     |
| Simon Pipe       | Vicki Howe         | Angela Pippard    | Gill Bunker       | Rod Ratcliffe      |
| Angela Williams  | Elaine Derwanz     | John Heathcote    | Stephen Cribb     | James Russell      |
| Heather Woodford | Alison Osborne     | Dawn Roberts      | Chelle Armour     | Kathy Robbins      |
| Bill Milbourne   | Gwyneth Littlejohn | Gordon Mackay     | Vivienne Zelionka | Catharine Gregory  |
| Julia Warman     | Steve Power        | Tim Ryan          | Roy Zelionka      | Janine Ramsey      |
| Hazel Bound      | Mark Kuspisz       | Andy Clark        | Naomi Cribb       | Peter Ford         |
| Terry Bound      | Jo Dixon           | Ron Williamson    | Hannah Cribb      | Paul Gibbs         |
| Ali Ryan         | David Podmore      | Pat Richardson    | Sabrina McNair    | Norma Lloyd        |
| Stores Supplier  | Annie Foot         | Richard Vaughan   | Matt Parkhouse    | John Pickersgill   |
| John Clarke      | Kathleen Young     | Gavin Chatfield   | Celia Hargrave    | Matt Clarke        |
| Michael Childs   | John Young         | Tom Hanson        | Laura Hodson      | Clea Warner        |
| Ian Latham       | Joseph Williams    | Neil Fraser       | Norman Corrin     | John Willer        |
| Kev Baldry       | Deborah Heighes    | Julian Pursey     | Phoebe Smith      | Jennifer Smith     |
| Rita Williams    | Christine Pennack  | Nicky Wood        | Bea Jefferson     | Karen Pickersgill  |
| Sian Richardson  | Chris Leese        | Janet Hill        | John Micallef     | David Purdy        |
| David Morgan     | Lynn Paalman       | Kelley Gove       | Janette Armstrong | Janet Pitt-Lewis   |
| David Chippett   | Richard Harris     | Sandy Gee         | Lisa Dalton       | Jessica Wright     |
| Ian Brazier      | Adam Bishop        | Judith Fox        | Mark Edwards      | Martyn Sharpe      |
| Shirley Hume     | Anna Stares        | Jo Bontoft        | Ralph Warman      | Rachael Messenger  |
| Kathy Tytler     | Carla Ramsay       | Chris Bontoft     | P Ibison          | Felicity Cole      |
| Helen Crossland  | Bill Lancashire    | Garfield Southall | Warren Yabsley    | Bob Bryant         |
| Emma Greig       | Fiona Fisher       | Dominique Drewe   | Sara Cook         | Armored Young      |
| Deirdre Flegg    | Sahrah Wilding     | Judy Rickwood     | Sarah Weeks       | Jane Giles         |

## POSTSCRIPT

A further meeting of the NEC just prior to the event concluded as follows:

### **Posted 19 May 2020:**

The National Executive Committee (NEC) Coronavirus sub-committee monitors the guidance provided by the Governments of England (UK), Scotland, Wales and Northern Ireland and meets every Monday to review the advice provided to LDWA members.

It appears to be the case that LDWA activities are going to have to adhere to a 'new normal' in the short, medium and perhaps long term. In order to protect the very good reputation that the LDWA has developed over many years both at a national level and in the local communities in which it operates, the NEC will consider various aspects relating to our activities. This will include things like social distancing, food hygiene, car parking, meeting places and even the width of paths that we walk on.

Please be reassured that the NEC is considering how to mitigate the associated risks and is considering when social walks and challenge events might be allowed to resume. These are difficult times for all involved in the LDWA and the NEC is acutely aware of the distress that a loss of LDWA activities is causing for many of our members. We are grateful for your continued patience.

thereby flagging that it may be some time before organised long distance walking was able to resume in any way similar to pre-pandemic days.

Although in no way could a virtual event such as this ever replace the actual annual LDWA flagship 100 mile walk, what it did reinforce was the sense of community, support and friendliness that not only the 100 but many of our challenge events and social walks engender. It was also used by many as a vehicle to focus activity over the weekend. It celebrated the work of the original organising committee and raised awareness of the 100 mile walk to some who would never have considered entering the real thing. A number also commented on how realistic manning a virtual checkpoint was! And just as busy! The success of the virtual event was no doubt partly due to the restrictions on movement and mass events placed on the UK population during April and May as a means of controlling the coronavirus pandemic. However, there was a significant undercurrent of support particularly from people who are not able any more to participate in longer distances, suggesting that there may be other ways of engaging with our wider membership in addition to the traditional ways focussed on to date. Feedback suggests that there is an appeal of such events and it is certainly something that the NEC will take away to consider.

At a time when new memberships to the Association fell, likely to be partly as a result of the cancellation of all LDWA activities from March onwards, it was also a means of raising income from donations to be put towards the IT Development Fund. At the time of writing over £2,000 had been raised from both of the May Challenge events.

And a final word from one member and participant, sent as a letter to Strider during the weekend, that echoed the very many positive emails, tweets and comments that emerged during and after the event:

*Dear Editor*

*It is Sunday afternoon, 24 May and I should be down in Wales helping with SY 100 Sir Fynwy. I thought it was going to be a very depressing weekend, stuck at home, not enjoying that lovely welsh scenery, missing my group mates from Lakeland LDWA and missing the good craic that we have on the hundred!*

*Well yes, I am missing my group mates from Lakeland, but the Virtual Y 100 Sir Fynwy has more than made up for missing the main event, and the team who have put this event together should be applauded. As should all LDWA members who are entering into the spirit of this wonderful virtual event creating a good vibe just like the real event.*

*I admit that during Lockdown I have found many of the virtual opportunities offered to us (almost incessantly) on our computers a bit much, but this idea has really captured my imagination. The mental issues surrounding the Coronavirus are very real for many people, and I for one have found it so hard to be isolated from friends and family, being quite a gregarious soul. But this has made the Bank Holiday weekend much, much better than anticipated.*

*The thought that has gone into the logistics and technology behind the virtual event have been clever and detailed. The communication leading up to the event and through the weekend have been good - with clear instructions to keep us going. And the contributions from and creativity displayed by members have been first class. As the event rolled along we all started to understand what we were supposed to be doing, and the banter has flowed gradually around the 100 mile 'route', checkpoint to checkpoint, just like it would in reality. I have been hooked on the facebook page in much the same way I am usually glued to the tracker during the weekend, and feel I am rooting for people in the same way that I would were it real. Indeed I find myself wondering, are there some folks actually totting up the 100 miles - I am sure there are and they will be acknowledged in due course.*

*Ian and I enjoyed our 'photo shoot' preparing images for Bryn checkpoint and my 'famous' teddy bear Henry even got involved! (he's famous on my own facebook page for his Coronavirus stay safe daily messages). And when the checkpoint was largely over - apart from terrible stragglers of course, where did they get to - we have enjoyed the freedom to nip out walking from home, gathering more images to post on the later checkpoints. Who knew the South Lakeland fells could be made to look like the Welsh Coast and valleys!*

*As I write this I am looking forward to the clapping at 9.30pm tonight for the finishers. We have of course, all become very adept at clapping in recent weeks, and I for one, will clap for the LDWA this coming Thursday evening. Thanks again to you all for your resilience, determination and good spirit providing this fun alternative. And role on 2021 for the real thing!*

Nicky Wood 🧡  
Lakeland Group

