

RACE TO REMEMBER



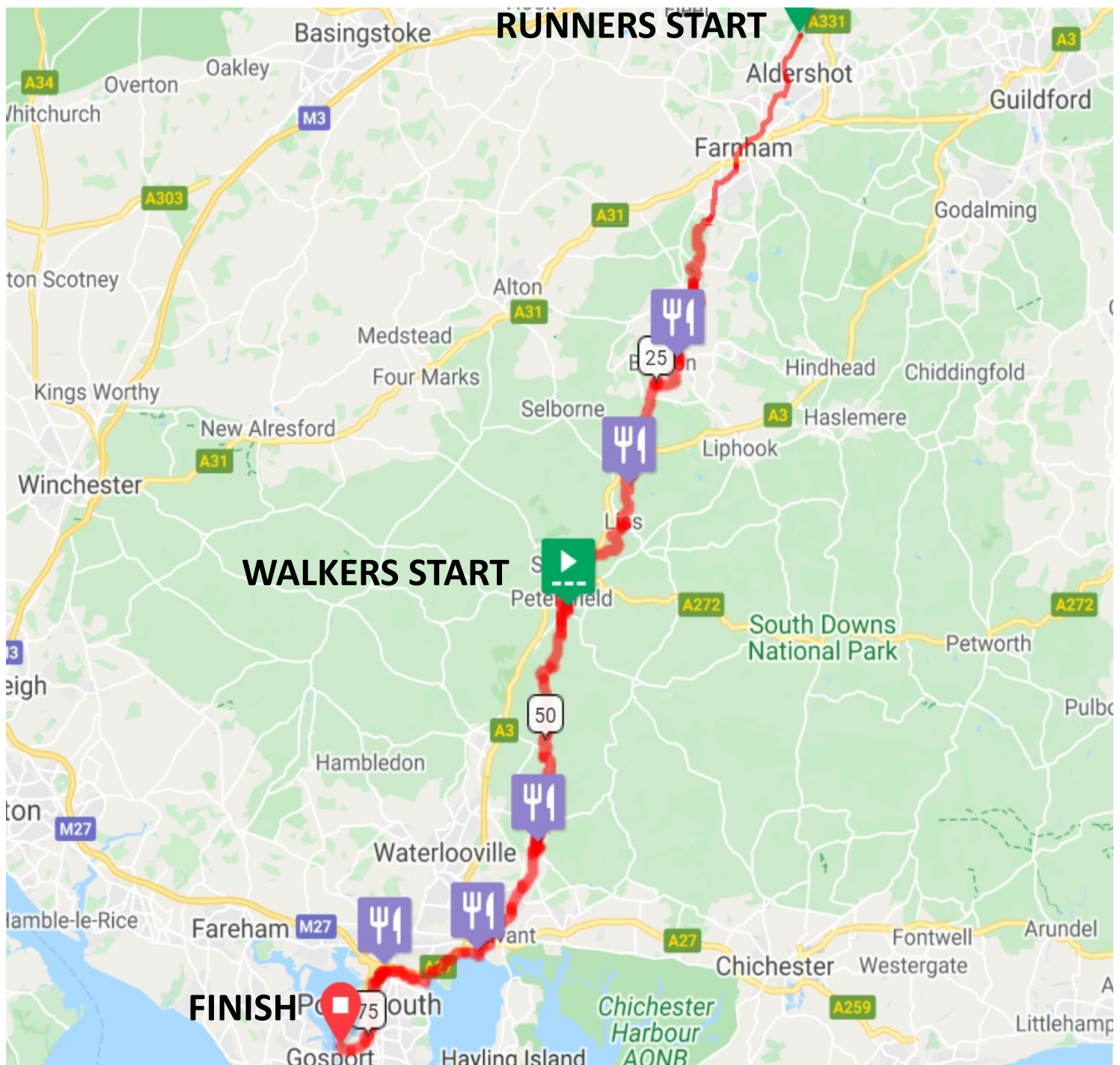
**COMBAT
STRESS**
FOR VETERANS' MENTAL HEALTH

**SATURDAY 11
NOVEMBER 2023**



**classic
challenge**

ROUTE & EVENT OVERVIEW



The Remembrance Run event is a one day event for both walkers and runners. The runners will be running 76km from Aldershot to Portsmouth. The walkers will be starting at Petersfield and walking 36km to Portsmouth.

This document outlines the event in detail and what you can expect from the day. Please take time to read through the event details and ensure to familiarise yourself with the event format and cut off times.

EVENT TIMINGS

Due to the nature of this event there will be cut off times throughout the course to ensure that all participants are safe at all times and can be reached by staff within a certain amount of time in case of an emergency.

Please see the below table and make yourself aware of the cut off times that would be applicable to you. Times based upon 9km/hr for fast runner and 6 km per hour and slowing over the course for the slower runners. Walkers based upon 5km per hour for fast walkers and 4km per hr for slower walkers.

Please note—if you do not make it to a checkpoint by the required time then you need to be willing to be put into a support vehicle and taken further down the course to ensure you will finish the challenge within the required time.

Cut-off times are in place to make sure that all participants are safe throughout the entire challenge and so must be taken seriously and adhered to.

Location	Alder-shot	Lind-ford	Liss Forest	Peters-field	Row-lands Castle	Bed-hampt on CC	Hillsea Lagoon	Ports-mouth
Type	Sport ground	Village Hall	Car Park	Village Hall	Scout Hall	Car Park	Car Park	HMS Victory
	Start	Stop 1 22km	Stop 2 32km	Stop 3 42km	Stop 4 56km	Stop 5 64km	Stop 6 70km	Finish 76km
76km	Check in from 5.30. Start at 06.00	08:00 to 09.30	9.00 to 11.00	10.00 to 12.30	12.00 to 14.30	13.00 to 16.00	14:00 to 17:30	15.00 to 19.00
				Start	Stop 1 14km	Stop 2 22km	Stop 3 28km	Finish 36km
36km walk				09.00	10.30 to 12.00	13.00 to 14.30	14:30 to 15:30	15.30 to 19.00
36km run				10.30	12.00 to 14.30	13.00 to 16.00	14:00 to 17:30	15.00 to 19.00

EVENT SUPPORT

You will be supported throughout the challenge by experienced event staff from Classic Challenge.



The full run has a rear runner. The 36km walk has a walking support guide and the 36km runners will join the 76km team and support staff. Please see below for an overview of where the break stops (B.S) are located on the course:

76 km



B.S 1—22.5 km
B.S 2—31.8 km
B.S 3—41.8 km
B.S 4—55.8 km
B.S 5—62.9 km
BS 6—70.7 km

36 km



B.S 1—14 km
B.S 2— 21.1 km
B.S. 3—28.9 km

At the break stops there will always be water to re-fill your bottles before you head off. There will also be a selection of sweet and salty snacks to make sure you get the appropriate nutrition levels back into your system. Not all break stops will stock the exact same food as we like to vary. If you are used to energy gels/powders and have trained with this then you will need to provide your own.



Medical support for the challenge will be in a response vehicle and moving along the route.



There will also be experienced event staff manning the break stops along the course along with charity representatives.



KIT LIST—RUN



This event is in November and so weather may be very cold and wet with added wind-chill and so we must be prepared for all eventualities and the desire to run fast must be balanced with the need to ensure your safety. The 76km runners will have a kit check by the event team before they head off from Aldershot—this is for your own safety. .

Mandatory Items



1. Trail running shoes —The course covers a wide range of terrain types but is mainly off-road, with mud to be expected in many areas. As such, you should be wearing shoes appropriate for this kind of terrain. Road shoes are unlikely to be sufficient.



2. Backpack —You will need a backpack that you can both fit all the key items in and easily access while running.



3. Waterproof clothing —This is both waterproof jacket and trousers to protect you from the elements.



4. Emergency spare clothing —This is a full set of top and bottoms (full length and long-sleeved) that is stored in a waterproof dry bag, carried throughout the event and remain unworn at the finish. These items are only for use in an emergency and you should carry additional warm layers that you may need to put on as you run. Some parts of the course are remote, and it may take a while for our response team to get to you.



5. A spare warm upper layer —This can be worn during the event - you will feel the cold more as the race progresses.



6. Warm hat or buff



7. Gloves and/or mitts



8. Head torch and spare batteries —Your head torch must be suitable for running in dull light across uneven terrain, with spare batteries to see you to the finish.



9. Reflective clothing — We ask all participants to ensure there are reflective areas on their outer garments. The aim is to make you as visible as possible to other road users.



10. Mobile phone - You should have a fully charged mobile phone with you at all times, which is switched on so we can contact you if required. You should also have the emergency contact numbers stored within this, details of which will be provided on your route card.

If you are planning to use the phone for music or as a GPS device, then we would recommend you also carry a means to charge the phone, such as a small USB charging pack.

Remember the cold and wet can seriously impact the performance of electronic devices, so consider carrying it close to your body and in a waterproof case.



11. Water bottles or bladder — Break stops are spread out over the route and so you will need to carry sufficient fluid and food to sustain you between these. A minimum of a 500ml is required but you may want to consider carrying more, depending upon your speed and personal needs.



12. Food — As with water, pack sufficient food to ensure you have enough between the break stops.



13. Emergency survival bag — Note a bag and not a blanket.



14. First aid kit — You are expected to carry a basic first aid kit, containing at a minimum: plasters, paracetamol, any personal medication (in original packaging), self-adhesive bandage, personal blister kit.



15. Cash and Bank Card — A minimum of £20 cash and a valid bank card to ensure you have sufficient funds available to pay for transport, should you need to retire and require onward travel.

KIT LIST— WALK



For the 36km walk you will be carrying your own kit in a day bag throughout the day. There are not as many mandatory items required but please ensure you have the below:



1. Walking boots —The route covers a wide range of terrain types but is mainly off-road, with mud to be expected in many areas. Please ensure you have good ankle support.



2. Personal clothing— Walking socks, breathable trousers, long sleeve based layer, t-shirt, long sleeved base layers, t-shirt, jumper.



3. Backpack —You will need a backpack that you can both fit all the key items in and easily access while walking. We suggest around 25—30litres.



4. Waterproof clothing —This is both waterproof jacket and trousers to protect you from the elements. You may also wish to have gaiters due to the amoun of fields we cover.



5. Spare layers — Please make sure you have additional warm layers to keep you warm during break stops and at any point when you are waiting around.



6. Warm hat or buff



7. Gloves and/or mitts



8. Head torch and spare batteries —Your head torch must be suitable for walking in dull light across uneven terrain, with spare batteries to see you to the finish.



10. Mobile phone - You should have a fully charged mobile phone with you at all times, which is switched on so we can contact you if required. You should also have the emergency contact numbers stored within this, details of which will be provided on your route card.

If you are planning to use the phone for music or as a GPS device, then we would recommend you also carry a means to charge the phone, such as a small USB charging pack.

Remember the cold and wet can seriously impact the performance of electronic devices, so consider carrying it close to your body and in a waterproof case.



11. Water bottles or bladder — Break stops are spread out over the route and so you will need to carry sufficient fluid and food to sustain you between these.



12. Food — As with water, pack sufficient food to ensure you have enough between the break stops.



14. First aid kit — You are expected to carry a basic first aid kit, containing at a minimum: plasters, paracetamol, any personal medication (in original packaging), self-adhesive bandage, personal blister kit.



15. Cash and Bank Card — A minimum of £20 cash and a valid bank card to ensure you have sufficient funds available to pay for transport, should you need to retire and require onward travel.

ROUTE

For the 76km run there will be a rear runner. Participants are welcome to run with this team member. If however you choose to self navigate **then you must have the route downloaded onto a device** that you will carry with you. The event **HAS VERY BASIC SIGNAGE** to assist navigation but you must have the ability to self navigate. The 36km walk will have a walking support with them and the 36km runners will join the 76km team.

CUT OFFS

The route and distance breakdown on page 3 of this document outline when break stops will be open from and to. Each runner and walker will be registered upon arrival so we know who is in. You **must have left** each break stop prior to it's closing. If you do not make a break stop in time then you **will be moved** forward either to the finish or to the next break by an event support vehicle.

BAGS

At the start of the 76km run you can leave a small bag of personal belongings with the Classic Challenge team. For the run this bag will then only be available at the lunch stop with is Break Stop 3, 42km. The bag will then also be available at the finish in Portsmouth.

The 36km walkers and runners may leave a bag with the Classic team that will be transported forward to the finish in Portsmouth—it will not be accessible during the event.

FOOD & DRINK

Please see below for an outline of what is available at each stop:

76km RUN

	Location	Check-point Type	Distance From Start		Distance from last break stop		Food
			KM	MILES	KM	MILES	
Start	Aldershot Army Rugby Stadium. GU11 2TD	-	0.0	0.0	0.0	0.0	
BS1	Lindford Village Hall GU35 ORD	INSIDE	22.5	13.9	22.5	13.9	Rice Pudding, cake, bars. Water, squash, coke, tea & coffee
BS2	Liss Forrest Car Park	OUTSIDE	31.8	19.8	9.3	5.7	Same as above plus fruit and sweets.
BS3	Petersfield Avenue Pavillion GU31 4JQ	INSIDE	41.8	25.9	10	6.2	Soup, bread, cheese. Tea and coffee, water & squash.
BS4	Rowlands Castle Scout HQ PO9 6BT	INSIDE	55.8	34.6	14	8.6	Boil in bag meals & bread. Water, squash, tea & coffee.
BS5	Bedhampton Cricket Club PO9 3JG	INSIDE	62.9	39	7	4.3	Fruit, nuts, crisps & sweets. Water, squash & coke.
BS6	South Coast Wakepark Car Park PO2 9RP	OUTSIDE	70.7	43.9	6.7	4.1	Sweets, chocolate Tea, coffee & water.
Finish	HMS Victory, Portsmouth PO1 3LJ		76.5	47.7	6.1	3.7	Hot drinks

36km WALK & RUN

	Description	Check-point Type	Distance From Start		Distance from last break stop		Notes
			KM	MILES	KM	MILES	
Start	Petersfield Avenue Pavilion	-	0.0	0.0	0.0	0.0	
BS1	Rowlands Castle Scout HQ PO9	INSIDE	14.0	8.6	14.0	8.6	Crisps, oranges, sweets. Water, squash, tea & coffee.
BS2	Bedhampton Cricket Club PO9	INSIDE	21.1	13.1	7.0	4.3	Boil in bag meals, bread. Water, squash & coke.
BS3	South Coast Wakepark Car Park PO2 9RP	OUTSIDE	28.9	17.9	6.7	4.1	Sweets, chocolates Tea, coffee & water.
FINISH	HMS Victory, Portsmouth PO1 3LJ		36.0	21.7	6.1	3.7	Hot drinks