



RACE TO REMEMBER

Event Guide

Saturday 8th November 2025



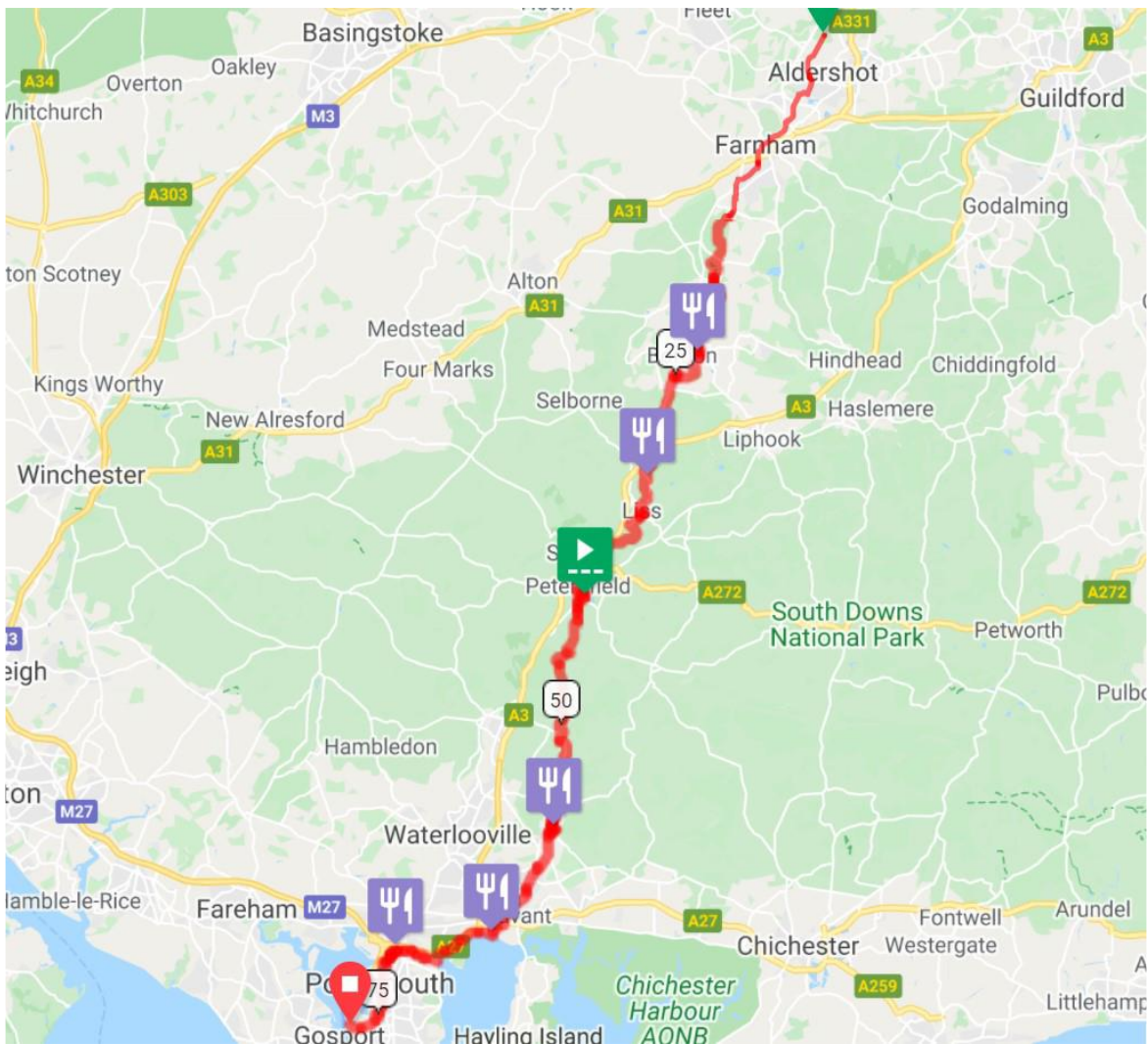
Event Overview

Thank you for joining Team Combat Stress for our Race to Remember event. This one-day event offers runners the option to take on the 76km run from Aldershot to Portsmouth or to join the 36km route with our walkers from Petersfield to Portsmouth.

This guide outlines the event in detail and gives an insight into what you can expect on the day. Please take the time to read through the event details and familiarise yourself with the format, kit-list and cut-off times.



The Route



GPX files of the routes will be sent to all participants ahead of the event. The route has **VERY BASIC** signage to assist navigation so you must have the ability to self-navigate and have **downloaded the route** onto a device that you will carry with you for the duration of the event.

There will be a back runner for the 76km run and participants are welcome to run with this member of the team. There will be support for walkers on the 36km event and those running the 36km will have the support from the 76km team.

Event Timings

Distance	Registration Opens	Start time
76km Run	5:30am	6:00am
36km Walk	8:30am	9:00am
36km Run	10:00am	10:30am

To ensure that all participants are safe at all times and can be reached by the team within a certain amount of time in case of emergency, there are **strict cut off times along the route which must be adhered to.**

Please make sure you are aware of the cut off times relevant to you. Timings are based on 9km/hr for fast runners, 6km/hr for slow runners and 5km/hr for fast walkers and 4km/hr for slower walkers.

In the unfortunate event that you do not make it to a checkpoint by the required time, you need to be willing to be put into one of our support vehicles and taken further down the course to ensure you finish within the required time.



Cut-off Times

Location	Stop & Distance 76km	Cut-off Times	Stop & Distance	Cut-off Times 36km Walk	Cut-off Times 36km Run
Start – Aldershot	Start	06:00			
Lindford Village Hall	1 - 22km	08:00 - 09:30			
Liss Forest Car Park	2 - 32km	09:00 - 11:00			
Petersfield Village Hall	3 - 42km	10:00 - 12:30	Start	09:00	10:30
Rowlands Castle Scout Hall	4 - 56km	12:00 - 14:30	1 - 14km	10:30 - 12:00	12:00 - 14:30
Bedhampton Cricket Club	5 - 64km	13:00 - 16:00	2 - 22km	13:00 - 14:30	13:00 - 16:00
South Coast Wakepark Car Park	6 - 70km	14:00 - 17:30	3 - 28km	14:30 - 15:30	14:00 - 17:30
Finish – HMS Victory	Finish 76km	15:00 - 19:00	Finish 36km	15:30 - 19:00	15:00 - 19:00

The above table indicates when the rest stops will be open from and to and therefore the route cut-off times.

On arrival at each stop, you will be registered so we know which participants have checked in. You must ensure you leave the rest stop prior to it closing.

If you do not make a stop by the above cut-off time, you will be moved forward by one of the event support vehicles to either the next stop or the finish line.

Event Support

You will be fully supported throughout Race to Remember by experienced event staff from the team at Classic Challenge. Combat Stress representatives will be at all rest stops and of course at the start and finish of the event.

Water will be available at all rest stops to enable you to re-fill your bottle before you head off. There will also be a selection of sweet and savoury snacks to help you get the appropriate nutrition required to complete the challenge. To ensure you are given a variety of choices, not all rest stops will stock the same food. Please note that we will not be providing energy gels/powders so if you have trained with these, please ensure you bring your own.

Medical support for the challenge will be in a response vehicle which will move along the route. There are also experienced events staff manning all break stops which are listed on the next page.

Bags

Those running 76km can leave a small bag of personal belongings with the Classic Challenge team at the start. This bag will be available for runners at the lunch stop (Stop 3 at 42km) and will then be taken on to the finish in Portsmouth.

For those taking on the 36km run or walk, you can leave a bag with the team at the start which will be transported on to the finish. It will not be accessible during the event.

Rest Stops

	Distance from start		Distance from last stop		Food	Toilet
	KM	Miles	KM	Miles		
76km Run						
Stop 1 - Lindford Village Hall (inside)	22.5	13.9	22.5	13.9	Rice Pudding, cake, bars. Water, squash, coke, tea & coffee	Yes
Liss Forest Car Park (outside)	31.8	19.8	9.3	5.7	Same as above plus fruit and sweets.	No
Petersfield (inside)	41.8	25.9	10	6.2	Soup, bread, cheese. Tea and coffee, water & squash.	Yes
Rowlands Castle Scout HQ (inside)	55.8	34.6	14	8.6	Boil in bag meals & bread. Water, squash, tea & coffee.	Yes
Bedhampton Cricket Club (inside)	62.9	39	7	4.3	Fruit, nuts, crisps & sweets. Water, squash & coke.	Yes
South Coast Wakepark (outside)	62.9	39	7	4.3	Fruit, nuts, crisps & sweets. Water, squash & coke.	No
HMS Victory, Portsmouth	76.5	47.7	6.1	3.7	Hot drinks	Yes
36km Route (Run and Walk)						
Rowlands Castle Scout HQ (inside)	14.0	8.6	14.0	8.6	Boil in bag meals & bread. Water, squash, tea & coffee.	Yes
Bedhampton Cricket Club (inside)	21.1	13.1	7.0	4.3	Fruit, nuts, crisps & sweets. Water, squash & coke.	Yes
South Coast Wakepark (outside)	28.9	17.9	6.4	4.1	Fruit, nuts, crisps & sweets. Water, squash & coke.	No
HMS Victory, Portsmouth	36.0	21.7	6.1	3.7	Hot drinks	Yes

Runners Kit List

Essential items	✓
Suitable running shoes - We recommend trail running shoes as the course covers a range of terrain. Ensure you have trained in them and DON'T wear brand new shoes!	
Bag/running vest - To fit all the essential items required in.	
Warm hat and gloves - For the lower temperatures first thing	
Headtorch - This is an essential item and don't forget spare batteries.	
Waterproof jacket - A running jacket at a minimum which is light but will keep the rain off in a downpour.	
Warm layer - Although we recommend you start the event cold, a warm layer is essential as you will get cold as the event progresses plus it's good to put on when at rest stops. Store in your bag in a zip locked bag to keep dry.	
Small first aid kit - We recommend the Lifesystems Pocket First Aid kit. Don't forget any personal medication you may require on the day.	
Water bottles or bladder - A minimum of 500ml is required but you may want to carry more. Water is available at each rest stop. Ensure you carry hydration sachets/tablets if required.	
Food - Pack sufficient food to ensure you have enough between break stops	
Mobile phone - You should have a fully charged mobile phone with you at all times. 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.	
Cash/card - a minimum of £20 cash and a valid bank card to ensure you have sufficient funds available to pay for transport, should it be required.	

Please note that for your own safety, 76km runners will have their kit checked by the event team before the start in Aldershot.

Walkers Kit List

Essential items	✓
Walking boots - Due to the wide range of terrain and time of year (potentially muddy), we recommend boots rather than shoes. Please ensure you have good ankle support.	
Walking socks – we recommend SealSkinz waterproof socks or 1000-mile hiking socks.	
Rucksack - To fit all the essential items required in.	
Warm hat and gloves - For the lower temperatures first thing	
Headtorch - This is an essential item and don't forget spare batteries.	
Waterproof jacket - A running jacket at a minimum which is light but will keep the rain off in a downpour. Waterproof trousers and gaiters are also recommended.	
Warm layers - Although we recommend you start the event cold, a warm layer is essential as you will get cold as the event progresses plus it's good to put on when at rest stops. Store in your bag in a zip locked bag to keep dry.	
Small first aid kit - We recommend the Lifesystems Pocket First Aid kit. Don't forget any personal medication you may require on the day.	
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Combat Stress – About Us

Combat Stress is the UK's leading charity for veterans' mental health. For over a century we have been helping former servicemen and women deal with issues like post-traumatic stress disorder (PTSD), anxiety and depression. Today we provide specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues.

We need help to meet the demand for our services. With the funds available to us today, we can only help some of those who turn to us which is why we need your support more than ever – Thank You.



The Impact of your Fundraising

£24 could pay for a veteran to attend a Peer Support group meeting

£30 could fund a veteran's call to our 24-hour Helpline

£58 could allow veteran family members to use our Family Support Service

£82 could fund a 1:1 session on sensory modulation with an occupational therapist

£179 could fund a specialist psychological assessment for a veteran

£379 could pay for a veteran's appointment with a psychiatrist

£535 could enable a veteran with complex PTSD to recognise, understand and use their emotions to live the life they want by completing our 'master your emotions' programme



Thank you so much for choosing to take on our Race to Remember event. If you have any questions or want to talk to the team, please email challenges@combatstress.org.uk or call 01372 587140