



COMBAT STRESS

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Overview



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- Introduction & fundraising
- Important event details
- Equipment
- Nutrition & break stops
- Training
- Before, during and after

Fundraising



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Now more than ever, veterans rely on us, and we rely on our supporters. Demand for our services remains high, we need your help to raise vital funds so that we can continue to provide our life-saving mental health treatment to veterans

- **£30** could fund a veteran's call to our 24-hour Helpline so they can start receiving life-changing treatment
- **£120** could pay for one veteran to have an appointment with a psychological therapist to help them process and make sense of their trauma to aid their recovery
- **£270** could fund a full multidisciplinary clinical assessment at the start of a veteran's journey so we can understand as much as possible about what has happened to them and how we can support them in their recovery.
- **FUNDRAISING REWARDS FOR 2025 – technical T-shirt and red event beanie**

Registration



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76km Aldershot

Registration: 5:15am

Start: 6:00am

36km walk Petersfield

Registration: 8:30am

Start: 9:00am

36km run Petersfield

Registration: 10:00am

Start: 10:30am

If you have problems on the day and are going to be late, please call us. Start times cannot be delayed.

Bag drop

Available for all participants, bag tags will be provided in your runner pack. You will have access to your bag at Petersfield. All bags will then be transported to the finish line in Portsmouth.

Runner's packs

These will be mailed before the event and will include race number, bag label, emergency contact numbers and satellite tracking information – please ensure you keep your address details up to date on your fundraising account.

Parking

There is parking available at Aldershot, please send us your vehicle registration, colour and make and we'll arrange this for you. The finish is beside Portsmouth Harbour station for return. *The stadium is approx. 15 mins walk from the station.

Friends & family

Your friends and family are welcome to join you at the start and finish and at all break stops **except** Liss Forest (31.8 km/19.8 miles from 76km start). This is for safety reasons to avoid crowding on the roadside. Food at break stops is only for event participants.

The route



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- **Route markings:** flags and arrows _____
- **Digital route map:** (ridewithgps) will be sent out approximately 10 days before the event. Please ensure you download the route before arriving at registration
- **Break stops will have feather flags outside** _____
- **Satellite tracking:** all participants will be provided with a satellite tracker which will be monitored throughout the event. It also allows your friends and family to follow your progress in real time



Equipment



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Essential kit:

- Trainers (road shoes advised)
- Water bottles or bladder – minimum 500ml
- Hydration sachets / tablets if required
- Head torch – this is an essential item
- Bag/running vest – to fit all essential items
- Warm hat and gloves
- Waterproof jacket
- Warm layer – in a zip lock back to keep dry
- Small first aid kit – Lifesystems Pocket First Aid Kit is recommended, along with any personal medication you require on the day.
- Snacks for between break stops
- Mobile phone (if you plan to use it for music or GPS, bring a portable charger)
- Cash/card

Equipment



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Waddie's recommendations:

- Trainers (road shoes advised) worn in! [runners loop](#)
- Socks
- 2 litre Nathan Trail Pack
- Underwear [Runderwear](#)
- Shorts/skorts [Body Glide](#)
- Compression

Break stops



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Location	Stop distance	Cut-off times
Start - Aldershot		06:00
Lindford Village Hall	22km *	08:00 - 09:30
Liss Forest Car Park	32km	09:00 – 11:15
Petersfield Village Hall	42km	10:00 – 12:45
Rowlands Castle	56km	12:00 – 15:00
Bedhampton Cricket Club	64km	13:00 – 16:30
South Coast Wakepark Car Park	70km	14:00 – 17:30
Finish – HMS Warrior	76km	15:00 – 19:00

You must carry your own water and supplements for between break stops

*** PLEASE NOTE** the distance between the start and the first break stop and train accordingly

Nutrition



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Provided:

A range of food and drink will be available at the break stops; this will vary between locations and will include:

- Cake/bars
- Fruit
- Sweets
- Bread / cheese / ham
- Soup
- Nuts / crisps
- Boil in the bag meals
- Water / squash / coke / tea / coffee

You can fill water bottles and bladders at break stops, if you have sports supplements in your drink, please ask the staff to top up, otherwise they are likely to tip away and refill

Nutrition



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Bring your own:

- Gels
- Water (for between stops)
- [Salt tablets](#)
- Pain relief

Ensure you:

- Try it all way before

Nutrition / hydration:

- Week / days before / morning of

Training



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- Start now: [50-mile ultra training plan](#)
- Look after yourself and listen to your body
- Gains and tough weeks
- Involve others
- Know your goals, have a plan (or 2 or 3)!

Timeline



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Thank You



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