



COMBATSTRESS

Overview



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- Registration
- Important event details – route, break stops
- What's provided and what you need to bring
- The difference taking part makes
- Question time

Registration



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76km Aldershot

Registration: from 5:15am

Start: 6:00am

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



Registration



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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.

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.

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:

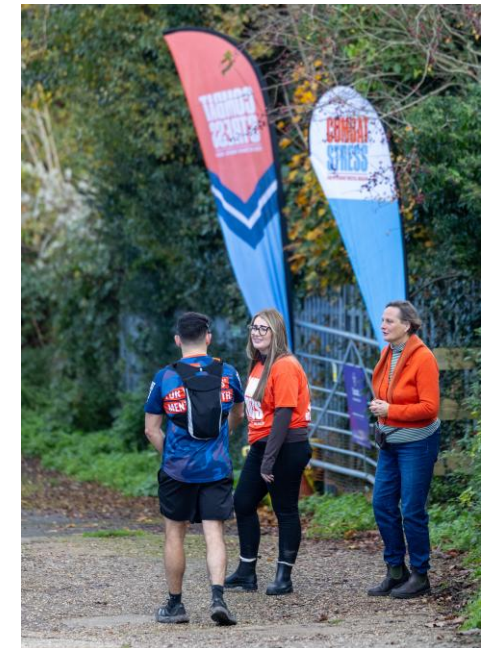
flags and arrows



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:

you'll be provided with a satellite tracker which will be monitored throughout the event. We'll also provide a link so your friends and family can follow your progress in real time

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 Town Hall	42km	10:00 – 12:45
Rowlands Castle Scout HQ	56km	12:00 – 15:00
St Thomas' Hall, Bedhampton	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

Provided for you



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

- | | |
|---|--|
| <ul style="list-style-type: none">• Cake/bars• Fruit• Sweets• Bread / cheese / ham | <ul style="list-style-type: none">• Soup• Nuts / crisps• Boil in the bag meals• Water / squash / flat 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

Bring your own



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- Gels / salt tablets etc
- Water (for between stops)
- Headtorch

Remember:

- You have access to your bag at Petersfield, so you can re-stock for the second half

Fundraising



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£57

could fund a veteran's call to our 24-hour Helpline so they can start receiving life-changing treatment

£145

could pay for a veteran to have an appointment with a psychological therapist, helping them process and make sense of their trauma to support their recovery

£243

could fund a Peer Support group meeting, providing veterans with support and understanding from others who've walked a similar path

FUNDRAISING REWARDS FOR 2026 – technical T-shirt and navy event beanie

Across the UK, veterans are living with the psychological impact of their military service. Many face daily battles with PTSD that can affect their relationships, work and wellbeing. Often, they are struggling in silence, unsure where to turn. When you take part in **Race to Remember**, you're helping veterans get life-changing mental health support.

#RACETOREMEMBER – @COMBATSTRESS

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Question time