



RACE TO REMEMBER

Event Guide

Saturday 9 November 2024



Sponsored by



Event overview

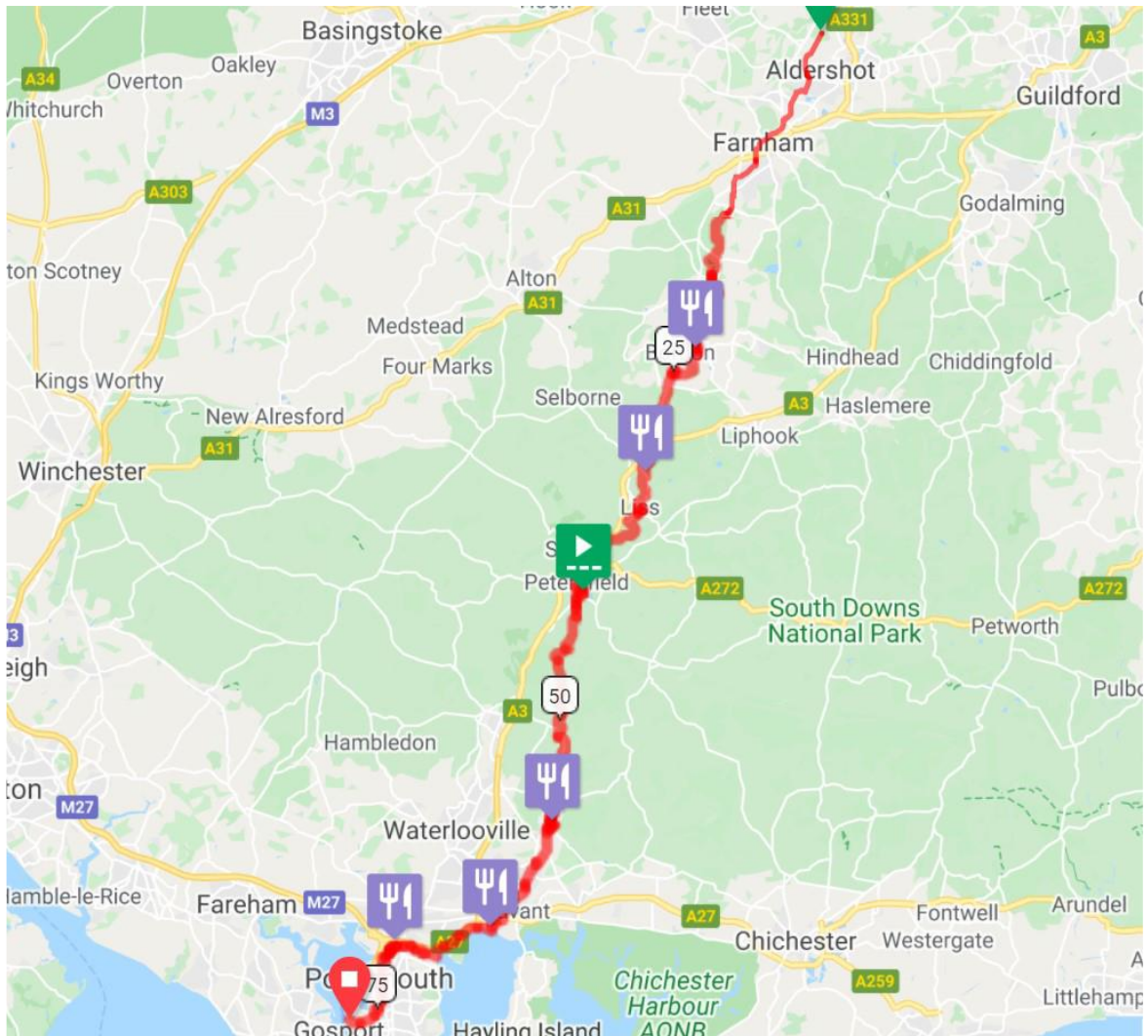
Thank you for joining Team Combat Stress for Race to Remember. This one-day event offers runners the option to take on our 76km ultra run from Aldershot to Portsmouth or to join our 36km walk or run from Petersfield to Portsmouth.

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

We're pleased to announce that the 2024 event will include satellite tracking.



The route



GPX files of the route, and download instructions, will be sent to all participants ahead of the event. The course has **very basic** signage to assist navigation, so you must have the ability to self-navigate. Please ensure you 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	5:15am	6:00am
36km Walk	8:30am	9:00am
36km Run	10:00am	10:30am

Please ensure you arrive in good time for registration, we cannot delay the event starts.

To ensure the safety of all participants, we have introduced satellite tracking for this event, trackers include an emergency button, should you need it.

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 your distance/event. 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.

If you do not make it to a checkpoint by the required time, you must be willing for one of our support vehicles to take you further down the course to ensure you finish within the required time.

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



Cut-off times

Location	Stop & distance from 76km start	Cut-off times	Stop & distance from 36km start	Cut-off times 36km Walk	Cut-off times 36km Run
Start – Aldershot, GU11 2TD	Start	06:00			
Lindford Village Hall, GU35 0RD	1 - 22km	08:00 - 09:30			
Liss Forest Car Park (no spectators)	2 - 32km	09:00 - 11:00			
St Peter's Hall, Petersfield, GU32 3HX	3 - 42km	10:00 - 12:30	Start	09:00	10:30
Rowlands Castle Scout HQ, PO9 6BT	4 - 56km	12:00 - 14:30	1 - 14km	10:30 - 12:00	12:00 - 14:30
St Thomas Hall, Bidbury Lane, PO9 3JG	5 - 64km	13:00 - 16:00	2 - 22km	13:00 - 14:30	13:00 - 16:00
South Coast Wakepark Car Park, PO2 9RP	6 - 70km	14:00 - 17:30	3 - 28km	14:30 - 15:30	14:00 - 17:30
Finish – HMS Warrior, PO1 3LJ	Finish 76km	15:00 - 19:00	Finish 36km	15:30 - 19:00	15:00 - 19:00

The table indicates the opening and closing times of the break stops, and therefore the route cut-off times.

All runners will be tracked throughout the event. If you do not make a stop by the above cut-off times, you will be transported further along the route by one of the support vehicles, this will be to either the next break stop or to the finish line.

Event Support

You'll 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 every break stop, 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 with the team at the start, please attach the bag tag provided on your race number. This bag will be available for runners at the halfway point (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. Again, please attach the bag tag provided on your race number.

Please remove the tag from your race number and attach it to your bag before registration.

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
St Thomas' Hall, Bibury Lane(inside)	62.9	39	7	4.3	Fruit, nuts, crisps & sweets. Water, squash & coke.	Yes
South Coast Wakepark (outside)	70.7	43.9	6.7	4.1	Sweets & chocolate. Tea, coffee & water.	No
HMS Warrior, 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
St Thomas' Hall, Bibury Lane(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 Warrior, 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 - 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.	
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.	

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

£30 could fund a veteran's call to our 24-hour Helpline so they can start receiving life-changing treatment

£58 could allow a veteran's family members to use our Family Support Service to help them understand the mental health symptoms, the treatment Combat Stress is providing and how to help the veteran in their family.

£82 could fund a help fund a 1:1 session for a veteran with a mental health nurse to help them with a range of different issues including drinks and drugs use, PTSD symptoms, anger management and sleep hygiene.

£120 could pay for one veteran to have an appointment with a psychological therapist to help them make sense of their trauma and to aid their recovery.



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

A special thank you to Kirintec



We would like to extend our sincere thanks to Kirintec for their generous sponsorship of Race to Remember 2024. Your commitment to supporting veterans through this poignant challenge is really appreciated

While much has changed over the last 100 years, one thing remains the same: how vital our support is to the veteran community. It's thanks to generous support like yours that we're able to provide our specialist treatment to veterans.

Thank you Kirintec, for standing with us as we help veterans on their journey to recovery.