RACE TO REMEMBER

Event Guide

Saturday 6 November 2027



Combat Stress 24-hour Helpline 0800 138 1619

Welcome to Race to Remember 2027

Thank you for joining us for this incredible one-day challenge. Whether you're tackling the full 47.5 mile run from Aldershot to Portsmouth or the 22.2 mile route from Petersfield to Portsmouth, you're part of a truly special challenge.

This guide contains everything you need to know for the event, including key details, kit list, and cut-off times. Please take a moment to read through it so you're fully prepared for the day ahead.

By taking on this event in support of veterans' mental health, you're making a meaningful difference – thank you! We can't wait to meet you at the start line!

Navigation and support

GPX files of the routes will be sent ahead of the event. While the route will be marked with flags and arrows to assist with navigation, you must be able to self-navigate and should download the route onto a device you will carry throughout the event.

To ensure the safety of all participants, you will be provided with a satellite tracker, allowing us to monitor progress and ensure everyone stays on course.

For additional support, a back runner will accompany the 47.5-mile run, and you are welcome to run alongside them. Walkers on the 22.2-mile route will have dedicated support, while those running the 22.2-mile will benefit from the assistance of the 47.5-mile support runner.

Registration & start times

Distance	Registration Opens	Start time
47.5-mile run	5:15am	6:00am
22.2-mile walk	8:30am	9:00am
22.2-mile run	10:00am	10:30am

COMBAT STRESS

RACE TO REMEMBER

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 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 47.5 miles can leave a bag with the team at the start This bag will be available for runners at the mid-point (stop 3 at 25 miles) and will then be taken on to the finish in Portsmouth.

For those taking on the 22.2-mile run, you can leave a bag with the team at the start which will be transported to the finish - it will not be accessible during the event.



COMBAT STRESS

RACE TO REMEMBER

Cut-off times and participant safety

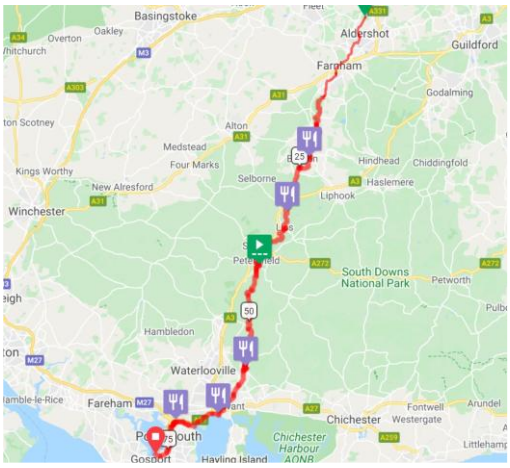
Strict cut-off times are in place for this event, to ensure your safety and to allow the support team to reach you in the case of an emergency. Please familiarize yourself with the cut-off times as they must be adhered to.

If you do not reach a checkpoint by the designated time, a support will transport you further along the course to continue your race. This ensures all participants complete the event safely and within the required time.

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 – 13.9 mi	08:00 - 09:30			
Liss Forest Car Park	2 – 19.8 m	09:00 - 11:15			
Petersfield Church Hall	3 – 25.9 m	10:00 - 12:45	Start	09:00	10:30
Rowlands Castle Scout HQ	4 – 34.6 m	12:00 – 15:00	1 – 8.6 m	10:30 - 12:30	12:00 - 14:30
St Thomas Hall	5 – 39 m	13:00 - 16:30	2 – 13.1 m	13:00 - 14:30	13:00 - 16:00
South Coast Wakepark Car Park	6 – 44.2 m	14:00 - 17:30	3 – 17.9 m	14:30 - 16:00	14:00 - 17:30
Finish – HMS Warrior	Finish 47.5 m	15:00 - 19:00	Finish 22.2 m	15:30 - 19:00	15:00 - 19:00

Timing estimates are based on the following speeds:

- **Fast runners:** 9 km/hr
- **Slow runners:** 6 km/hr
- **Fast walkers:** 5 km/hr
- **Slower walkers:** 4 km/hr



COMBAT STRESS

RACE TO REMEMBER

Rest stops

	Distance from start		Distance from previous 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)	42.3	25.9	10	6.2	Soup, bread, cheese. Tea and coffee, water & squash.	Yes
Rowlands Castle Scout HQ (inside)	56.1	34.6	14	8.6	Boil in bag meals & bread. Water, squash, tea & coffee.	Yes
St Thomas Hall (inside)	63.3	39	7	4.3	Fruit, nuts, crisps & sweets. Water, squash & coke.	Yes
South Coast Wakepark (outside)	70.6	44.2	7	4.3	Fruit, nuts, crisps & sweets. Water, squash & coke.	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)	14.1	8.6	14.0	8.6	Boil in bag meals & bread. Water, squash, tea & coffee.	Yes
St Thomas Hall (inside)	21.3	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	35.5	22.2	6.6	4.3	Hot drinks	Yes

COMBAT STRESS

RACE TO REMEMBER

Runners' kit list



Essential items	✓
Suitable running shoes - We recommend road running shoes for this course, although some runners prefer trail running shoes . 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.	

COMBAT STRESS

RACE TO REMEMBER

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

RACE TO REMEMBER

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.

Your support is vital. With current funding, we can only help some of those who turn to us. By being here today, you are making a difference – thank you for standing with us.

The impact of your fundraising

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

£57 could fund a veteran's call to our 24-hour Helpline

£75 could allow veteran family members to use our Family Support Service

£89 could fund a 1:1 session with an occupational therapist

£173 could fund a specialist psychological assessment for a veteran

£360 could pay for a veteran's appointment with a psychiatrist



COMBAT STRESS

RACE TO REMEMBER

Thank you!



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

If you've served or are currently serving in the UK Armed Forces, you can call the Combat Stress 24-hour mental health helpline on

0800 138 1619

You can also text on 07537 173683 and email helpline@combatstress.org.uk Standard charges may apply for texts, please check with your provider.

THE HELPLINE IS AVAILABLE 24 HOURS A DAY, 365 DAYS A YEAR.

A team of specially-trained professionals are available day and night to provide free confidential advice and support. We're here for you whether you're having a tough time, having trouble sleeping, experiencing flashbacks, feeling depressed or anxious, or just feeling that something isn't quite right.

If you're a family member or carer worried about the mental health of a loved one, or need to talk to someone yourself, you can call the helpline too.

COMBAT STRESS

RACE TO REMEMBER