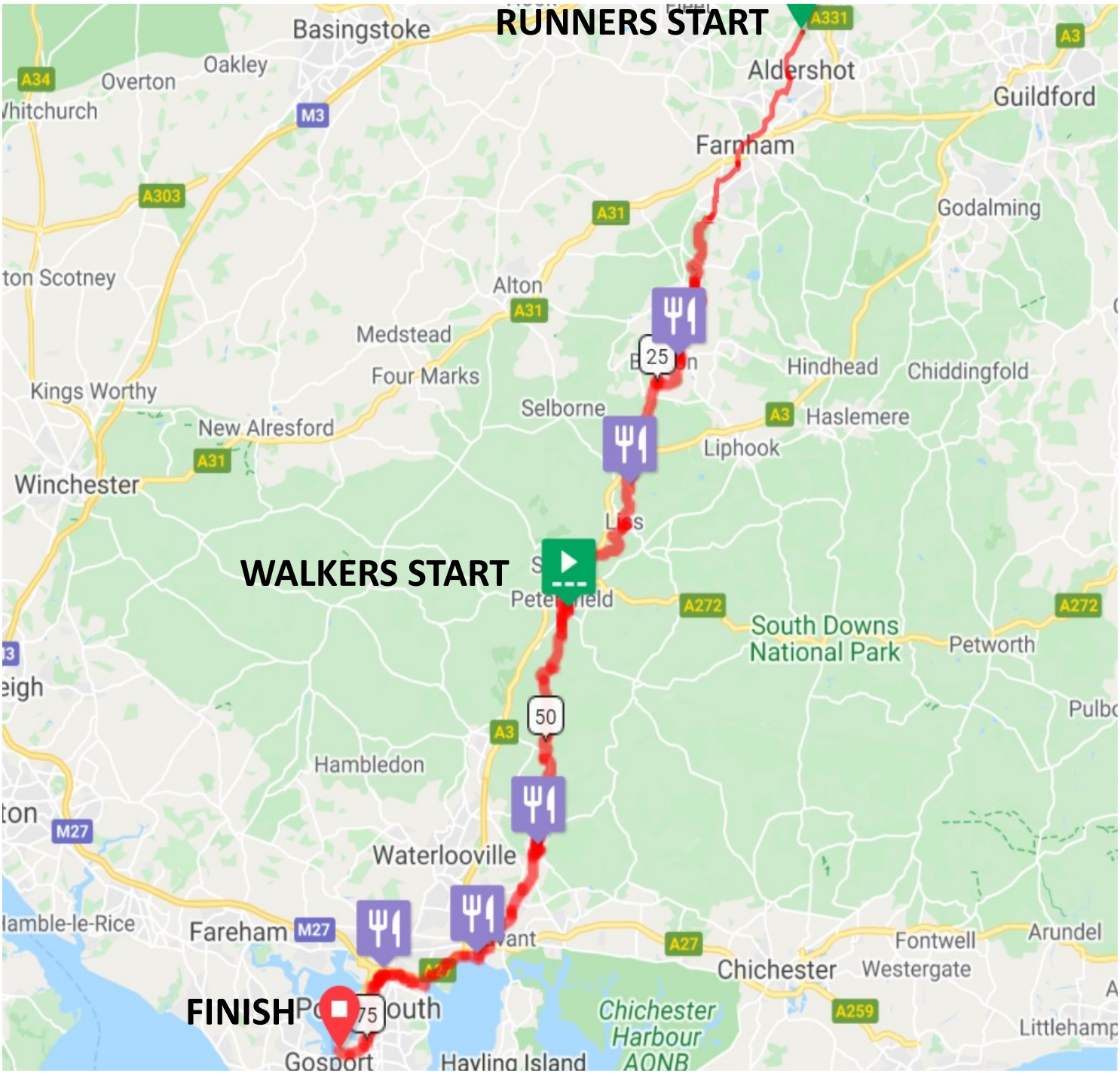
COMBAT STRESS
FOR VETERANS' MENTAL HEALTH

classic challenge




# SATURDAY 13 NOVEMBER 2021

# ROUTE & EVENT OVERVIEW




The Remembrance Run event is a one day event for both walkers and runners. The runners will be running 76km from Aldershot to Portsmouth. The walkers will be starting at Petersfield and walking 36km to Portsmouth.

This document outlines the event in detail and what you can expect from the day. Please also take time to read the Covid-19 safety procedures to familiarise yourself with the way the event will run to ensure participant and staff safety at all times.

# EVENT TIMINGS

Due to the nature of this event there will be cut off times throughout the course to ensure that all participants are safe at all times and can be reached by staff within a certain amount of time in case of an emergency.

Please see the below table and make yourself aware of the cut off times that would be applicable to you. Times based upon 9km/hr for fast runner and 6 km per hour and slowing over the course for the slower runners. Walkers based upon 5km per hour for fast walkers and 4km per hr for slower walkers.

Please note—if you do not make it to a checkpoint by the required time then you need to be willing to be put into a support vehicle and taken further down the course to ensure you will finish the challenge within the required time.

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

| Location | Aldershot | Lindford | Liss Forest | Petersfield | Rowlands Castle | Solent Way | Hillsea Lagoon | Portsmouth |
|---|---|---|---|---|---|---|---|---|
| **Type** | Sport ground | Village Hall | Car Park | Village Hall | Scout Hall | Car Park | Car Park | HMS Victory |
| | **Start** | **Stop 1 22km** | **Stop 2 32km** | **Stop 3 42km** | **Stop 4 56km** | **Stop 5 64km** | **Stop 6 70km** | **Finish 76km** |
| **76km** | Check in from 5.30. Start at 06.00 | 08:00 to 09.30 | 9.00 to 11.00 | 10.00 to 12.30 | 12.00 to 14.30 | 13.00 to 16.00 | 14:00 to 17:30 | 15.00 to 19.00 |
| | | | | **Start** | **Stop 1 14km** | **Stop 2 22km** | **Stop 3 28km** | **Finish 36km** |
| **36km walk** | | | | 09.00 | 10.30 to 12.00 | 13.00 to 14.30 | 14:30 to 15:30 | 15.30 to 19.00 |
| **36km run** | | | | 10.30 | 12.00 to 14.30 | 13.00 to 16.00 | 14:00 to 17:30 | 15.00 to 19.00 |

# EVENT SUPPORT

classic challenge
LEADING THE WAY IN CHARITY CHALLENGES

You will be supported throughout the challenge by experienced event staff from Classic Challenge.

The full run has both a lead and a tail runner. The 36km walk has a walking support guide and the 36km runners will join the 76km team and support staff. Please see below for an over-view of where the break stops (B.S) are located on the course:

## 76 km



B.S 1—22.5 km
B.S 2—31.8 km
B.S 3—41.8 km
B.S 4—55.8 km
B.S 5—62.9 km
BS 6—70.7 km

## 36km



B.S 1—14 km
B.S 2— 21.1 km
B.S. 3—28.9 km

At the break stops there will always be water to re-fill your bottles before you head off. There will also be a selection of sweet and salty snacks to make sure you get the appropriate nutrition levels back into your system. Not all break stops will stock the exact same food as we like to vary. If you are used to energy gels/powders and have trained with this then you will need to provide your own.

Medical support for the challenge will be in a response vehicle and moving along the route and being present at break stops.

There will also be experienced event staff manning the break stops along the course along with charity representatives.






# KIT LIST—RUN

We have taken a lot of advice from experienced racers to develop the kit list for this challenge. This event is in November and so weather may be very cold and wet with added windchill and so we must be prepared for all eventualities and the desire to run fast must be balanced with the need to ensure your safety.

**Mandatory Items**



**1. Trail running shoes** —The course covers a wide range of terrain types but is mainly off-road, with mud to be expected in many areas. As such, you should be wearing shoes appropriate for this kind of terrain. Road shoes are unlikely to be sufficient.



**2. Backpack** —You will need a backpack that you can both fit all the key items in and easily access while running.



**3. Waterproof clothing** —This is both waterproof jacket and trousers to protect you from the elements.



**4. Emergency spare clothing** —This is a full set of top and bottoms (full length and long-sleeved) that is stored in a waterproof dry bag, carried throughout the event and remain unworn at the finish. These items are only for use in an emergency and you should carry additional warm layers that you may need to put on as you run. Some parts of the course are remote, and it may take a while for our response team to get to you.



**5. A spare warm upper layer** —This can be worn during the event - you will feel the cold more as the race progresses.



**6. Warm hat or buff**



**7. Gloves and/or mitts**



**8. Head torch and spare batteries** —Your head torch must be suitable for running in dull light across uneven terrain, with spare batteries to see you to the finish.



**9. Reflective clothing —** We ask all participants to ensure there are reflective areas on their outer garments. The aim is to make you as visible as possible to other road users.



**10. Mobile phone** - You should have a fully charged mobile phone with you at all times, which is switched on so we can contact you if required. You should also have the emergency contact numbers stored within this, details of which will be provided on your route card.
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.
Remember the cold and wet can seriously impact the performance of electronic devices, so consider carrying it close to your body and in a waterproof case.



**11. Water bottles or bladder —** Break stops are spread out over the route and so you will need to carry sufficient fluid and food to sustain you between these. A minimum of a 500ml is required but you may want to consider carrying more, depending upon your speed and personal needs.



**12. Food —** As with water, pack sufficient food to ensure you have enough between the break stops.




**13. Emergency survival bag —** Note a bag and not a blanket.




**14. First aid kit —** You are expected to carry a basic first aid kit, containing at a minimum: plasters, paracetamol, any personal medication (in original packaging), self-adhesive bandage, personal blister kit.



**15. Cash and Bank Card —**A minimum of £20 cash and a valid bank card to ensure you have sufficient funds available to pay for transport, should you need to retire and require onward travel.

# KIT LIST— WALK

For the 36km walk you will be carrying your own kit in a day bag throughout the day. There are not as many mandatory items required but please ensure you have the below:



**1. Walking boots** —The route covers a wide range of terrain types but is mainly off-road, with mud to be expected in many areas. Please ensure you have good ankle support.



**2. Personal clothing— Walking socks, breathable trousers, long sleeve based layer, t-shirt, long sleeved base layers, t-shirt, jumper.**



**3. Backpack** —You will need a backpack that you can both fit all the key items in and easily access while walking. We suggest around 25—30litres.



**4. Waterproof clothing** —This is both waterproof jacket and trousers to protect you from the elements. You may also wish to have gaiters due to the amoun of fields we cover.



**5. Spare layers** — Please make sure you have additional warm layers to keep you warm during break stops and at any point when you are waiting around.



**6. Warm hat or buff**



**7. Gloves and/or mitts**



**8. Head torch and spare batteries** —Your head torch must be suitable for walking in dull light across uneven terrain, with spare batteries to see you to the finish.



**10. Mobile phone** - You should have a fully charged mobile phone with you at all times, which is switched on so we can contact you if required. You should also have the emergency contact numbers stored within this, details of which will be provided on your route card.
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.
Remember the cold and wet can seriously impact the performance of electronic devices, so consider carrying it close to your body and in a waterproof case.



**11. Water bottles or bladder —** Break stops are spread out over the route and so you will need to carry sufficient fluid and food to sustain you between these.



**12. Food —** As with water, pack sufficient food to ensure you have enough between the break stops.




**14. First aid kit —** You are expected to carry a basic first aid kit, containing at a minimum: plasters, paracetamol, any personal medication (in original packaging), self-adhesive bandage, personal blister kit.



**15. Cash and Bank Card —**A minimum of £20 cash and a valid bank card to ensure you have sufficient funds available to pay for transport, should you need to retire and require onward travel.

# ROUTE

For the 76km run there will be a front and back marker. It is advised that you run with these staff members to ensure safety and route guidance. If however you choose to self navigate **then you must have the route downloaded onto a device** that you will carry with you. The event **HAS VERY BASIC SIGNAGE** to assist navigation but you must have the ability to self navigate. The 36km walk will have a walking support with them and the 36km runners will join the 76km team.

# CUT OFFS

The route and distance breakdown on page 3 of this document outline when break stops will be open from and to. Each runner and walker will be registered upon arrival so we know who is in. You **must have left** each break stop prior to it's closing. If you do not make a break stop in time then you **will be moved** forward either to the finish or to the next break by an event support vehicle.

# BAGS

At the start of the 76km run you can leave a small bag of personal belongings with the Classic Challenge team. For the run this bag will then only be available at the lunch stop with is Break Stop 3, 42km. The bag will then also be available at the finish in Portsmouth.
The walkers may leave a bag with the Classic team that will be transported forward to the finish in Portsmouth—it will not be accessible during the event.

# FOOD & DRINK

Pease see below for an outline of what is available at each stop:

## 76km RUN

| | Location | Check-point Type | Distance From Start | | Distance from last breakstop | | Food |
|---|---|---|---|---|---|---|---|
| | | | KM | MILES | KM | MILES | |
| **Start** | Aldershot Army Rugby Stadium. **GU11 2TD** | - | 0.0 | 0.0 | 0.0 | 0.0 | |
| **BS1** | Lindford Village Hall **GU35 0RD** | INDOORS | 22.5 | 13.9 | 22.5 | 13.9 | Rice Pudding, cake, bars. Water, squash, coke, tea & coffee |
| **BS2** | Liss Forrest Car Park | OUTSIDE | 31.8 | 19.8 | 9.3 | 5.7 | Same as above plus fruit and sweets. |
| **BS3** | Petersfield Avenue Pavillion **GU31 4JQ** | INDOORS | 41.8 | 25.9 | 10.0 | 6.2 | Soup, bread, cheese. Tea and coffee, water & squash. |
| **BS4** | Rowlands Castle Scout HQ **PO9 6BT** | INDOORS | 55.8 | 34.6 | 14.0 | 8.6 | Boil in bag meals & bread. Water, squash, tea & coffee. |
| **BS5** | Bedhampton Cricket Club **PO9** | OUTSIDE | 62.9 | 39.0 | 7.0 | 4.3 | Fruit, nuts, crisps & sweets. Water, squash & coke. |
| **BS6** | South Coast Wakepark Car Park **PO2 9RP** | OUTSIDE | 70.7 | 43.9 | 6.7 | 4.1 | Sweets, chocolate Tea, coffee & water. |
| **Finish** | HMS Victory, Portsmouth **PO1 3LJ** | | 76.5 | 47.7 | 6.1 | 3.7 | Hot drinks |

## 36km WALK

| | Description | Check-point Type | Distance From Start | | Distance from last breakstop | | Notes |
|---|---|---|---|---|---|---|---|
| | | | KM | MILES | KM | MILES | |
| **Start** | Petersfield Avenue Pavillion **GU31 4JQ** | - | 0.0 | 0.0 | 0.0 | 0.0 | |
| **BS1** | Rowlands Castle Scout HQ **PO9 6BT** | INSIDE | 14.0 | 8.6 | 14.0 | 8.6 | Crisps, oranges, sweets. Water, squash, tea & coffee. |
| **BS2** | Bedhampton Cricket Club **PO9** | OUTSIDE | 21.1 | 13.1 | 7.0 | 4.3 | Boil in bag meals, bread. Water, squash & coke. |
| **BS3** | South Coast Wakepark Car Park **PO2 9RP** | OUTSIDE | 28.9 | 17.9 | 6.7 | 4.1 | Sweets, chocolates Tea, coffee & water. |
| **FINISH** | HMS Victory, Portsmouth **PO1 3LJ** | | 36.0 | 21.7 | 6.1 | 3.7 | Hot drinks |