



COMBATSTRESS

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Overview



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- Introduction & fundraising
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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

- **£33** could provide a veteran with a session with a Peer Recovery Worker, offering support, guidance and reassurance from a fellow veteran who understands their recovery experience.
- **£115** 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.
- **£315** could fund a full multidisciplinary clinical assessment at the start of a veteran's journey, helping us understand their experiences and how can support them to recovery.
- **FUNDRAISING REWARDS FOR 2025 – technical T-shirt and grey event beanie**

Registration



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36km walk Petersfield

Registration: 8:30am

Start: 9:00am

36km run Petersfield

Registration: 10:00am

Start: 10:30am

76km Aldershot

Registration: 5:15am

Start: 6:00am

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

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 no parking available at the Petersfield start. There are several public car parks in Petersfield. The finish is beside Portsmouth Harbour station for return.

[Car Parks in Petersfield - Visit Petersfield](#)

Bag drop

Available for 36km runners. Bag tags will be provided in your runner pack. Bags will be available for collection at the finish line in Portsmouth.

Friends & family

Your friends and family are very welcome to join you at the start and finish and at all break stops. Food at break stops is only for event participants.

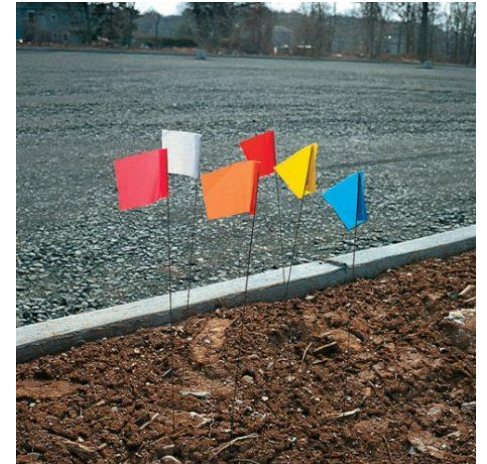
Dogs are not allowed inside the Naval Dockyard at Portsmouth, (with the exception of assistance dogs).

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:

- Runners: trainers (road shoes advised)
- Walkers: suitable walking boots
- 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
- Spare pair of socks
- 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

Break stops



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Location	Stop distance	Cut-off times 36km walk	Cut-off times 36km run
Start - Petersfield		09:00	10:30
Rowlands Castle Scout HQ	14.1 km	10:30 – 12:30	12:00 – 14:30
St Thomas' Hall, Bedhampton	21.3 km	13:00 – 14:30	13:00 - 16:00
South Coast Wakepark Car Park	28.6 km	14:30 – 16:00	14:00 – 17:30
Finish – HMS Warrior	35.7 km	15:30 – 19:00	15:00 – 19:00

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

* You should note the cut-off times for the break stops 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:

- | | |
|---|---|
| <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 / 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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Breakfast:

Eat an effective breakfast on the morning of the event that you've tested before.

Please bring your own:

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

Ensure you:

- Try it all way before
- Incorporate any supplements into your training in the weeks before the challenge

Training



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- Hopefully you've already started training!
- Look after yourself and listen to your body
- Gains and tough weeks
- Involve others
- Know your goals, have a plan (or 2 or 3)!

Key dates



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Week commencing

**1st
Sept**

Webinar recording
will be emailed to all
36km participants.

**8th
Sept**

Look out for our
latest stewardship
email including event
info and reward details
on 10th September.

**6th
Oct**

Event details will
be sent out in
our email on 11th
October.

**20th
Oct**

Race packs will be
posted. Please ensure
we have your current
address details and
allow several days for
delivery.

**27th
Oct**

Final event
information in our
email on 30th Oct.

Download route map.

Event week!

**3rd
Nov**

Ensure you fuel
and hydrate effectively
this week.

**4th
Nov**

Post an event week
update on social and
include an image of
yourself in your kit to
drum up support and
donations.

**5th
Nov**

Download route map.

**6th
Nov**

Ensure your friends
and family have your
race number and
tracking link.

**7th
Nov**

Attach bag tag and
race number.

**8th
Nov**

Arrive in plenty of
time:
Walk registration: 08:30
Run registration: 10:00

Enjoy yourself 😊

Thank You



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