

EXTREME ENERGY

The Chiltern Way Challenge Instructions

Please find below all the information you will need to make your race weekend run as smooth as possible.

Start: Finish: Princes Risborough School, HP27 0DR

Locations

		Day 1
Start	Post code	HP27 0DR
	Grid Ref	SP 810029
CP 1	Post code	HP22 6QJ
	Grid Ref	SP 862052
CP 2	Post code	HP23 6LU
	Grid Ref	SP 914091
CP 3	Post code	HP5 2UU
	Grid Ref	SP 929053
CP 4	Post code	HP16 9PW
	Grid Ref	SP 869036
Finish	Post code	HP27 0DR
	Grid Ref	SP 810029

Timings

06:30	Minibus pick up starts from Princes Risborough Station
07:00	Registration open
07:30	Walkers briefing
08:00	Walkers Start
08:30	Runners race briefing
09:00	Runners Start
09:30	Elite runners briefing (target time below 6 hours)
10:00	Elite runners start
14:00	Massage and refreshments available
16:00	Prize giving or when enough winners have finished
	Minibus to the station running all afternoon

Registration

All competitors must register on arrival. At registration you will be given your race number and map..

Getting to and from the Start

Transportation:

By Rail – Chiltern Railways

Trains to Princes Risborough leave from London Marylebone about every half hour with a duration of between 30 and 58 minutes. Trains from Birmingham leave about every 30 minutes and take about 1h 30 min.

Mini-bus shuttle to and from Princes Risborough station.

By Road

Princes Risborough is about a 20 minute drive on the A4010 from Junction 4 of the M40 (High Wycombe) or 20 minutes on the B4009 from Junction 6 of the M40 .

Free parking all day.

Kit Required

- The list below is a list of recommended, not compulsory, equipment to be taken.
- Compulsory kit:
 - a mobile phone with full battery and **switched on to ring** not silent.
 - Water bottle or bladder with a minimum of 500ml
- If weather dictates the Race Director may make some other equipment also compulsory.

Recommended Kit

- **Running shoes or walking boots**
- **Running/ walking clothing – shorts, T shirt etc – you may want to wear long leggings, and long sleeves for overgrown sections of the route.**
- **Waterproof jacket (if rain forecasted)**
- **Race vest or rucksack**

Route Information

- The route is well marked, but you **need** to keep an eye on the tape and the map.
- You can view the route on our website by following the link from the event page.
- You will be given a map to help with your progress.
- You can request GPS data from **brian@xnrg.co.uk** to load directly onto your GPS watch.

Route Management.

The Chiltern Challenge has 4 checkpoints, approximately 10 Km apart. These checkpoints (or aid stations) are for health checks, water and food replenishment.

Our medical teams are also part of the checkpoint staff.

We also have a dedicated Course Manager, who coordinates all activities and checkpoints along the route.

Spectators

There are various places enroute for spectators to cheer on their family and friends. The Check Point locations are not ideal for meeting competitors.

CP1 is fine with some parking for 2 or 3 cars.

CP2 there is plenty of parking

CP3 we cannot have any spectators at this location

CP4 there is very limited parking so not ideal.

We would recommend that spectators support as the competitors go through Wendover and Great Missenden. The Black Horse in Great Missenden is a good spot, because the competitors run right through it.

Checkpoints



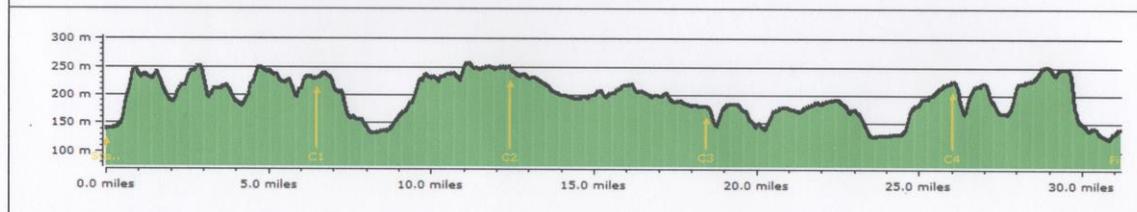
Checkpoint Food

Water, squash. Small snacks, sweet and savoury (Marmite, sausage rolls, chocolate biscuits, malt loaf) Sweets, crisps, pretzels.

Detailed information on distances, timing, ascent and descent, is below

TrackLogs Route Card : Chiltern ultra 21 April, Start Time 08:00 (Hill Walking)

From	To	Bearing	Leg Distance	Alt Gain	Alt Loss	ETA
Start (SP 810 029)	Checkpoint 1 (SP 862 052)	067 Degs	6.5 miles	348 m	256 m	08:00.00
Checkpoint 1 (SP 862 052)	Checkpoint 2 (SP 914 091)	052 Degs	5.9 miles	203 m	184 m	10:18.51
Checkpoint 2 (SP 914 091)	Checkpoint 3 (SP 929 053)	158 Degs	6.0 miles	69 m	138 m	12:21.36
Checkpoint 3 (SP 929 053)	Checkpoint 4 (SP 869 036)	254 Degs	7.6 miles	230 m	187 m	14:21.02
Checkpoint 4 (SP 869 036)	Finish (SP 810 029)	263 Degs	5.2 miles	182 m	268 m	16:56.06
Totals			31.2 miles	1,033 m	1,033 m	18:44.19



Safety on the Course

The following information is important. Please read it carefully. This information will also be covered in the compulsory briefing prior to the event.

Route Hazards

- The ground maybe slippery so please be careful.
- Be aware and take caution crossing all roads – some are busy. Non are marshalled
- Be aware of other path users especially where it is narrow, dogs off the lead, horses, mountain bikes, walkers are all potential hazards.
- Caution with roots, rocks, steps, stiles that may be hidden or slippery
- All gates MUST be closed after you.

Medical

- Our paramedics will be on hand all weekend to assist with serious or minor injuries.
- Any incidents will be dealt with as part of our medical emergency procedures.
- It is important that you check the medical page of the website to ensure you have understood the potential medical risks of running these extreme distances.
- It is also important that you let the organisers know in advance of any medical problems that you know about and may be relevant to the race.

Actions On

Injury

- Try to get to a Checkpoint, where we will be able to recover you or treat you.
- Get to a recognisable location where you can report your position and call the race director to be recovered. (number on the map)
- Tell another competitor where you are and ask them to inform the next CP, we will then plan your recovery

Our paramedic team will be on the course and at the finish and will manage all situations that need treatment. **XNRG Medic – 07788864198** 07796246585

Serious Emergency (i.e. someone is knocked down) ring 999 first, then ring the **XNRG Medic – 07788864198** 07796246585

Medical Emergencies will be taken to A & E

Lost

- Keep eyes on signs.
- Use the map.
- Look for fellow competitors behind or in front.
- Retrace steps to last known location.
- If still lost, try to get to a road or town, ask at a pub or shop to help locate on the map.
- Or find a road with a name, a town and ring the race director, (**number on the map**), to help guide you in.

Withdrawal

Only withdraw at a checkpoint and ensure the CP staff have been told you are withdrawing. We will get you to the finish when the CP closes.

Missing Checkpoint Time

- Checkpoint open and close times are on the route card.
- If you are too fast, or start in the wrong start and the CP is not set up, then you will need to decide whether you keep going or wait.
- If you are too late for a CP, we will keep it open till you arrive; if you are late for 2 CPs we may ask you to withdraw for the day and save your energy for the next day.