

EXTREME ENERGY

The Druid's Challenge Instructions

We are looking forward to seeing you at the Druid's, please find below all the information you will need to make your race weekend run as smoothly as possible.

Registration: Tring Park Cricket Club, London Road, Tring, HP23 6HA, (SP930115), open from 0800

Friday Start: Ivinghoe Beacon, LU7 9EB (SP960169)

Friday Finish: Icknield College, Watlington, OX49 5RB (SU687948)

Saturday Finish: On the Ridgeway, SU458850, Mini-bus to Didcot Leisure centre, Mereland Road, Didcot, OX11 8AY

Sunday Finish: Alexandra Hotel, Wroughton, SN4 0QJ, SU158792`

Locations

		Day 1	Day 2	Day 3
Start	Post code	LU6 2EG	OX49 5RB	OX12 8QU
	Grid Ref	SP960169	SU686948	SU458850
Finish	Post code	OX49 5RB	OX12 8QU	SN4 0QJ
	Grid Ref	SU686948	SU458850	SU158792
CP 1	Post code	HP22 6NL	RG9 5SN	OX12 9XF
	Grid Ref	SP 871073	SU 667873	SU 342851
CP 2	Post code	HP27 0LQ	RG8 0JS	SN4 0DR
	Grid Ref	SP 823036	SU 593837	SU 232814
CP 3	Post code	OX394ER	RG20 6PP	SN8 1SG
	Grid Ref	SP 760002	SU 509819	SU 198733

Timings

	Day 1	Day 2	Day 3
Breakfast	N/A	0600	0600
Registration Open	0800	0630	0630
Walkers briefing	0930	0645	0645
Walkers Start	1000	0700	0700
Main Group briefing	1030	0745	0745
Main Group Start	1100	0800	0800
Elite Briefing	1130	0845	0845
Elite Start	1200	0900	0900
Evening Meal	1800	1800	N/A

Please note your Day 1 start times will be determined by the information you provide in your entry form. Subsequent days will be decided on your previous days finish time.

Registration

All competitors must register on arrival. At registration you will be given your race number, route card and timing chip. The cafe will be open, serving hot drinks and bacon/egg baps etc

Drop your overnight bag off with the crew and we'll take it to the overnight stop for you.

Getting to and from the Start

Parking

Parking is available at Registration.

Transportation

Friday – 08:00 am. Mini-bus shuttle starts from Tring Railway Station to start.

Saturday Finish and Sunday Start are on the Ridgeway at East Hendred Down.

Buses will shuttle from finish to Didcot and back on Sunday morning.

Sunday – pm. Mini-bus from finish to Swindon stations.

If you aren't staying with us we can provide shuttle runs to local hotels.

Additional Transport

We have arranged for competitors to be able to leave cars at the Sunday finish on Friday morning and book a place on a coach to the start. This means that your car will be at the finish ready for you when get there on Sunday.

We have also arranged for a discount at the hotel for the night before – Thursday – so you can head over Thursday evening and get the coach Friday morning.. Contact: **Teresa Clarke | Conference Planning Executive, De Vere Alexandra House** : 01793 819023 Works “Weds to Fri inc.” We have been offered a price of £85 that may/may not be lower than the advertised rate (depends on demand), so check online first. There are other large hotels near to the M4 Swindon Junction as well

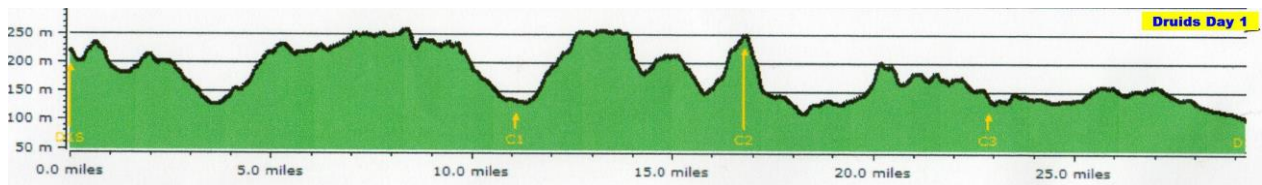
The coach will leave at 0700 on the morning to get to the start in time. This may not be in time for the walkers start so you may have to join the main group of runners at 1100.

The cost will be £30 a head.

Route Information

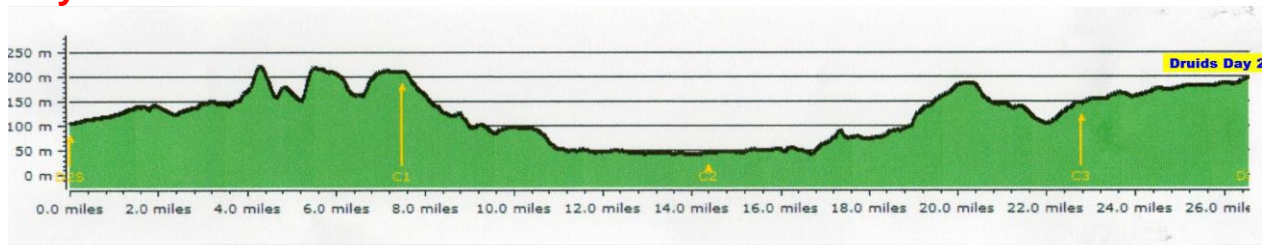
- There is a National Trail along the Ridgeway, the route is well marked, but you need to use your route card.
- You can view the route on our website by following the link from the event page.
- You will be given a route card with a description of the route and sections to be cautious.
- You can request GPS data from brian@xnrg.co.uk to load directly onto your GPS watch.
- [Day 1](#)
- [Day 2](#)
- [Day 3](#)

Day 1



TrackLogs Route Card : Druids Day1, Start Time 11:00 (Fell Running)							
From	To	Bearing	Leg Distance	Alt Gain	Alt Loss	Leg Time	ETA
Day 1 Start (SP 960 168)	Checkpoint 1 (SP 871 073)	223 Degs	11.1 miles	314 m	398 m	1:55.35	11:00.00
Checkpoint 1 (SP 871 073)	Checkpoint 2 (SP 823 036)	232 Degs	5.7 miles	286 m	173 m	1:04.01	12:55.35
Checkpoint 2 (SP 823 036)	Checkpoint 3 (SP 760 002)	242 Degs	6.1 miles	172 m	276 m	1:02.51	13:59.36
Checkpoint 3 (SP 760 002)	Day 1 Finish (SU 687 948)	234 Degs	6.4 miles	83 m	122 m	1:04.18	15:02.27
Totals			29.3 miles	855 m	969 m	5:06.45	16:06.45

Day 2



TrackLogs Route Card : Druids Day 2, Start Time 08:00 (Hill Walking)							
From	To	Bearing	Leg Distance	Alt Gain	Alt Loss	Leg Time	ETA
Day 2 Start (SU 687 948)	Checkpoint 1 (SU 667 873)	195 Degs	7.5 miles	308 m	201 m	2:36.52	08:00.00
Checkpoint 1 (SU 667 873)	Checkpoint 2 (SU 593 837)	244 Degs	6.9 miles	52 m	219 m	2:15.39	10:36.52
Checkpoint 2 (SU 593 837)	Checkpoint 3 (SU 509 819)	258 Degs	8.4 miles	244 m	141 m	2:51.21	12:52.31
Checkpoint 3 (SU 509 819)	Day 2 Finish (SU 458 850)	301 Degs	3.8 miles	73 m	20 m	1:16.21	15:43.52
Totals			26.6 miles	677 m	582 m	9:00.13	17:00.13

Day 3



TrackLogs Route Card : DruidsDay3, Start Time 08:00 (Hill Walking)

From	To	Bearing	Leg Distance	Alt Gain	Alt Loss	Leg Time	ETA
Day 3 Start (SU 458 850)	Checkpoint 1 (SU 342 851)	271 Degs	7.7 miles	135 m	99 m	2:34.34	08:00.00
Checkpoint 1 (SU 342 851)	Checkpoint 2 (SU 232 814)	251 Degs	8.3 miles	175 m	215 m	2:46.33	10:34.34
Checkpoint 2 (SU 232 814)	Checkpoint 3 (SU 198 733)	203 Degs	6.6 miles	137 m	187 m	2:13.11	13:21.06
Checkpoint 3 (SU 198 733)	Finish (SU 158 792)	326 Degs	5.7 miles	194 m	158 m	1:57.23	15:34.17
Totals			28.3 miles	641 m	658 m	9:31.41	17:31.41

Checkpoints

Day 1 **Start** 11miles **CP1** 5.7miles **CP2** 6.1miles **CP3** 6.4miles **Finish**

Day 2 **Start** 7.5miles **CP1** 6.9miles **CP2** 8.4miles **CP3** 3.8miles **Finish**

Day 3 **Start** 7.7miles **CP1** 8.3miles **CP2** 6.6miles **CP3** 5.7miles **Finish**

Checkpoint Food

Water, squash and on occasions - coke. Small snacks, both sweet and savoury.

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.

Kit Required

- The list below is a list of recommended, not compulsory, equipment to be taken. The only compulsory kit is a mobile phone with full battery and **switched on to ring** not silent.
- If weather dictates the Race Director may make some other equipment also compulsory.
- For your overnight kit please bring what you need to be comfortable and at minimum the kit on the list below in a reasonable size overnight bag and we'll transport it for you.

Kit List

Running.

Running shoes or walking boots

Running gear

Thermal top

Warm hat

Whistle

Rucksack

Water bottles or bladder

Emergency silver blanket

Mobile phone fully charged

**Head torch and spare batteries
(absolutely vital)**

Long trousers / leggings

Overnight.

Sleeping bag.

Sleeping mat ** contact us if you want to hire a camp bed**

Comfortable clothing for the evening.

Wash kit including towel.

Ear plugs.

Eye covers.

Book / iPod for relaxation.

Mobile phone/GPS watch charger.

A few quid for refreshments and snacks.

Change of running clothing for each days running.

Blister plasters / iodine / antiseptic – foot care kit.

Route Hazards

- The ground maybe slippery so please be careful, we advise wearing trail shoes.
- 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

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 route card**)
- 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 – 07599 937708**

Serious Emergency (i.e. someone is knocked down) ring 999 first, then ring the **XNRG Medic** Medical Emergencies will be taken to A & E

Lost

- Keep eyes on the National Trail signs.
- Use the route card and map.
- Look for fellow competitors behind or in front.
- Retrace steps to last known location.
- Ask a local walker/runner for help.
- 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 route card**), 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.

Dark

Head torches must be worn once it is dark, anyone arriving at a CP in the dark without a head torch will be pulled out.