



The Humanity Direct “Amersham” 50km Ultra Challenge Instructions

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

Start: Finish: Dr Challoner's Grammar School, Chesham Rd, Amersham, Buckinghamshire, HP6 5HA

Locations

		Day 1	Notes.
Start	Post code	HP6 5HA	Parking in school.
	Grid Ref	SU958986	
CP 1	Post code	HP16 0BA	Open 09:00
	Grid Ref	SP 900010	Church car park
CP 2	Post code	HP5 1HX	Open 10:00
	Grid Ref	SP950019	No parking, use town parking.
CP 3	Post code	WD3 6EL	Open 11:00
	Grid Ref	TQ016979	No parking.
CP 4	Post code	HP8 4QZ	Open 12:00
	Grid Ref	SU991936	Parking in village
Finish	Post code	HP6 5HA	
	Grid Ref	SU958986	

Timings

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	Refreshments available
16:00	Prize giving or when enough winners have finished

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 or London Underground and the school is a 10 min walk up Station Rd from the station. Out of the station, cross road and turn left, at mini roundabout turn right. At top of road school is across road.

Trains to Amersham leave from London Marylebone about every half hour with a duration of between 30 and 40 minutes.

By Road

Amersham is about a 15 minute drive on the A335 from Junction 2 of the M40 .

Free parking all day.

Kit Required

- The list below is a list of equipment to be taken. Please ensure you have 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.

Kit List

Compulsory kit:

Running shoes or walking boots

Running clothing as required

Minimum of 500ml water in a bottle or bladder

Mobile phone switched on, fully charged and not on silent

Optional depending on weather or as instructed:

Waterproof jacket

Thermal top

Warm hat

Whistle

Rucksack / ultra vest

Route Information

- The route is well marked with tape and arrows, but you **need** to keep an eye on 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 download a GPX trace from the event page website

Route Management.

The Humanity Direct Amersham, has 4 checkpoints. These checkpoints (or aid stations) are for health checks, water and food replenishment. Unfortunately there is very little room to allow friends and family an opportunity to see competitors (see the spectators section of this document for our recommendations). Our medical teams are also part of the checkpoint staff.

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

Checkpoints



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



Checkpoint Food

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

Spectator Information

If you have spectators who would like to follow you around the course we suggest the following locations to go and watch. The checkpoints are in quite small car parks or on the side of the road so we cannot have too many vehicles on site.

The best place to see the runners is in the village of Chalfont St Giles. This is a typical Chilterns village with a pub, deli and coffee shop near The Green where Checkpoint 4 is sited.

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. Wait till it is safe to cross. Only one crossing is 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 ring Neil, Ian or Rich, (**numbers 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 – 07599937708**

Serious Emergency (i.e. someone is knocked down) ring 999 first, then ring the XNRG Medic – 07599937708

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.
- 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 Neil, Ian or Rich, (**numbers 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

- 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.

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.