

EXTREME ENERGY

The Devil's Challenge Instructions

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

Registration and Friday Start:

Chilcombe Sports Ground, Petersfield Rd, Winchester, SO21 1HU. (SU499290)

Friday Finish: Elsted Village Hall GU29 0JY (SU816195) and minibus shuttle to Midhurst Rother College, North Street, Midhurst, GU29 9DT (SU886222)

Saturday, Mini-bus to Start at Hilltop Car Park, south of Cocking GU29 0HT (SU875166)

Saturday Finish: Clayton Village Hall, BN6 9PJ (TQ299140) (north of the SDW above Jack and Jill) and minibus shuttle to Patcham High School, Ladies Mile Road, Brighton, BN1 8PB (TQ307086)

Sunday Minibus shuttle to Start at Ditchling Beacon BN6 8XD (TQ333129)

Sunday finish at St Andrew's Prep School, Meads Street, Eastbourne, BN20 7RP (TV599972)

Locations

		Day 1	Day 2	Day 3
Start	Post code	SO21 1 HB	GU29 0HT	BN1 9QD
	Grid Ref	SU499290	SU875166	TQ333129
Finish	Post code	GU29 0JY	BN6 9PQ	BN20 7RP
	Grid Ref	SU816195	TQ299140	TV599972
CP 1	Post code	SO32 3LJ	RH20 1PR	BN7 3JW
	Grid Ref	SU599228	SU973129	TQ370092
CP 2	Post code	GU321HW	RH20 4HN	BN7 3HX
	Grid Ref	SU656216	TQ069124	TQ428053
CP 3	Post code	GU31 5SH	BN44 3PZ	BN26 5SX
	Grid Ref	SU733198	TQ165088	TQ521031
CP 4	Post code	N/A	BN45 7FH	BN20 0AB
	Grid Ref	N/A	TQ269111	TV554960

Timings

	Day 1	Day 2	Day 3
Breakfast	N/A	0600	0600
Registration Open	0800	0630	0630
Walkers briefing	0915	0630	0630
Walkers Start	0930	0700	0700
Main Group Start	1000	0800	0800
Elite Briefing	10:15	0830	0830
Elite Start	10:30	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 day 1 arrival. At registration you will be given your race number. **Registration will be available on Thursday evening at the sports centre 1800 – 2000**

Getting to and from the Start

Road

The race start and location of race parking is at Chilcomb Sports Ground, Winchester. There is no postcode for the venue therefore please follow the instructions below to get to the ground. Parking here is free and cars can be left in the car park, which is a remote location, over the race weekend at the owners risk. **We strongly recommend you park in Winchester Station car park and use our shuttle.**

From the South: Leave M3 at junction 10, get in right hand lane of slip road. At traffic lights at bottom of slip road follow signs A272 / A31 Petersfield / Alton. Take exit from roundabout which takes you under the M3. At next roundabout take exit, still marked A272 / A31 Petersfield / Alton and continue north, parallel with the M3. At next roundabout take 2nd exit again still marked A272 / A31 Petersfield / Alton and Alresford. In about 40 yards there are arrows in the centre of the road and a lane to provide a safe centre of road lane to turn right. Turn right here up a track to the top of the hill, the ground is at the top of this hill. If you miss the turning and continue up the hill on the A272 / A31 you will see signs for Chilcomb village in about ½ mile, you will then need to turn around, go back down the A272 / A31 and turn left immediately after a large road sign.

From the North: Leave M3 at junction 9. Keep in left hand lane on exit road. Follow signs for A272 / A31 Petersfield / Alton. At top of exit road immediately take first exit left and follow road south parallel with motorway for 1 mile. At roundabout take first exit signed A272 / A31 Petersfield / Alton and Alresford. In about 40 yards there are arrows in centre of road to provide a safe turn right lane. Turn right here up a track to the top of a hill where the ground is situated. (SEE ABOVE IF MISS TURNING from A272 / A31).

Parking. Parking is available at Registration.

Transportation

Friday

06:30 am Bus at Eastbourne pick up location: Darley Road junction with Meads Street (by the car exit from the school) BN20 7RP. There is off street parking in Darley Road.

07:00 am. Mini-bus shuttle starts from Winchester Railway Station to start.

Nearest railway station near to Friday Finish and Saturday Start, is Liphook which is a 45 minute round trip.

There is a station (Hassocks) near to Saturday finish and Sunday start for those doing a single day on Sunday.

Sunday – pm. Mini-bus from finish to Eastbourne station.

There will be a limited number of places on the mini-bus returning to Winchester

Route Information

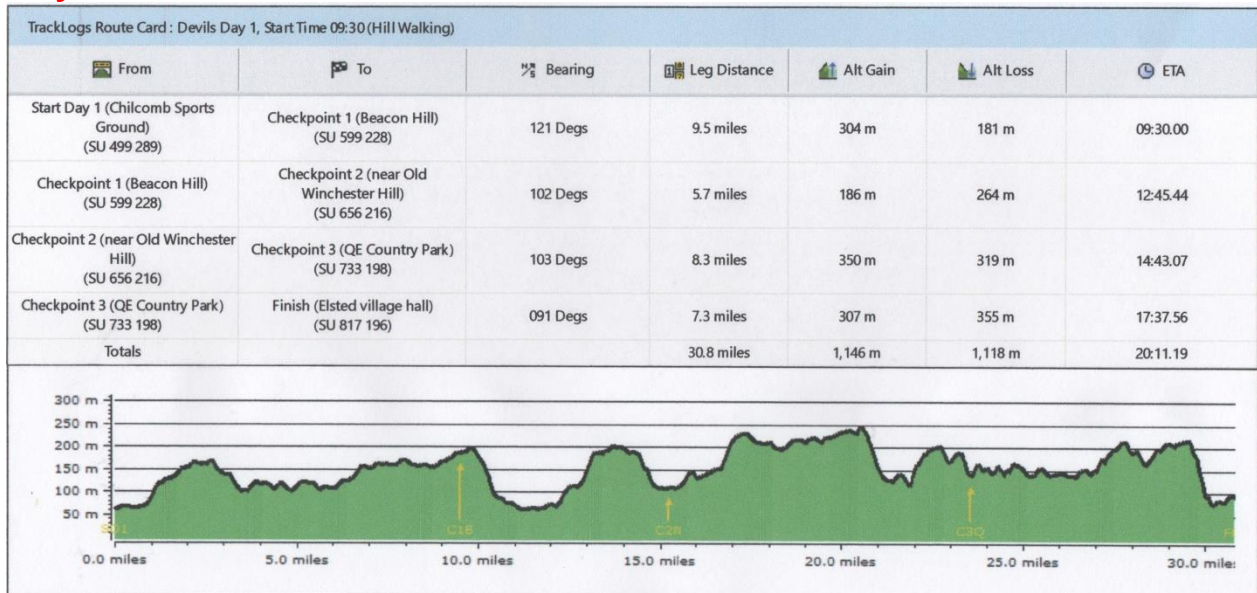
- There is a National Trail along the South Downs Way, the route is well marked
- You can view the route on our website by following the link from the event page.
- You can request GPS data from brian@xnrg.co.uk to load directly onto your GPS watch.

Maps

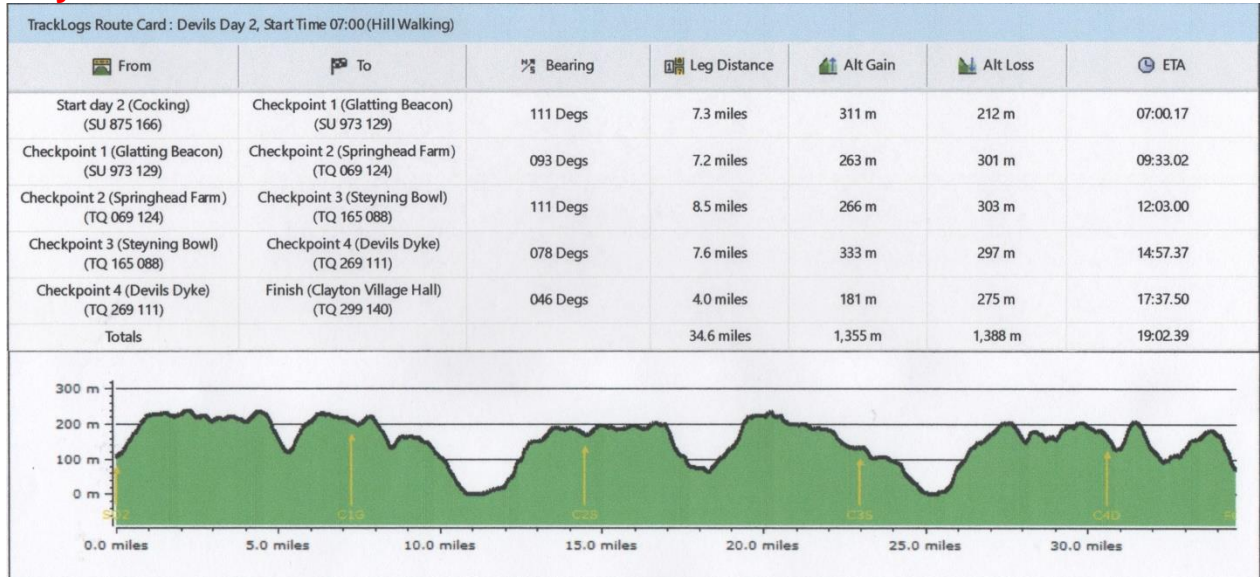
AZ have produced an “Adventure series”, these are maps in a book. The South Downs Way is £8.95 at: <http://www.az.co.uk/?nid=32&iid=13143#.WNV0cKIsaUk>

Harvey's South Downs Way National Trail - £15.99

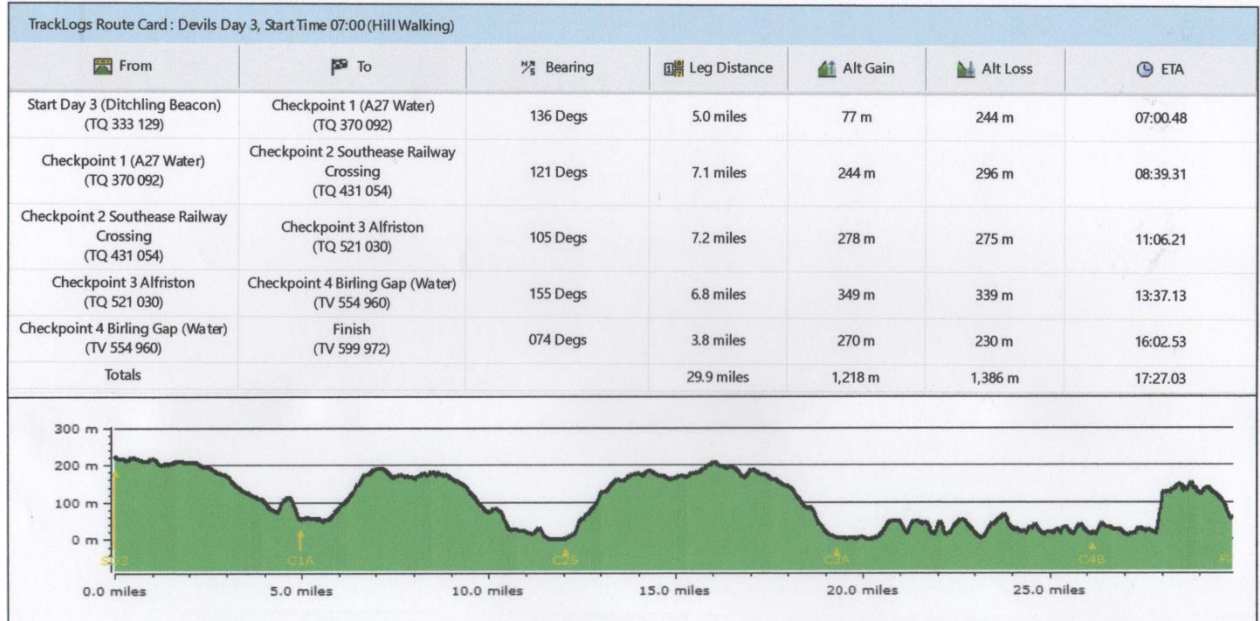
Day 1



Day 2



Day 3



Checkpoints

Day 1 **Start** 9.5 miles **CP1** 5.7 miles **CP2** 8.3 miles **CP3** 7.3 miles **Finish**

Day 2 **Start** 7.3 miles **CP1** 7.2 miles **CP2** 8.5 miles **CP3** 7.6 miles **CP4** 4 miles **Finish**

Day 3 **Start** 5 miles **CP1** 7.1 miles **CP2** 7.2 miles **CP3** 6.8 miles **CP4** 3.8 miles **Finish**

Checkpoint Food

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

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 and a water bottle/hydration pack with a minimum of 500 mls of water.
- 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.

Recommended 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.

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.
- 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
- **Take care on the railway crossing – watch the lights carefully. Day 3.**

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.
- 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** 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, 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.