



The Round the Island Challenge Instructions

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

Registration: Cowes High School, Crossfield Avenue, Cowes, Isle of Wight, UK, PO31 8HB

Saturday Start: Ramp of Floating Bridge at East Cowes.

Saturday Finish: Brighstone Holiday Centre, Military Road, Brighstone, Isle of Wight, PO30 4DB.

Sunday Finish: Cowes High School, Crossfield Avenue, Cowes, Isle of Wight, UK, PO31 8HB

Locations

		Day 1	Day 2	
Start	Post code	PO31 8HB	PO30 4DB	
	Grid Ref	SZ501955	SZ 415819	
Finish	Post code	PO30 4DB	PO31 8HB	
	Grid Ref	SZ 415819	SZ 490962	
CP 1	Post code	PO34 5AP	PO39 0JH	
	Grid Ref	SZ 623918	SZ 298848	
CP 2	Post code	PO36 8QB	PO41 0UX	
	Grid Ref	SZ 611850	SZ 367899	
CP 3	Post code	PO38 1EJ	PO30 4ND	
	Grid Ref	SZ 563773	SZ 415895	
CP 4	Post code	PO38 2HN	PO31 8NJ	
	Grid Ref	SZ 490769	SZ 452929	

Timings

	Day 1	Day 2	
Breakfast	0600	0600	
Registration Open	0700	0630	
Walkers briefing	0730	0645	
Walkers Start	0800	0700	
Main Group briefing	0820	0745	
Main Group Start	0900	0800	
Elite Briefing	0930	0845	
Elite Start	1000	0900	
Evening Meal	1900	N/A	

Please note your Day 1 start time 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, route card and map.

Getting to and from the Start

Parking

Parking is available at Registration (see above)

Transportation:

Friday - pm Mini-bus from Redjet Terminal at West Cowes to School.

Sunday – pm. Mini-bus from School to Redjet Terminal at West Cowes.

Trains run about every 30 minutes from Waterloo to Southampton and from Southampton to Waterloo. There is an hourly service between Reading and Southampton.

A FREE bus runs between Southampton railway station and the Redjet terminal.

Redjet high speed ferry runs every 30 minutes. Quarter past and quarter to the hour.

NB Redjet cannot be prebooked on-line and does not qualify for our discount.

The vehicle ferry runs hourly on the hour.

There is no transport from or to the Portsmouth/Fishbourne or Portsmouth/Ryde ferries.

Route Information

- There is a National Trail round the Island, the route is well marked, ([blue with white gull motif](#)) but you need to use your route card and map.
- You can view the route on our website by following the link from the event page.
- You will be given a route card and map 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.

Checkpoints

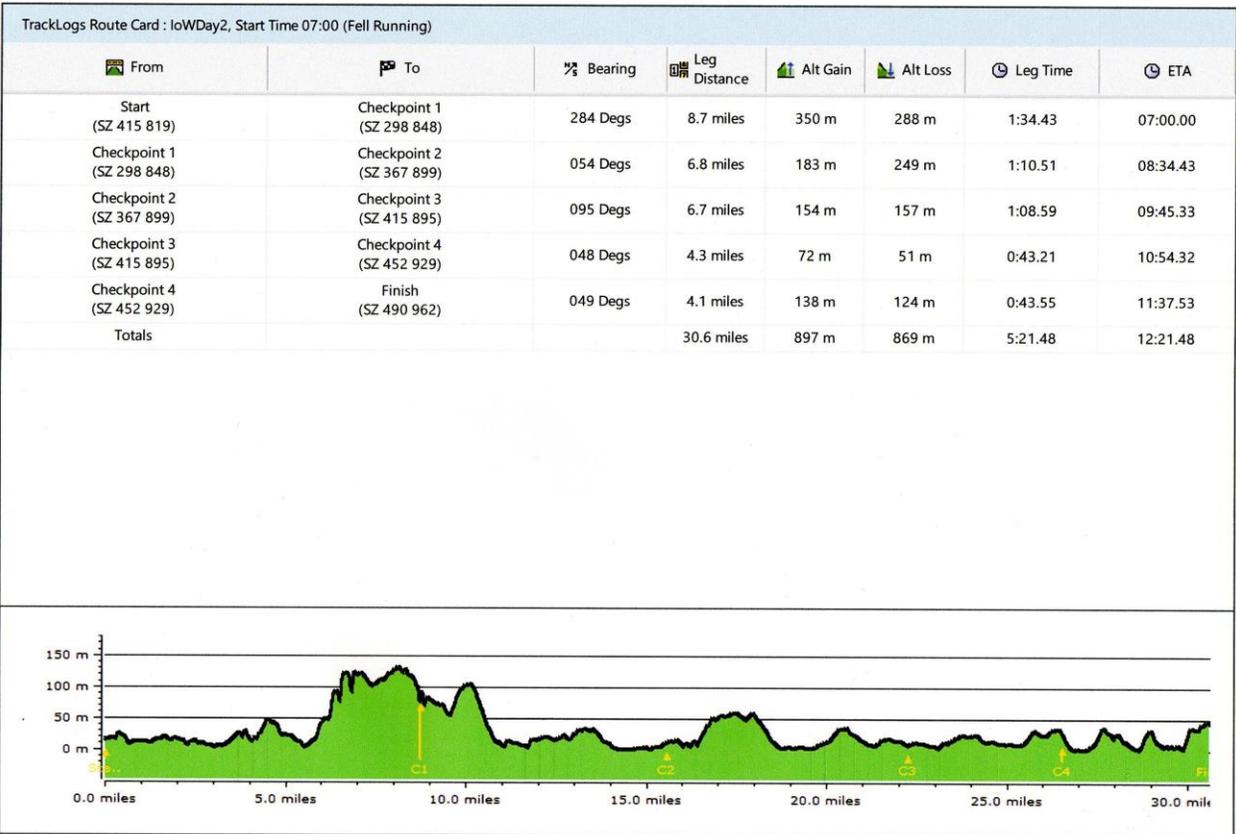
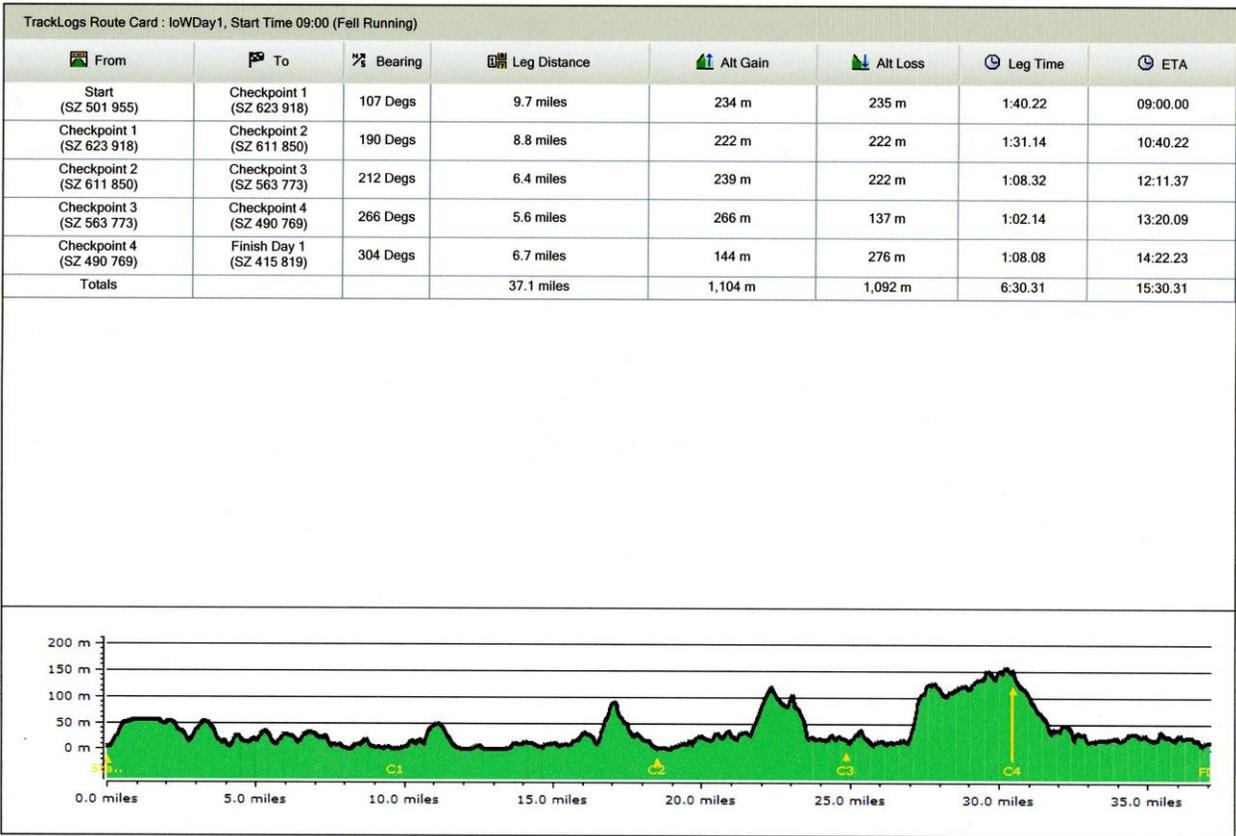
Day 1 **Start** 9.7 miles **CP1** 8.8miles **CP2** 6.4miles **CP3** 5.6miles **CP4** 6.6miles **Finish**



Day 2 **Start** 8.7 miles **CP1** 6.8 miles **CP2** 6.7 miles **CP3** 4.3 miles **CP4** 4.1 miles **Finish**



Detailed information on distances, timing, ascent and descent, is on the next 2 pages.



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.

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.

TENT if you are camping

Sleeping bag.

Sleeping mat.

Comfortable clothing for the evening.

Wash kit including towel.

Ear plugs.

Eye covers.

Book / iPod for relaxation.

A few quid for refreshments and snacks.

**Change of running clothing for each days
running.**

**Blister plasters / iodine / antiseptic – foot
care kit.**

Mobile phone charger.

GPS watch charger.

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

Medical - Please take time to read our medical advice [here](#)

- 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.
- In a situation where the medics recommend that it is unsafe for a competitor to continue their decision is final. Competitors cannot continue as part of the event against medics advice.

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 – 07788864198**

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

Medical Emergencies will be taken to A & E

Lost

- Keep eyes on signs and tape on trees.
- Use the route card and map. Places highlighted in green will be known by locals.
- 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 has 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.