



The Druid's Challenge Instructions

We will have up-to-date Covid information on the website very soon

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: Watlington Social Club, Shirburn Rd, Watlington OX49 5BZ (SU691948) and then minibus shuttle to Lord Williams's Lower School, Towersey Road, Thame, OX9 3NW

Saturday Start: Watlington Social Club, Shirburn Rd, Watlington OX49 5BZ (SU691948) (minibus shuttle from overnight accommodation at Thame)

Day 2 only entrants should register and pick up their timing chip at Watlington Social Club, Shirburn Rd, Watlington OX49 5BZ (SU691948)

Saturday Finish: Chilton Community Room, Horsa Lane, Chilton, Didcot OX11 0UE (SU480858) and then mini-bus shuttle to Didcot Leisure Centre, Mereland Road, Didcot, OX11 8AY

Sunday Start: [The Ridgeway Car Park OX11 0RW](#) (SU479840) (minibus shuttle from overnight accommodation at Didcot)

Day 3 only entrants should register and pick up their timing chip at the Didcot Leisure Centre, Mereland Road, Didcot OX11 8AY

Sunday Finish: Alexandra House Hotel, Wroughton, SN4 0QJ (SU158792)

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 and serving hot drinks.

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

Locations

		Day 1	Day 2	Day 3
Start	Post code	LU7 9EB	OX49 5BZ	OX11 0RW
	Grid Ref	SP960169	SU691948	SU479840
	What 3Words	pound.friends.vacancies	disarmed.rider.mirroring	firewall.targeted.encourage
Finish	Post code	OX49 5BZ	OX11 0UE	SN4 0QJ
	Grid Ref	SU691948	SU480858	SU158792
	What 3Words	disarmed.rider.mirroring	staining.groom.workloads	orders.shaky.nodded
CP 1	Post code	HP22 6NL	RG9 5SN	OX12 9XF
	Grid Ref	SP 871073	SU 667873	SU 342851
	What 3Words	scarecrow.rezoning.making	rubble.grad.scanty	shows.lifeboats.torched
CP 2	Post code	HP27 0LQ	RG8 0JS	SN4 0DR
	Grid Ref	SP 823036	SU 593837	SU 232814
	What 3Words	plotting.lingering.clutter	shameless.plankton.proves	windmill.stealing.stole
CP 3	Post code	OX394ER	RG20 6PP	SN8 1SG
	Grid Ref	SP 760002	SU 509819	SU 198733
	What 3Words	handyman.sharpened.upcoming	ventures.battle.grounding	spots.crash.able

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
Fast Briefing	1130	0845	0845
Fast 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.

Getting to and from the Start

Parking

Limited parking is available at Registration for dropping off participants only. If you are planning to leave your car at the start please do so in a local side street

Transportation

Friday – 08:00 am. Mini-bus shuttle starts from Tring Railway Station to registration. We will be running a mini bus shuttle to the start from there.

Friday - minibus shuttle to the accommodation in Thame

Saturday am – minibus shuttle to the start in Watlington

Saturday pm – minibus shuttle to the accommodation in Didcot

Sunday am – minibus shuttle to the start in Chilton

Sunday pm - minibus from finish to Swindon stations.

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

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.

The **De Vere Alexandra House offers good on-line rates**: There are other large hotels near to the M4 Swindon Junction as well

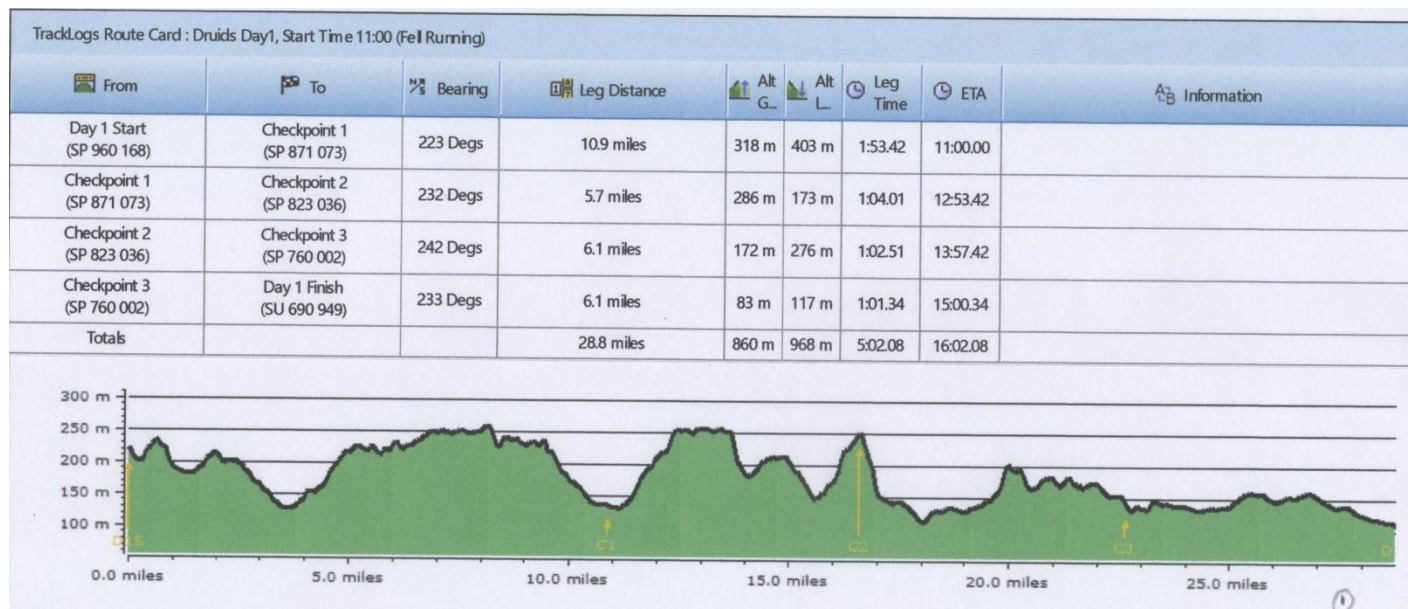
The coach will leave at 0700 on the morning to get to the start in time. This may not be in time for the walkers start so you may have to join the main group of runners at 1100.

The cost will be £30 a head.

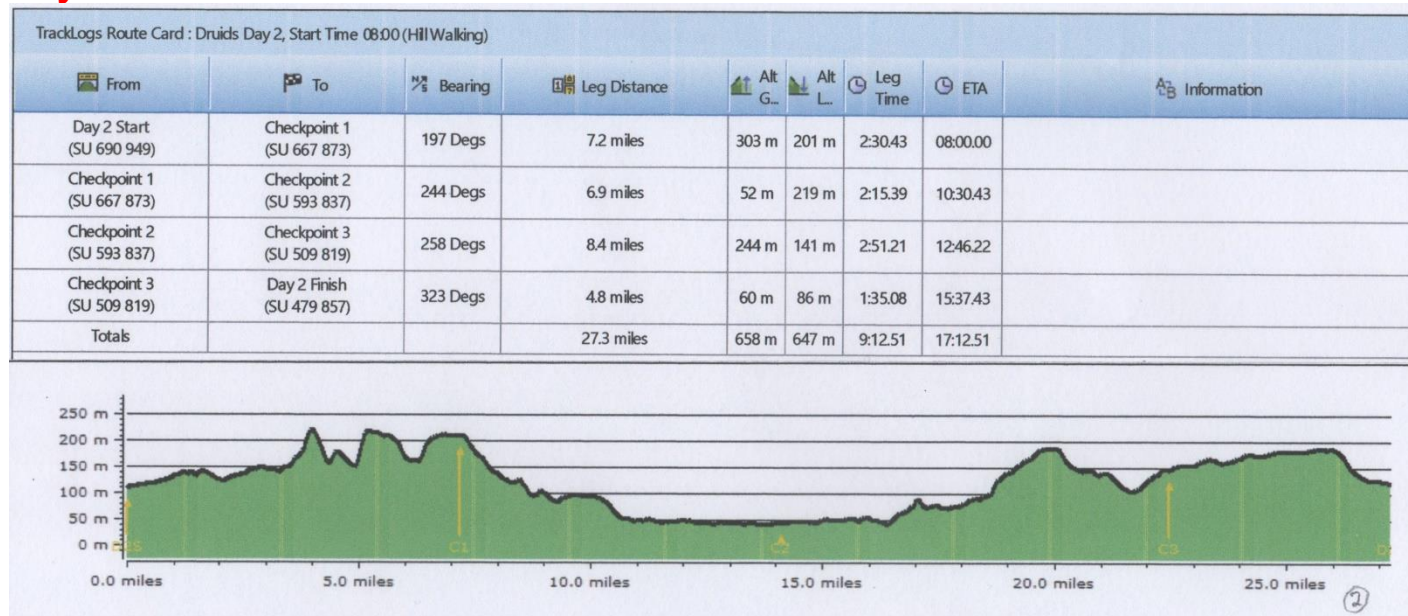
Route Information

- There is a National Trail along the Ridgeway, the route is well marked.,
- There is a route card with a description of the route you can download and print should you require one **Route Card**.
- You can view the route on our website by following the link from the event page.
- You can download the GPX file from the website (or request the GPX file from brian@xnrg.co.uk) to load directly onto your GPS watch.
- You can view the route by following the links below..
- [Day 1](#)
- [Day 2](#)
- [Day 3](#)

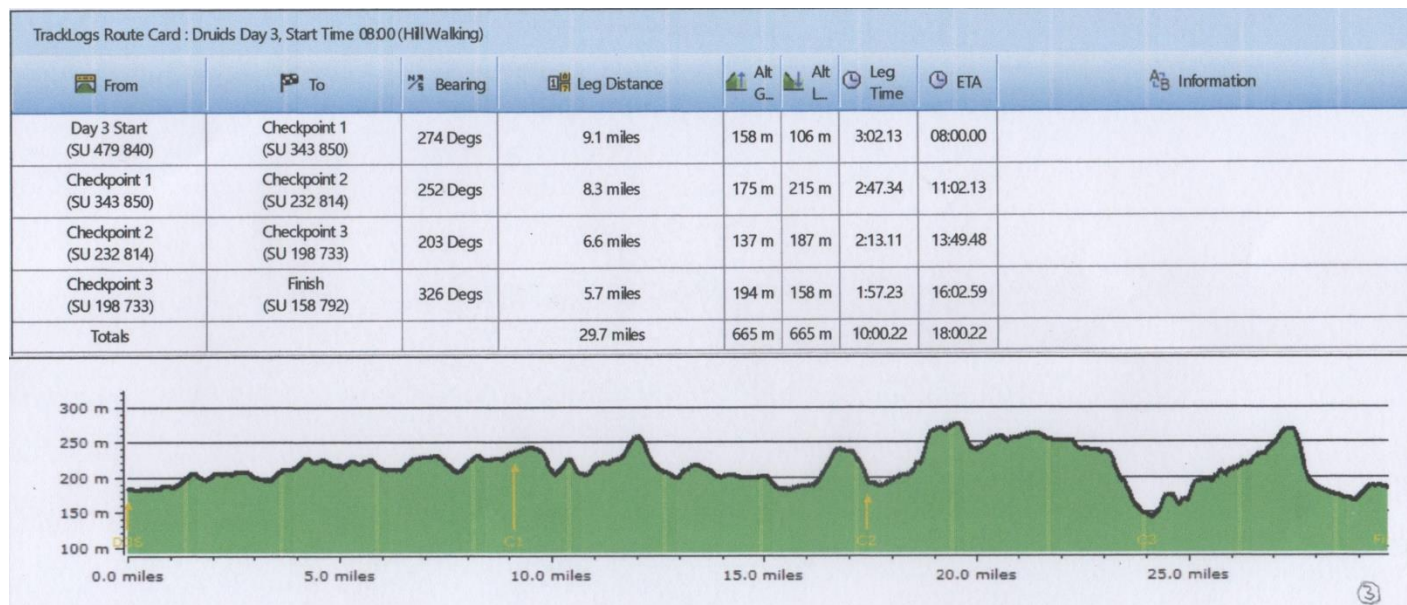
Day 1



Day 2



Day 3



Checkpoints

Day 1 **Start** 10.9miles **CP1** 5.7miles **CP2** 6.1miles **CP3** 6.1miles **Finish**

Day 2 **Start** 7.2miles **CP1** 6.9miles **CP2** 8.4miles **CP3** 4.8miles **Finish**

Day 3 **Start** 9.1miles **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 (and a rail crossing) – some are busy. None 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.