



The Pilgrim Challenge Instructions

We are looking forward to seeing you at the Pilgrim. Set out below is all the information you will need to make your weekend with us run smoothly. If we have missed anything please contact us at info@xnrg.co.uk

Registration is from 0630 at the start location, **Sandy Farm Business Park, Sands Road, The Sands, Farnham, Surrey, GU10 1PX**. If you are joining us only for day two, please register at the School in the morning.

The finish on day one is at **The Warwick School, Noke Drive, Redhill, RH1 4AD** and on day 2 we set off from the school to return to Sandy Farm.

Getting there:

Sandy Farm:

Train: Farnham Station (South Western Trains) is a short drive away and we will operate a minibus shuttle from 0700 and after the finish on day 2.

Car: If you are only doing day one we ask you to park at Farnham Station Car Park and make use of the minibus shuttle

There is parking at Sandy Farm (at your own risk) for the full weekend, but it is locked up on Saturday night.

Space is limited, we would encourage lift sharing where possible.

The Warwick School:

Train: Redhill Station (Southern) is a few minutes walk from the school, as is a local Travelodge.

Car: Drop off only, no vehicles can be left on site.

Start facilities

There are toilets on site at Sandy Farm but no showers or changing rooms. Our cafe will be open serving hot drinks before the start.

Start Times

Please note your Day 1 start time will be determined by the information you provide in your entry form and will be emailed to you before the event - subsequent days will be decided on your previous day's finish time. At registration you will be provided with a race number and timing tag.

	Day 1	Day 2
Registration Open	0630	0630
Bus pick up starts	0700	
Walkers Start	0800	0700
Runner group 1 Start	0900	0800
Runner group 2 Start	1000	0900
Evening Meal	1830	
Breakfast		0545
Bus drop off starts		1500

The Route

The route follows the North Downs Way, a marked National Trail, to Redhill, where for the last few miles we drop down to our finish location, and it is reversed for day two. It is undulating and apart from a few small sections is off road, with spectacular views. You will be following the trail markings until the point where we turn off to Redhill near the end of day 1. We will add some additional signs and paint arrows to help you at a number of locations and a route card with additional navigation notes can be downloaded from the event website.

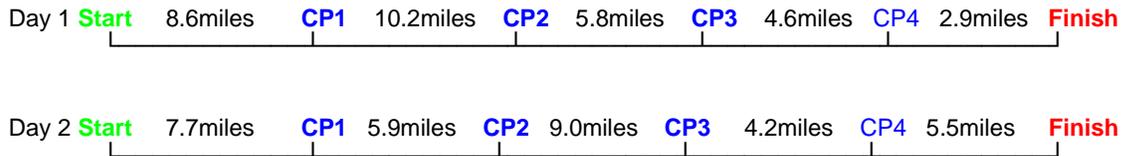
The Terrain

At this time of year the ground may be frozen/hard/soft/muddy along the route and trail shoes are recommended.

Checkpoints and Food

Bring a cup! We have decided to stop using plastic cups at our checkpoints, so please bring your own. If you forget, we do sell them at registration. There are four checkpoints along the route on both days (see Appendix A for post codes and grid references), all serving cold drinks along with savoury and sweet snacks: sandwiches, sausage rolls, malt loaf, pretzels and sweets. The distances between checkpoints are shown below.

Checkpoints



For those staying at the school, a hot evening meal is available from 1830 at the finish of day one and a continental breakfast from 0600 on day two.

Kit Required

This is your challenge and you must dress for the weather, the terrain and the speed that you anticipate covering the course in.

Whilst we provide a list of recommended kit below, we insist on a charged mobile phone (switched on and set to ring), a minimum of 500 ml of water, a waterproof jacket and a head torch if you are likely to finish in the dark – once darkness falls, if you don't have a headtorch you will be withdrawn at a check point.

Recommended Kit List

Trail shoes/walking boots; water proofs; thermal top; warm hat; gloves; rucksack; whistle; water bottle/bladder; emergency silver blanket; long trousers/leggings

Overnight Kit List

If you are staying overnight with us we recommend the following, which should be packed into a bag for us to transport to the finish location for you:

Sleeping mat; sleeping bag; comfortable clothing to relax in; wash kit and towel (showers available); ear plugs and eye mask; phone/gps charger; change of running clothes; foot care kit; money for drinks and snacks.

Medical & Massage

An experienced event medical team will be present throughout the event, available for advice and treatment. Please read our medical section on our website before the event [here](#). A sports massage can be booked on the day to keep you in tip top condition.

Safety & Medical on the Course

Please see below for on-course safety information, what to do if you have to withdraw and more information about action in the event of a medical incident.

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. None are marshalled
- Caution 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 (see above) 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.

The MEDIC will be at CPs and at finish.

Level 1 - Try to get to a Checkpoint

Level 2 - Get to a location where we can find you. Tell another competitor where you are, ask them to inform the next CP.

Level 3 - Serious Medical Emergency – ring 999 first, our medical team will be informed and decide on the action plan

Medical Emergencies will be taken to A & E

Lost

- Keep eyes on signs – look for the acorn signs, they are very regular.
- 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 crew 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 time 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 withdrawn.

Check Point post codes and grid references:

		Day 1	Day 2	
Start	Post code	GU10 1PX	RH1 4AD	
	Grid Ref	SU 876 467	TQ 285 508	
Finish	Post code	RH1 4AD	GU10 1PX	
	Grid Ref	TQ 285 508	SU 876 467	
CP 1	Post code	GU4 8AD	RH3 7BY	
	Grid Ref	TQ 003 483	TQ 210 513	
CP 2	Post code	RH5 6SP	RH5 6SP	
	Grid Ref	TQ143 503	TQ 142 503	
CP 3	Post code	RH3 7BY	GU4 8PZ	
	Grid Ref	TQ 210 513	TQ 020 483	
CP 4	Post code	RH2 9RP	GU3 1DQ	
	Grid Ref	TQ 262 523	SU 957 476	