



# THE COTSWOLD WAY MULTISTAGE ULTRA CHALLENGE 2016

## - PART OF THE SEALSKINZ ULTRA TRAIL SERIES -

Below is all the information you will need to make your race weekend run as smooth as possible. Further information can be found on the [event webpage](#), including important [medical information](#). For any further queries please email [brian@xnrg.co.uk](mailto:brian@xnrg.co.uk)

### EVENT DATE

24<sup>th</sup> - 25<sup>th</sup> September 2016

Registration opens at 7am on Day 1, 24<sup>th</sup> September

### START

The Scout Centre, Chipping Campden, GL55 6DG

[Start location here](#)

### OVERNIGHT

Cleeve School Sports Centre, Two Hedges Road, Bishops Cleeve, Cheltenham, GL52 8AE

[Overnight location here](#)

### FINISH

Archway School, Paganhill, Stroud, GL5 4AX

[Finish location here](#)

## LOCATIONS

		DAY 1	DAY 2
START	Postcode	GL55 6DG	GL52 8AE
	Grid Ref	SP 152 386	SO 964268
FINISH	Postcode	GL52 8AE	GL5 4AX
	Grid Ref	SO 963 268	SO 836 058
CHECKPOINT 1	Postcode	WR12 7JZ	GL53 9NG
	Grid Ref	SP083341	SO969171
CHECKPOINT 2	Postcode	GL54 5AU	GL4 8JH
	Grid Ref	SP075303	SO935160
CHECKPOINT 3	Postcode	GL54 5AN	GL6 6TT
	Grid Ref	SP014252	SO878127
CHECKPOINT 4	Postcode	N/A	GL6 6JP
	Grid Ref	N/A	SO832085

## TIMINGS

Please note, on Day 1, your start time will be determined by the information you provide in your entry form. Day 2 will be decided on your previous days finish time.

	DAY 1	DAY 2
BREAKFAST	N/A	0600
REGISTRATION OPEN	0700	0630
WALKERS BRIEFING	0830	0645
WALKERS START	0900	0700
MAIN GROUP BRIEFING	0930	0745
MAIN GROUP START	1000	0800

## REGISTRATION

All competitors must register on Day 1 upon arrival. You will be given your race number, route card and map and registration.

## GETTING TO AND FROM THE START

Parking is available at registration.

## TRANSPORTATION

Day 1 - Pick up from Evesham Station and parking available at the start

Day 1 (pm) - Lift to Cheltenham station - one during the afternoon, plus one lift back to the start

Day 2 (am) - Option for pick up from Cheltenham Station

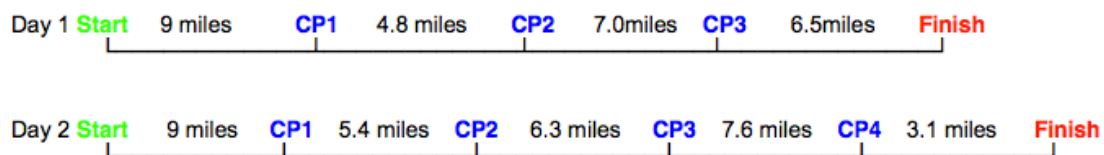
Day 2 (pm) - Regular drop-offs to Stroud station, one lift back to the day 1 start, maximum of 17 people.

There will be a small charge of £5 payable on the day.

## ROUTE INFORMATION

- This is a National Trail so the route is well marked, but you need to use your route card.
- You can view the route on our website by following the link from the event page.
- You will be given a route card with a description of the route and sections to be cautious.
- You can request GPS data from [brian@xnrg.co.uk](mailto:brian@xnrg.co.uk) to load directly onto your GPS watch.

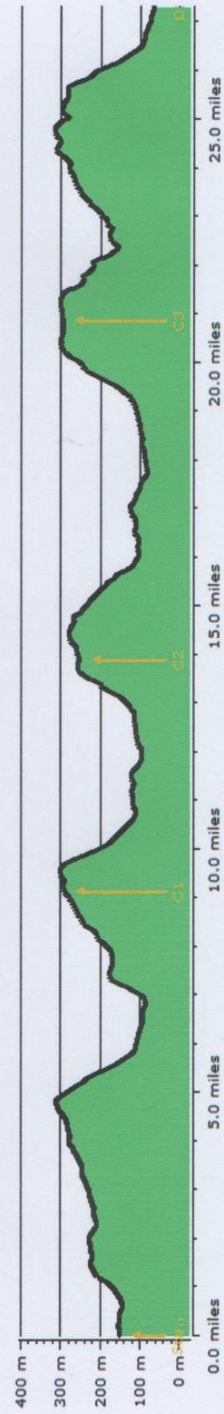
## CHECKPOINTS



Detailed information on distances, timing, ascent and descent, is shown across the next two pages.

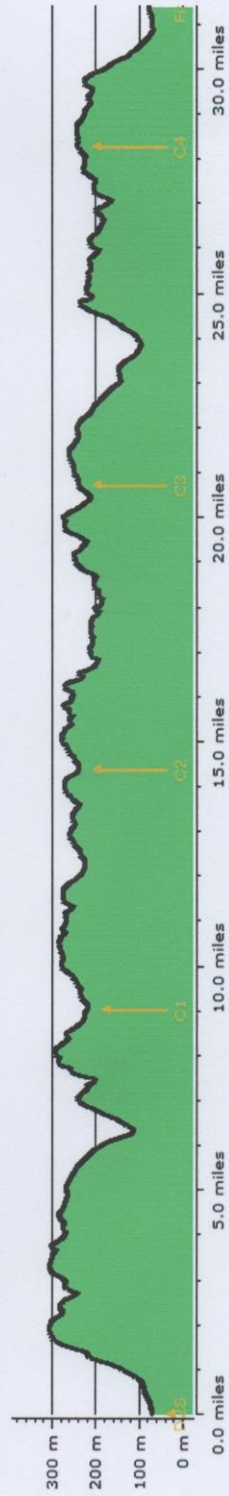
TrackLogs Route Card : Cotswold Way Day 1, Start Time 09:00 (Hill Walking)

From	To	Bearing	Leg Distance	Alt Gain	Alt Loss	Leg Time	ETA
Start (SP 152 386)	Checkpoint 1 (SP 083 341)	237 Degs	9.1 miles	414 m	278 m	3:12.46	09:00.00
Checkpoint 1 (SP 083 341)	Checkpoint 2 (SP 075 303)	191 Degs	4.8 miles	203 m	239 m	1:40.09	12:12.46
Checkpoint 2 (SP 075 303)	Checkpoint 3 (SP 014 252)	231 Degs	7.0 miles	290 m	249 m	2:26.09	13:52.55
Checkpoint 3 (SP 014 252)	Day 1 Finish (SO 963 268)	287 Degs	6.5 miles	232 m	458 m	2:14.24	16:19.05
Totals			27.3 miles	1,139 m	1,223 m	9:33.29	18:33.29



TrackLogs Route Card : Cotswold Way Day 2, Start Time 09:00 (Hill Walking)

From	To	Bearing	Leg Distance	Alt Gain	Alt Loss	Leg Time	ETA
Day 2 Start (SO 964 268)	Checkpoint 1 (SO 968 171)	178 Degs	9.0 miles	610 m	462 m	3:18.50	09:00.00
Checkpoint 1 (SO 968 171)	Checkpoint 2 (SO 935 160)	252 Degs	5.4 miles	209 m	188 m	1:51.48	12:18.50
Checkpoint 2 (SO 935 160)	Checkpoint 3 (SO 878 127)	240 Degs	6.3 miles	356 m	357 m	2:16.44	14:10.38
Checkpoint 3 (SO 878 127)	Checkpoint 4 (SO 832 085)	228 Degs	7.6 miles	383 m	378 m	2:41.20	16:27.22
Checkpoint 4 (SO 832 085)	Finish (SO 836 058)	170 Degs	3.1 miles	49 m	217 m	1:02.44	19:08.42
Totals			31.4 miles	1,607 m	1,601 m	11:11.26	20:11.26



## CHECKPOINT FOOD

Water and squash to drink. Sweet and savoury small snacks will be available, including but not limited to sausage rolls, chocolate biscuits, malt loaf, sweets, crisps and 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.

## REQUIRED KIT

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, which we will inform you about via email.

For your overnight kit please bring what you need to be comfortable and at a 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
- Long trousers / leggings

### **Overnight:**

- Sleeping bag
- Sleeping mat
- Comfy clothing for the evening
- Wash kit including towel
- Ear plugs
- Eye mask
- Book / iPod for relaxation
- Mobile phone/GPS watch charger

- A few pounds for refreshments and snacks
- Change of running clothing for each days running
- Foot-care kit: blister plasters / iodine / antiseptic

## ROUTE HAZARDS

- The ground maybe slippery so please be careful.
- Be aware and take caution crossing all roads - some are busy. Please note that none are marshaled.
- Be aware of other path users especially where it is narrow.
- Dogs off the lead, horses, mountain bikers and walkers are all potential hazards.
- Proceed with caution across roots, rocks, steps and stiles that may be hidden or slippery.

## MEDICAL

Our paramedics will be on hand all weekend to assist with serious and minor injuries.

Any incidents will be dealt with as part of our medical emergency procedure.

It is important that you check the [medical page of the website](#) to ensure you have understood the potential medical risks of running these long distances.

It is also important that you let XNRG race organisers know in advance of any medical problems that you know about and may be relevant to the race. Simply email [brian@xnrg.co.uk](mailto:brian@xnrg.co.uk)

## ACTIONS ON:

## INJURY

- If you are able without risk of further injury, try to get to a Checkpoint, where we will be able to recover you or treat you.
- OR if you are able, get to a recognisable location where you can report your position and call the race director to be recovered. (Number is 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.
- Serious Emergency (I.e. someone is knocked down.) ring 999 first, then ring the **XNRG Medic**. Medical Emergencies will be taken to A&E.
- **XNRG Medic – 07788864198**

## 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 until you arrive. If you are late for two CP's 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 for safety.

