

EXTREME ENERGY

The Pony Express Challenge Instructions

We are looking forward to seeing you soon, please find below all the information you will need to make your race weekend run as smoothly as possible.

Start: Brockenhurst Village Hall, Brockenhurst, Hants, SO42 7RY

**Finish: The Burgate School and Sixth Form, Salisbury Road,
Fordingbridge, Hants, SP6 1EZ**

This is reversed for day 2

Locations

		Day 1	Day 2	
Start	Post code	SO42 7RY	SP6 1EZ	
	Grid Ref	SU 305024	SU 152155	
Finish	Post code	SP6 1EZ	SO42 7RY	
	Grid Ref	SU 150153	SU 305024	
CP 1	Post code	SO42 7UF	SO43 7HL	
	Grid Ref	SU 301002	SU 230121	
CP 2	Post code	BH24 4EF	BH24 4HW	
	Grid Ref	SU 201018	SU 219042	
CP 3	Post code	BH24 3NJ	SO42 7UP	
	Grid Ref	SU 217102	SU 252010	
CP4	Post code	SP6 2JA		
	Grid ref	SU 178219		

Timings

	Day 1	Day 2	
Breakfast	N/A	0600	
Registration Open	0700	0630	
Walkers briefing	0830	0645	
Walkers Start	0900	0700	
Main Group Start	1000	0800	
Elite Briefing	1030	0845	
Elite Start	1100	0900	
Evening Meal	1800	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.

There will be a talk on Saturday evening, after the meal.

Registration

All competitors must register on arrival. Full and Day 1 at Brockenhurst, Day 2 at Fordingbridge
At registration you will be given your race number, route card, map and your timing chip.

Getting to and from the Start

Parking

Parking is available at the Start (see above)

Transportation:

Day 1 - am Brockenhurst Village Hall, Station is 5 mins walk from the registration location so we highly recommend you get the train.

Day 2 - pm – short walk back to Brockenhurst station.

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

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 minimum of 500 ml of fluid.
- 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.
- We will transport your overnight kit to the finish location, and back again.

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

Compass

Overnight.

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 Information

- There is no National Trail in the forest, the route is well marked, 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.
- The ground is undulating and you can expect a mix of dry trails with wet ground underfoot – keep an eye on the forecast.
- Trail shoes are recommended.
- 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 and Food

There are four checkpoints on day 1 and three on day 2, staffed by our enthusiastic volunteers. We provide water, squash, coke together with, sweet and savoury snacks. *Help us to reduce plastic waste by bringing your own re-usable cups*

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.

Route Hazards

- The ground maybe slippery so please be careful.
- Be aware and take caution crossing all roads – some are busy – especially if you are wearing headphones. 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
- All gates **MUST** be closed after you.
- Do not approach or feed the ponies - it is an offence.
- Give any snakes a wide berth. (If you are lucky enough to see one!)
- Check for ticks post run and follow medical guidance on removal if you find one.

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 (are there any cycle posts near?) 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 – 07599937708**

Serious Emergency (i.e. someone is knocked down) ring 999 first, then ring the **XNRG Medic – 07599937708**

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.