

# TRAILPLUS ADVENTURE CHALLENGE SERIES

## “WEAVERS DOWN WINTER WARMER”

### SUNDAY 22<sup>ND</sup> JANUARY 2012



#### TEAM MEMBER REGISTRATION DETAILS

The enclosed team registration form must be completed and returned by **no later than FRIDAY 13th JANUARY** if you entered by phone or post. If you have entered online you will need to log in and complete **ALL** details for each member of your team. <http://entry.trailplus.com>

Please note, that if you have entered online, we **WILL NOT** be able to manually add your other team member's details. If you require assistance please call TrailPlus on 03332 400616.

#### ARRIVING ON THE DAY

This adventure challenge **STARTS** at 10.00hrs and takes place in and around military land at Longmoor Camp, Hampshire. Please note the new travel instructions below.

**Please Note:** the owners of Longmoor Camp, TrailPlus and the event sponsors cannot be held liable for any loss or damage incurred to your car, its contents or any of your belongings. Your statutory rights are not affected.

#### DIRECTIONS

##### *By Car*

The venue is situated off the main A3 road between Hindhead and Petersfield.

Participants shall be required to leave the A3 at the exit signed for **GRIGGS GREEN**. A manned entry / exit point into the military training area is located on the road directly above the A3. Upon entering, your vehicle will need to follow the signs for over 2 kms as you follow a gravelly off-road track to the main event car park (disused airstrip).

**Please do not seek to enter by the main Longmoor Camp entrance – you will be turned away.**

For a [www.streetmap.co.uk](http://www.streetmap.co.uk) venue entry click [here](#):

##### *By Train*

Longmoor Camp is about equi-distant from Liphook and Liss, with Petersfield being the nearest mainline station. If coming by train please check to see if Sunday rail services are suitable and have a plan to get from the train station to the start in good time.

Please allow enough time for your journey. We suggest that you arrive at least an hour before the event.

#### CAR PARKING

Access and car parking will open at **07.30am** - please park in the Event Car Park (Disused Airstrip) as signed. After parking please follow directions to registration where each team member will be required to sign in. You can then place your kit in your team's dedicated transition pen.

#### SPECTATOR DETAILS

Spectators are welcome to attend this event and entry for them is free.

An on-site mobile catering unit will be selling refreshments (hot and cold) from 0730hrs.

#### EVENT FORMAT

The race will include three 'core' disciplines, with potential distances, as follows:

- 15+ miles of mountain biking
- 6 - 7 miles of off-road running
- Inland water kayak canoeing (no longer than 1mile)

The course will be marked and teams must follow the marked route. There may also be compulsory checkpoints on route for safety reasons. Any team not passing through such checkpoints will be disqualified. There may also be a number of special challenges, which must be successfully completed before the team will be allowed to continue.

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**Teams must be self-sufficient and the team must provide all nutrition and hydration for the duration of the event, though we will provide water at the transition area.**

Each course is designed to be challenging, but with the emphasis on taking part and having fun. Whilst we expect that competitors will be fit and able to participate, it is not necessary to be an elite athlete. We suggest each participant, as a minimum, is able to run 5 miles, mountain bike off road for 15 miles and, for safety reasons, **swim at least 25 metres.**

The exact format for the race will not be announced until the morning of the race itself, but we can advise that we reserve the right to operate a '2' wave start.

### **START INFORMATION**

The first wave will start at **10.00am** prompt in the marked area close to “Transition and Registration”. All teams are required to be at the start by 09.50am. If required, the second wave will go off at 10.05am.

### **REGISTRATION INFORMATION**

Registration opens at **07.45** and closes at **09.30**. Any teams not registered by 09.30 may not be allowed to race. The declared team 'leader' must be present to register the team.

Numbered competitor bibs, which are compulsory, will be issued at registration.

**THESE MUST BE DEPOSITED AT THE FINISH OF THE EVENT.**

The activity order details will be issued to all teams at registration.

### **LONGMOOR CAMP SITE RULES**

Please respect all property and personnel within the site. Adhere to directions and speed restrictions within the camp. Ensure that the grounds and competition route, transition area, toilets and car park are left as they are found.

### **TRANSITION AREA**

The transition area will open from 07.45 onwards. Competitors will return to the transition area before and after the mountain bike section of the event so all equipment; clothing, food and drink may be left there. Stewards will marshal the area to ensure it is secure.

**Competitors must understand that they leave all belongings in this area at their own risk.**

It is advised that all competitors bring sufficient sports drinks, energy bars, bananas, etc. to last the race thus ensuring that the team is “self-sufficient”: No outside team support is allowed. Competitors are **STRONGLY** advised to consider the use of a water bottle and / or hydration pack.

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| TrailPlus strongly recommends that all participants have suitable insurance cover in place to cover personal injury and / or loss, damage or theft of personal belongings and property |
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**ALL EQUIPMENT MUST BE STORED WITHIN THE TEAM'S DESIGNATED AREA.**

### **CHANGING FACILITIES**

There will be no on-site changing or shower facilities available. There will however be toilets provided close to the event car park and transition areas.

We strongly recommend that you bring plenty of dry clothing to change into after the race and plan to shower / bath at home / off-site.

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#### **MOUNTAIN BIKE HIRE OPTIONS**

For this TrailPlus Adventure Challenge Series event, mountain bikes can be hired, but only in advance, as follows:

*Cyclexperience Ltd*

Cost: £32.50 (bike only)

Helmet: £2.50

Toolkit: £2.50

Once a booking and payment is made it will be non-refundable irrespective of whether the person making the booking actually takes part in the event.

Bikes will be available for collection from 08.00 onwards close to the transition area.

#### **Booking Options**

**Online:** [www.cyclex.co.uk](http://www.cyclex.co.uk) and click on the 'Online Bike Hire' option.

**By Phone:** Tel: 01590 623407

**Email:** [info@cyclex.co.uk](mailto:info@cyclex.co.uk)

There is no obligation to hire your bike from this company but if you choose to, please ensure that you are completely happy with the type and specification of the bike being hired and their terms and conditions.

#### **ACCOMMODATION**

For those who require accommodation on the Saturday night there is a range of hotels and B & B's in Petersfield. Camping within Longmoor Camp is not allowed.

#### **CLOTHING & EQUIPMENT**

All kayaks, buoyancy aids and paddles are supplied by TrailPlus. All competitors must wear a buoyancy aid as instructed. We also strongly recommend that footwear be kept on at all times during the event. All competitors must wear the official race bib throughout the event.

Your choice of competitive clothing is a personal one but you may wish to consider: adverse weather conditions, comfort, your fitness level, difficult terrain and underfoot conditions.

#### **It is your responsibility to provide the following personal equipment:**

- Mountain bike
- Cycling helmet
- Spare inner tube and repair kit
- Appropriate clothing and spare clothing
- Drinks bottle or hydration pack
- First aid kit per team
- Nutrition and fluids

#### **EVENT RULES**

(If necessary any additional rules will be announced at registration)

- Teams must complete the course as marked – anyone taking a short cut will be disqualified.
- Teams must be complete all the special challenges.
- Teams must stay together at all times during the race.
- Teams must cross the finish line as a team – the team result is when the last team member crosses the finish line.
- Your team number as highlighted on the provided race bib must be visible at all times (except during the kayak canoeing when it will be covered up by the buoyancy aid).
- Upon finishing EVERY competitor must deposit their personal race bib as advised by the event marshals.
- Follow the country and mountain bike code.
- Event marshal's instructions must be followed at all times.

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#### **ORGANISER'S SAFETY RECOMMENDATIONS**

If you have suffered any illness or have any history of any medical condition, consult your doctor before taking part. If in any doubt, do not compete.

Please ensure you are well hydrated before and during the event.

Adventure activity can be hazardous and we recommend you be fully insured to cover any accident, incident or illness.

**The organisers can accept no liability whatsoever for any injuries, accidents, illness, loss or damage suffered by any team members before, during or after the event. This also applies to any vehicle that you bring to the event.**

Safety is our priority and teams should take all precautions when biking at speed and on loose surfaces, running on uneven terrain and through vegetation or entering any inland water.

- Bikes should be well maintained and ridden responsibly.
- Bike helmets are compulsory during the mountain biking section(s).
- Full body cover recommended on the bike including gloves.
- Open wounds should be covered before entering any water or vegetation.

A medical team will be in attendance throughout the event.

Should any competitor require medical attention it is desirable for TrailPlus, as the event organisers, to pass on certain details (name, address and nature of the injury / treatment) to the army authorities. However, due to the data protection act, the medical team can only pass on this information if you provide explicit authority for them to do so.

One of the conditions of this race is that by taking part you agree to have such information passed on to TrailPlus. If you do not wish this to happen please contact TrailPlus immediately on 03332 400616.

#### **REFUND POLICY**

In previous years there have been occasions when teams have pulled out of an event in advance. TrailPlus will always endeavour to be as fair and reasonable as possible but asks that all teams recognise the significant time, planning and logistical resource that goes into each and every event. We will therefore operate the following REFUND POLICY:

Teams that notify TrailPlus of their withdrawal by **Friday 13th January** will be offered the following:

- a refund less an administration charge of £40.00 or...
- a transfer to an alternative 2011 / 12 TrailPlus Adventure Challenge Series event for an administration fee of £25.00 per team

We regret that teams that notify TrailPlus of their withdrawal at anytime from Saturday 14<sup>th</sup> January will lose their full entry fee.

Where teams have only 2 out of the 3 declared team members available TrailPlus will allow the 'pair' to take part in the event, though they will not be able to qualify for any prize or receive any partial refund.

#### **EVENT PARTNERS**

TrailPlus would like to thank the following event partners:  
Buff®; For Goodness Shakes, Clif Bar, Original Source, Adventure Base, Sleepmonsters, CLIC Sargent, Race Timing Systems, Oliver James at Landmarc and all the TrailPlus crew and event marshals.

.....and we thank you for coming!