Your guide to preparing for the Challenge!
Welcome to the Wye Valley Challenge 2018!

This guide should give you a good overview of what to expect on the Challenge, and combined with other information within the PARTICIPANT’S AREA of the website, provides all that you’ll need to prepare yourself. Please read it carefully and keep visiting the Participant Area for updates and the latest news.

CHALLENGE TIMELINE:

June
29th - Minimum 50% fundraising deadline (for fundraisers)

July
2nd - Final Event Guide, GPX Files, Challenge App & Start Times released
12th - Pre-event video briefing live

August
1st - E-tickets sent to you (and is needed to register on the day)
8th - Timing website goes “Live” – timing and tracking available. Good Luck email
10th – 11th THE EVENT
15th - Official results & certificates

September
10th - All remaining fundraising due (if applicable)

THE CHALLENGE

It’s Your Challenge - Your Way!

Over the weekend of the 10th – 11th August we are expecting over 1,500 challengers to take on either the Full, Half or Quarter distances of the inaugural Wye Valley Challenge - with many supporting a special charity, and between them hopefully fundraising over £1 million. There will be a mixture of walkers, joggers and runners - of all ages and experience levels. Runners will set out first for a clear go at the route – and everyone will be fully supported throughout, at Rest Stops and by our team all the way to the finish line.

Walk it

Walkers will make up the majority of the field, as this is an ideal event for anyone; from those taking on a long distance walk for the first time – to experienced trekkers looking for a new challenge. We anticipate walkers will aim to complete their challenge, including en-route Rest Stops in the following time frames:

- Full 100km in 20 - 34 hours (34hrs upper time limit)
- Full 100km 2 Day in 10 - 17 hours each day
- 1st Half (55km) in 10 – 17 hours
- 2nd Half (45km) in 10 – 17 hours
- 1st Quarter (24km) in 4 - 7 hours

Jog it

For those looking to up their fitness and set a new personal goal, but without the pressure of being classified as a ‘full on runner’. Take it at your pace - run a bit - walk a bit – or just keep jogging! Ideally you will aim to hit the approximate times below (including Rest Stops) - but of course you can revert to the walker time guides if needed.

- Full 100km in 17 -20 hours
- Full 100km 2 Day in 7 - 10 hours each day
- 1st Half (55km) in 7 - 10 hours
- 2nd Half (45km) in 7 – 10 hours
- 1st Quarter (24km) in 3 – 5 hours

www.wyevalleychallenge.com
Run it
Runners have specifically signed up as such (i.e. to this category) – and are up for a ‘tough’ Ultra, or to go further than before and know what to expect! Runners get tailored / light menus at the Rest Stops and a free baggage transfer for their small day pack (30L/10kg max) to their finish (+ to the 55km ‘Half Way’ for full distance participants). There are male and female trophies for the fastest Full 100km Challenge. We expect Runners to hit the following timings (including Rest Stops):

- Full 100km 9 hours – 16 hours (max)
- Full 100 km 2 day in 4 – 8 hours each day
- 1st Half (55km) in 4 – 8 hours (max)
- 2nd Half (45km) in 4 – 8 hours (max)
- 1st Quarter (24km) in 3 hours or less

PREPARING FOR THE CHALLENGE

Fundraising
If fundraising for Charity you will need to have 50% of your minimum target with your charity by the 29th June. The full balance of your fundraising target (and any additional money raised) is due to be with your charity no later than 4 weeks after the Challenge. If you are concerned that you are unable to reach your target, you should speak to your charity early, for help and advice, or alternatively contact us and we can transfer you to a ‘Self Funding’ place where you would need to pay the difference in cost.

Training
Whichever distance you are taking on - a serious test of stamina and determination lies ahead! You will need to train and practice whatever you are planning to do (walking / fast walking / jogging / running ) in order to prepare your mind, feet, and body for YOUR challenge. Check out our walkers & runners training guides in the Participant’s Area of the website for details and advice. For walkers who may not be used to long distances, the key is to make sure your feet are up to it, and that your footwear does not let you down (i.e. this could result in bad blistering) – historically this is the reason why many have had to retire before the finish (rather than because of exhaustion – or similar!)

Training walks
We organise a series of training walks which will help you prepare for the Challenge (if you plan on walking). They are a great opportunity to try out your kit, test your walking boots, meet fellow challengers, and ask our leaders for advice about the event itself.

Training runs
New for 2018, there will be training runs available throughout the year led by an expert long distance runner. This is a great opportunity for you to get in that extra bit of training and to also meet other ultra runners taking part in the challenge.

To book a Training Walk or Run visit the Participant’s Area for more information on dates, locations and how to book!

The Wye Valley Challenge App
We will be launching the Wye Valley Challenge App 6 weeks before the Challenge along with the Final Event Guide. Download for exclusive access to challenge specific documents, helpful guides for use on the event, maps, menus, exclusive offers and much more.

TRAVEL – GETTING TO THE CHALLENGE

Getting to the Start - 100km, 1st Quarter & 1st Half Challengers – Bishton Farm, Chepstow
The start is at Bishton Farm, Woodcroft, Chepstow, NP16 7LG – look out for the big marquee and sail flags. If travelling by train, the nearest station is Chepstow, which is a 5 minute drive away. There will be parking available close to the site.

Park and Ride to Chepstow Start – We are offering a park and ride service for all 1st Quarter Challengers. Park your car at your finish line (Monmouth for 1st Quarter Challengers) on Saturday morning and take an early morning transfer to the start line in Chepstow. This service costs £15 per person and will need to be pre-booked via the Optional Extras from.
Getting to the Start - 2nd Half Challenge – Ross-on-Wye
The start is Ross Sports Club, Wilton Road Ross-On-Wye, HR9 6AD. If travelling by train the nearest station is either Ledbury or Gloucester. There is a pay and display car park close to the site which is £1 per day.

Park and Ride to Ross-on-Wye Start – We are offering a park and ride service for all 2nd Half Challengers. Park your car at Hereford on Saturday morning and take an early morning transfer to the start line at Ross-on-Wye. This service costs £15 per person and will need to be pre-booked via the Optional Extras from.

Hotels
There are plenty of hotels in and around the Chepstow and Ross-on-Wye area - to take a look at some – CLICK HERE >>

ON THE DAY & THE START
Registration
‘Early Registration’ - is open from 4.00pm until 8.00pm on Friday 10th August at Chepstow (main start) if you are in the area. You will be able to register and collect your event pack (Full, 1st Half & 1st Quarter Challenges only) - this will save time on Saturday, meaning that that you only need to be at the start 30 minutes before your allocated start time.

Main Registration – Saturday 11th August. Opens 1 hour before the first start time at Chepstow (Full, 1st Half & 1st Quarter Challenge only). At Ross-on-Wye (2nd Half Challengers) registration opens at 8.00am for Walkers (all start at 9.00am) - and open at 11:00am for Joggers & Runners (for a midday start).

➢ Please arrive on site at least 1 hour before your start time to register (unless registered on Friday) as it may be busy
➢ You MUST bring your E TICKET with you (which will have been emailed to you – 1st August)
➢ Collect your EVENT PACK (event pass/timing chip, lanyard, bib, safety pins, any pre-purchased meal tickets, free baggage tags for registered runners)
➢ Collect your ROUTE MAP and other goodies

The Start

At the main Chepstow start there will be a range of facilities including complimentary tea / coffee & biscuits in the marquee, medics, toilets, charity representatives, merchandising sales, and food vendors (breakfast), water & energy drink - with entertainment in the form of our warm up act & compere. We recommend breakfast before you arrive, and bring at least 2 litres of water with you, so you are ready to set off.

Arrive early and you will have plenty of time to register, use the facilities, and to make your final preparations without stressing! You will be called in to the start pen 15 minutes prior to your start time – you must join the correct slot - and there will be a short warm up & final safety briefing. You will then be sent on your way in groups of ~200 participants every 20 minutes.

Start times
Are allocated depending on your selection when you registered, your challenge distance, and if you’re running, jogging or walking. Start times from Chepstow will approximately be between 07:00am–10:00am. Your start time will be emailed 6 weeks prior to the Challenge (changes are only allowed in exceptional circumstances) – and confirmed on your E TICKET (emailed to you 10 days prior).
Baggage Drop (large bag)

If you want to have your baggage transported from the start line to your finish line for Full, Half, and Quarter Challenges - then this is an **OPTIONAL** service paid in **CASH** on the morning of the Challenge in the baggage drop point at the start.

- **Full Challenge** – optional baggage transfer direct from Chepstow to Hereford – **Price £8 per bag**
- **Full Challenge**– optional baggage transfer to Ross-on-Wye (halfway) then onto Hereford – **Price £10 per bag**
- **1st Half 55km Challenge** – optional baggage transfer from Chepstow to Ross-on-Wye - **Price £5 per bag**
- **2nd Half 45km Challenge** – optional baggage transfer from Ross-on-Wye to Hereford - **Price £5 per bag**
- **1st Quarter 24km Challenge** – optional baggage transfer from Chepstow to Monmouth – **Price £5 per bag**
- **2 Day Full Challenge** – for those **NOT** on our Saturday night camping package, bag transfer to Ross-on-Wye, then to Hereford - **Price £10 per bag**
- **2 Day Full Challenge & Camping Package** : For those who have booked optional Saturday ‘half way camping package’ you get a **FREE** baggage transfer (1 bag) to the halfway point so you have access to your overnight kit - and then it will be transported to Hereford on Sunday morning once you have started your second half.

**Walkers & Joggers:** You MUST bring a day bag (small rucksack) - 30-35 litres max - which you will be expected to carry with you all the way - and holds your essential ‘on-event’ kit - including whatever you’ll need for ‘changing’ weather and the night sections if you are on the Full Challenge.

**Runners:** Can carry a small lightweight running backpack if they wish – with essentials in it (recommended). Runners will also get a **FREE** baggage transfer service to their finish line (30/35 Litres / **10kg max** size).

- **Full Challenge** – small bag transfer from Chepstow to Hereford
- **2 Day Full Challenge** – small bag transfer from Chepstow to Ross-on-Wye and then on to Hereford
- **1st Half Challenge** – small bag transfer from Chepstow to Ross-on-Wye
- **2nd Half Challenge** – small bag transfer from Ross-on-Wye to Hereford
- **1st Quarter Challenge** – baggage transfer from Chepstow to Monmouth

**Note:** Should you as a runner have a larger (than 10kg) bag that you want transported, that **won’t** be included in this free transfer, and will require taking up the Optional Service as described above. **This free service is strictly for registered RUNNERS only.**

**Also Note:** For Full Challenge runners – you **MUST PICK** your bag up at the half way point baggage zone – and then (once you’ve finished with it – even if you don’t actually need it) **DROP** it in the ‘Baggage Drop Zone’ as signed. Failure to do so will mean the arrival of your bag at the Hereford finish is likely to be considerably later than your own arrival.

**Any bag not collected by the finish of the Challenge (in relation to either of the above services) will result in it being taken back to our London warehouse – and you will have to either collect it in person or pay for postage / courier for it to be returned. There will also be storage and handling charges of £25.**

**REST STOP & CATERING**

**Rest Stops**

Rest stops are major sites, with covered marquee infrastructure (with areas to eat, rest & relax), catering, facilities, toilets, medical & massage (massage only available 55km, 73km & 100km and is predominately for those continuing the challenge to help keep them going). Our Event Management Team and Medical Teams man them. The site ‘Info Point’ will provide you with all the support you need if you are retiring from the Challenge, looking for a shuttle to the station, or in need of a taxi for onward travel.
Mid-Point Stops
Mid-Point stops are smaller sites that allow you to top up your water, energy drinks & snacks, and have a short rest & visit the toilet. They are all under cover, and will be manned by our Event Team & medics.

Food & Snacks
All dietary requirements will be catered for, and the meals/FREE snacks provided will be nutritious, plentiful and varied. If you don’t immediately see anything appropriate for you, speak with the catering team and they will be able to sort you a meal. If there are certain snacks that just ‘work’ for you – we recommend bringing some supplies with you. There’s also free coffee & tea at all stops – along with energy drinks and water.

OPTIONAL EXTRAS
There are a few additional extras to help you plan your weekend. These extras can be booked up to 1 month before the Challenge, however the space is limited on some options so we recommend you book early.

Camping – For 2 Day Full Challengers
You can book a camping package for Saturday night at Ross-on-Wye (the 55km – half way point):

Package includes:
- 2 man tent & roll mat(s) - bring your own sleeping bag
- Luggage transfer - from Chepstow to half way – then to Hereford
- Sunday morning breakfast - before you head out for the 2nd Half
- 1 night camping for 1 person - £59
- 1 night camping for 2 people - £80 (total)

Parking
- Parking at Monmouth (1st Quarter finish) - £5 per car
- Parking at Hereford (Full and 2nd Half finish line) - £5 per car

Park and Ride
- 1st Quarter Challengers – park at Monmouth on Saturday, early morning transfer to start in Chepstow - £15 per person
- 2nd Half Challengers – park at Hereford on Saturday, early morning transfer to start in Ross-on-Wye - £15 per person

NOTE – all Park and Ride transfers include parking so you do not need to book parking in addition

Transfers
- 1st Half Challengers – Before your challenge, transfer from Ross-on-Wye (finish) to the start in Chepstow (parking not included) - £10 per person
- 1st Half Challengers - Saturday evening shuttle after your challenge from the finish line in Ross-on-Wye back to Chepstow – £15 per person

Additional meals to pre-purchase -
All meals are included except at the 24km rest stop for all Full and 1st Half Challengers and the meal at the 73km rest stop for all 2nd Half Challengers.
These will be available to purchase in the Spring via the Optional Extras form in the Participant’s Area, as well as supporter meals at any rest stop.

CLICK HERE to book your Optional Extras or visit the Participant’s Area >>

THE ROUTE
Maps
You will be supplied with a route map when you register on the morning of the Challenge – and you MUST carry this with you at all times as it will contain emergency numbers for our Event Management Team. The route will be fully signed throughout the duration of the challenge with Pink Arrows/Flags/Ribbons and glow sticks at night! You must always follow our route signage - not the plotted route or downloaded GPX files (in case it needs to change at short notice)
Google Maps
We have created a Google map that has useful information and points along the route. As it gets updated, on the map you will find information on Catering, Shuttles and facilities at the Rest Stops as well as information for supporters:

CLICK HERE to view the provisional Route & Rest Stops in Google map >>

Please Note – there may be amendments to the route in the lead up to Challenge – so the full route will be confirmed in the Final Event Guide on the 2nd July.

GPX devices & distances – a word of caution!
Whilst we have gone to great lengths to map the route with various devices & GPS systems to determine distances, you may well find discrepancies on the day if you use your own GPS device. This will be for a variety of reasons - and it has been shown that many GPS devices overestimate distances / ascent by up to 20% due to the nature of how data points are scattered and plotted. For best results TURN OFF your GPS device when stationary for periods (eg at Rest Stops etc).

OS Locate App – IMPORTANT!
This FREE app from Ordnance Survey converts GPS readings from your phone into a grid reference - enabling you to determine your location. ALL participants should download this to use in case of emergency.

- CLICK HERE for the app in the Google Play Store (Android) >>
- CLICK HERE for the app in iTunes (Apple) >>
  Or search for ‘OS Locate’ in either store

Using the app on the Challenge:
- Use on the Challenge if you are lost - to communicate your location to our Challenge Control Room
- Open the app – your location is marked by the Longitude (number) and Latitude (number)
- Use the left hand share widget to then SMS us your location – or better to write it down and call our Control Team.

Supporters
Friends and family are welcome to come along and cheer you on at the start and finish and some of the other major Rest Stops. They should come well equipped with their own food, drinks and supplies – alternatively you can purchase supporter meals for them via the Optional Extras Form. During busy times we might ask for space to be made in the marquee areas for our Challengers - who may well be in need of a seat to rest their legs!

Full details for supporters will be released closer to the event and confirmed in the Final Event Guide sent on the 2nd July

Timing
Your event pass has a timing chip, and you will be scanned at Rest Stops. There will be live feed of data to the Challenge Website so friends and family can track your progress throughout the Challenge at the rest stops, and you will have the option of linking up your Facebook page – it will post updates for you when you reach a rest stop for your friends & family to see (further details of this will be set out in the Final Event Guide). 3 days after the Challenge we publish official times and Challenge certificates.

Support & Hospitality
What you will get
Full Challenge:
- Tea/coffee, water/energy drinks at all stops
- A full range of free snacks at all Rest Stops & Mid Point Stops
- At 24 km - option to purchase lunch– if not, bring your own
- Hot meals at 55 and 73 km
- Hot meal at the 100 km finish
- A medal, glass of fizz, and a finishers T-shirt
- Shuttle service to Hereford train station

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2 Day Full Challenge:
- The same as the Full Challenge.
- Optional halfway Camping Package (or book your own accommodation)

Half Challenge:
- Tea/coffee, water/energy drinks at all stops
- A full range of free snacks at all stops
- At 24 or 73 km option to purchase lunch or bring your own
- Hot meal at your finish
- A medal, glass of fizz, and a finishers T-shirt
- Shuttle service to nearest train station (Gloucester for 1st Half and Hereford for 2nd Half)
- For 1st Half Challenges, optional coach transfer from the finish line back to Chepstow if pre booked

Quarter Challenge:
- Tea/coffee, water/energy drinks at all stops
- A full range of free snacks at all stops
- Lunch at your finish
- A medal, glass of fizz, and a finishers T-shirt
- Shuttle service back to start in Chepstow

Medics
Safety and your welfare are taken very seriously. There will be medics available at all Rest Stops and Mid Point Stops - as well as mobile medics in rapid response vehicles for emergencies, injuries and accidents. Medics vary from first aid qualified staff, nurses, paramedics and doctors. There will also be a number of massage/ sports/ physiotherapists at the later stops and are generally reserved for those who genuinely need treatment - as determined by our medical staff.

Trek Masters
We will have ‘Trekmasters’ who will walk sections of the course in a supporting role. Their job is to motivate and encourage, as well as advise the control room of any new hazards that should develop along the route. Trekmasters will be out in full force over the night stages. There will be group departures operating during the night stages to ensure that no one is having to walk alone.

Signage
The final route will be posted to the Participant’s Area as links, a PDF document, a GPX file, and KML file (for use on Google Earth and Google Maps). You will also be handed a hard copy of the route at Registration. The route will be signed with PINK ARROWS and PINK RIBBON, with glow sticks during the night time. In the outskirts of villages/towns this signage may become harder to spot, so please familiarise yourselves with the route before the Challenge, and have the Route Map with you and track your progress on it so you are aware of your assumed location. It is your responsibility not to get lost!

Control Room
We have an Event Control Room manned by our Management and the Medical response coordinators. You will be able to contact the Control Room at any time throughout the Challenge in emergencies or in situations that you feel you want advice or help. We will also have Info points at all Rest Stops manned by our Event Staff and they are there to help you! The Control Room will handle all Emergency (life threatening issues) and Non-Emergency (e.g. you’re lost) calls.

The Finish line & departing the Challenge
At the finish you’ll get a medal, souvenir T-shirt, and a big warm welcome! Once you’re ready there’s a hot meal and space for a rest. There will be shuttles from the finish point to the mainline station and also optional pre-bookable coach transfers.

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1st Quarter Challenge Finish Line – Monmouth
Once you’ve finished there will be a meal and shuttles to the nearest station. There will also be a coach transfer back to Chepstow.

1st Half Challenge finish line – Ross-on-Wye
Once you’ve finished there will be a hot meal and space for a rest and shuttles to the nearest station. There will also be a coach transfer back to Chepstow for anyone who has pre booked it via the Optional Extras.

Full & 2nd Half Challenge finish line – Hereford
Runners / Fast Joggers:
Most runners taking part in the Full 100km challenge will finish somewhere between 6:00pm – 10.30pm on Saturday and when you arrive at the finish there will be a shuttle service taking participants to the Hereford train station while the trains are in service from where you can get a train for your onward journey. There will also be a coach transfer back to London for anyone who has pre booked it via the Optional Extras. Please bear in mind as the runners arrive relatively spread out at the finish line, the finish line can be quiet at times.

Joggers / Walkers:
There’s a finisher’s meal – there will be space to rest at the finish in the marquee, however this will be chairs and not for those looking to sleep. If you anticipate finishing outside of public transport operational times, we recommend that you book your own accommodation. Shuttles will take finishers to the Hereford station during service hours.
What to do next...

1. **Keep Updated** - Refer back to the Participant’s Area of the website on a regular basis to check for important updates.

2. **Get Online** - Join the [Ultra Challenge Facebook page](https://www.facebook.com) and converse in our online Ultra Challenge forum for training tips!

3. **Fundraising** – Keep up the fundraising if you are supporting a charity

4. **Team Captains - Get recruiting!** - Make sure you get your team mates signed up as soon as possible!

5. **Training** - Read our Ultra Challenge training guides - to aid your preparation for the challenge ahead.

6. **Merchandise** - Keep an eye on the website for when merchandise is available to buy.

7. **Join a training walk or run** - Join us on one of our night or day training walks & runs – meet fellow challengers!

8. **Get your shoes on!** - Make sure you have a well worn in pair of boots/trainers before taking on the challenge.

9. **Check your kit!** - Take a look to see what other kit you may need to invest in for your training and the challenge.

10. **The Official Event app** - will be coming soon – this will have all the handy documents you need.

10. **What to expect next** - The Final Event Information will be released on the 2nd July!

We hope that you are excited to take on the Wye Valley Challenge this year and look forward to seeing you at the start line. If in the meantime you have any questions, please check the [FAQs](https://www.wyevalleychallenge.com) or email us and we will get back to you.

**Kind Regards,**

The Wye Valley Challenge Team

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