



## Event Information Pack 2017

### Contents:

1. Arrival & Parking
2. Start / Finish Times & Registration
3. Kit List
4. Facilities Available
5. Routes & Signage
6. Aid Stations
7. Safety
8. Trail Conditions
9. Cut Off Times
10. Medical Support & Casualty Procedure
11. Spectators/Support Crew
12. Charities & Sponsors
13. What you'll see along the route...



## 1. Arrival & Parking

Please check your journey time prior to departure to make sure that you will arrive at the start with enough time to sort your kit out and register without having to rush.

### Ultra

- Start: Wilfred Noyce Centre, Godalming, Surrey. GU7 1DY
- No public transport is available at 6am
- Parking in Godalming Crown Court Car Park. £4.90 for 6 hours, up to £9.00 for 10 hours.

### Marathon

- Start: White Lyon and Dragon Pub, Perry Hill, Worplesdon, Guildford. GU3 3RE
- Check your local bus timetable.
- Car drop off is available at the pub. Please do not leave vehicles at the pub for the race duration.

### 20km

- Start: West Clandon Train Station, A247, Guildford. GU4 7UB
- Regular trains from Guildford and London
- Car drop off is available at the train station. Please do not leave vehicles at the station for the race duration.



## 2. Start Times & Registration

You are required to attend the briefing prior to the start. This will allow you to be informed of the latest conditions and any potential hazards on course.

### Ultra

- Starts at 06:00
- Registration from 05:00 – 05:45
- Race briefing will be at 05:45
- 05:55 competitors will be walked from the hall to the start line

### Relay

- Starts at 06:00
- Registration from 05:00 until 05:45
- Race briefing will take place at 05:50 prior to the start
- The first leg competitor starts with the Ultra participants at 06:00 from Godalming. The second and third leg competitors will await their team member at the White Lyon and Dragon Pub and West Clandon Train Station respectively.
- The timing chip and race number are your baton. Pass these to the next competitor.
- All three relay team members will receive a medal on the finish line in Godalming.

### Marathon

- Starts at 09:00
- Registration from 08:00 until 08:45
- Race briefing will take place at 08:50 prior to the start

### 20km

- Starts at 09:00
- Registration from 08:00 until 09:45
- Race briefing will take place at 08:50 prior to the start

You won't be sent your race number or timing chip in advance of the 22nd April. Race numbers and chips are to be picked up from the registration at your start venue. Registration will open 1 hour before the race start. Check your name on the start list, and



then inform the registration team of the number against your name. The registration team will provide your number, chip and safety pins. Pin your number to your chest so that it is visible and attached the timing chip to your wrist using the velcro wristband provided.

### 3. Kit List

#### Ultra

- Sturdy trail running shoes (80% of the route is on trail).
- Comfortable socks
- Appropriate running gear, dress for the weather on the day
- Suitable water bottle or camel back, so you can carry at least 500ml of water
- Space blanket
- Charged mobile phone
- A copy of the route map
- Emergency numbers for the Fox Ultra Team
- Any additional supplements or energy gels that you may require
- A whistle to attract attention should you need to
- An additional layer as the weather changes quickly in the hills
- Medical pack - plasters and pain relief

#### Marathon

- Sturdy trail running shoes (80% of the route is on trail).
- Comfortable socks
- Suitable water bottle or camel back, so you can carry at least 500ml of water
- Appropriate running or walking gear, dress for the weather on the day
- Charged mobile phone
- A copy of the route map
- Emergency numbers for the Fox Ultra Team
- Any additional supplements that you may require
- Medical pack - plasters and pain relief

#### 20km

- Sturdy trail running shoes (80% of the route is on trail).
- Comfortable socks
- Appropriate running or walking gear, dress for the weather on the day



- Suitable water bottle or camel back
- Space blanket
- Charged mobile phone
- A copy of the route map
- Emergency numbers for the Fox Ultra Team
- Any additional supplements that you may require

## 4. Facilities Available

### Ultra

- The Wilfred Noyce Hall is the base for the start
- Toilets are available
- Teas and coffees will be available to participants
- Water will be available for participants to fill bottles
- Bag drop is available (one small bag per participant).
- Car Parking
- Race registration volunteers will be able to answer any questions that you may have.

### Marathon

- The White Lion and Dragon Pub is the base for the start
- Toilets are available inside the pub
- Water will be available for participants to fill bottles
- A bag drop service is available (one small bag per participant). This will be transported to the finish at Godalming for you.
- Race registration volunteers will be able to answer any questions that you may have.

### 20km

- The West Clandon train station car park is the base for the start
- Portable toilets will be available
- Water will be available for participants to fill bottles
- A bag drop service is available (one small bag per participant). This will be transported to the finish at Godalming for you.
- Race registration volunteers will be able to answer any questions that you may have.



## 5. Routes & Signage

The maps below are for the distances and they can also be found on our website by following [this link](#).

All routes will be marked with high viz direction signage in addition to the existing permanent Fox Way markers.

## 6. Aid Stations

### Ultra

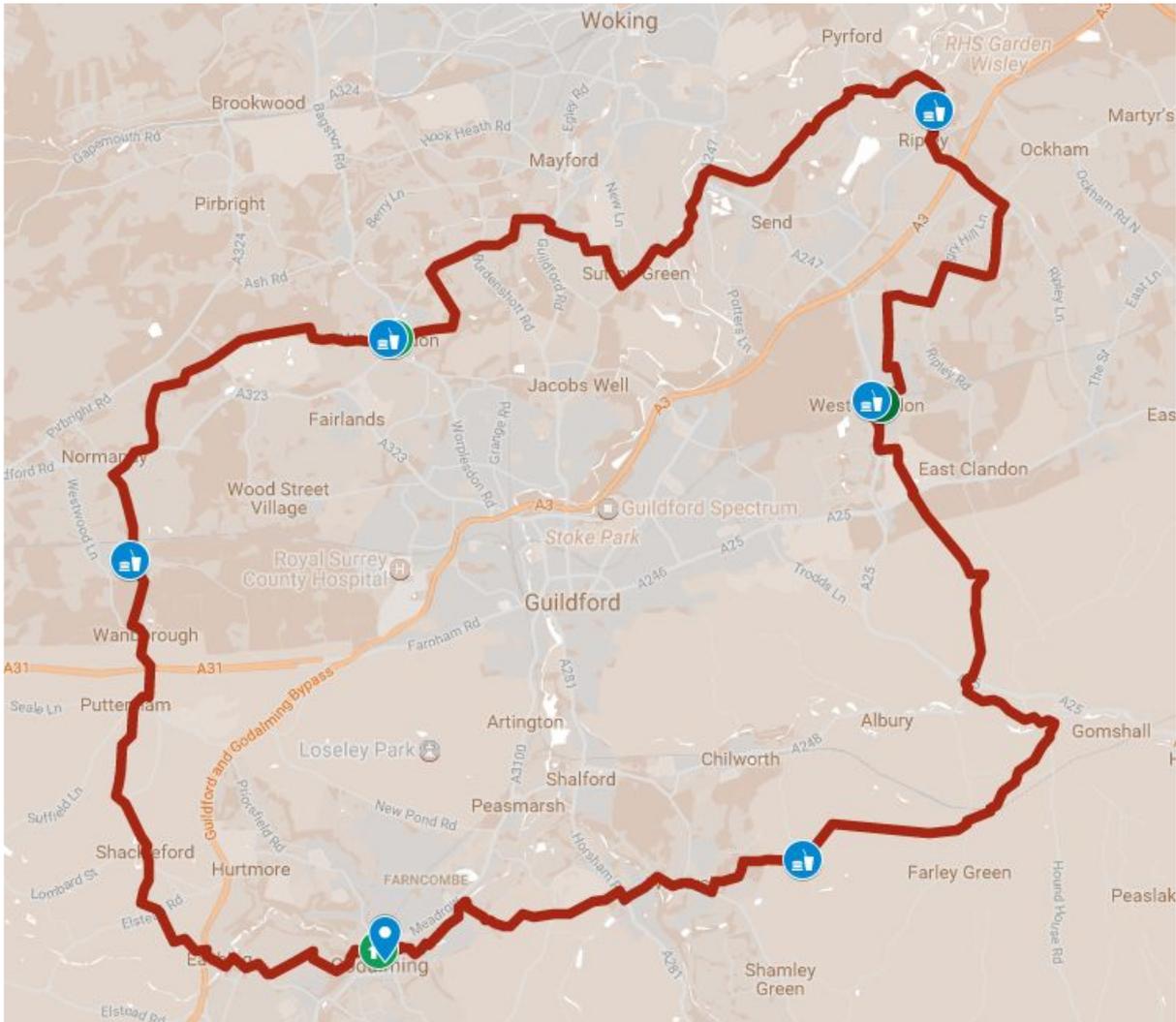
- Water and snacks will be available at the start
- 11km Flexford
- 18.8km White Lyon and Dragon
- 31.7km Ripley
- 41.8km West Clandon
- 52km Blackheath
- 60km Godalming.

### Marathon

- Water at the start
- 12.9km Ripley
- 23km West Clandon
- 33.2km Blackheath
- 42km Godalming

### 20km

- Water at the start
- 10.2km Blackheath
- 20km Godalming



## 7. Safety

As event organisers we have taken as many considerations and precautions as humanly possible whilst organising an outdoor adventure challenge. However, with any sporting event there are many factors that can lead to a participant suffering an injury. If you, the participant, adhere to the points outlined below, then you will have an enjoyable day and limit the chance of any issues:

- Respect members of the public on all the paths, this IS NOT A CLOSED path or closed road event.
- Ask to overtake or wait for an appropriate passing area - Don't push past.
- Make sure you are carrying a fully charged mobile phone with the emergency number for the Event Team.



- Dress for the weather and check the weather forecast.
- Carry an event map with you at all times to aid navigation. We have done our best to signpost the route but we are not responsible for any signs being moved or removed by members of the public.
- For your safety we will register you in and out of checkpoints, if at anytime we are worried about you or your pace isn't quick enough to meet the cut off timings we will remove you from the course. This is for your safety.
- Should you leave the event at all over the course, make sure you let the Event Team know. Your timing chip will need to be returned.
- Follow the highway code when crossing , walking or running on roads.
- If at anytime you feel that you are lost, then look at your map and try to find your way back to the race route or event arrow. Should you not be able to find this and remain lost please call the Event Team and we can try and locate you.
- If you become a casualty yourself or come across one call 999 if it is a **critical medical** emergency. If it isn't critical then call the Event Team and we can send a medical team to find you. Alternatively, if you are able to carry on to the next marshal point.
- Do not drop litter. The event takes place in an area of outstanding natural beauty.

## 8. Trail Conditions

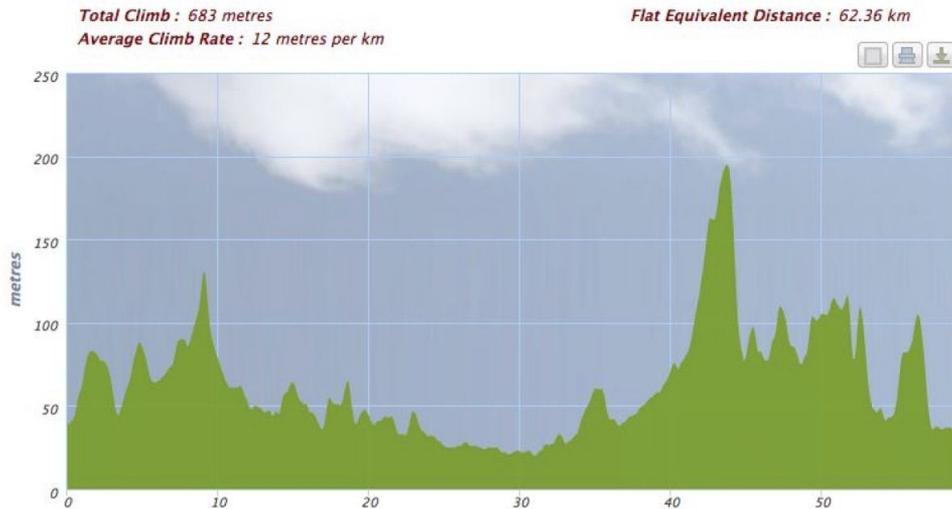
The Fox Way is scenic circular course was devised by Richard Fox, an avid local walker who was amazed by the beautiful and varied countryside he found along the route. Keen to share his findings, Richard set about signing and publicising his "Fox Way." The Ultra route follows the Fox Way for it's entirety. The Marathon course Starts in Worplesdon and follows the Fox Way clockwise through to Godalming. The Half Marathon course begins at West Clandon and follows the final 20km section of the route to our Godalming finish.

The trails and roads are open-access for the public. You will see the Fox Way indicated on recent OS maps of the area. The road sections will be open to traffic and trails open to other users on race day. Please take care whilst navigating the road sections and be aware of others users out enjoying the trails.

There are a few major road crossings on the course to be aware of. The Worplesdon Road in Worplesdon, the A320 south of Mayford, the A246 at Clandon and A25 in Shere are all busy roads where you will need to stop and wait for a gap in the traffic.



The Fox Way covers a range of terrain, from grassy farmland to Shackleford, sandy trails at Whitmore and Blackheath Commons, canal pathway to Ripley and beautiful woodland before Bramley village.



## 9. Cut offs

There are 2 hours allowed to complete every 10km of the course. Anyone falling behind the cut off for leaving an aid station will be removed from the race. You will need to hand in your timing chip to aid station volunteers.

Aid station cut off timings:

- 11km Flexford 8:15
- 18.8km White Lyon and Dragon 9:45
- 31.7km Ripley 12:20
- 41.8km West Clandon 14:20
- 52km Blackheath 16:20
- 60km Godalming. 18:00



## **10. Medical Support & Casualty Procedure**

The Fox Ultra events are a serious physical challenge and you are going to be working hard to complete your selected distance. If you follow some of the key advice points below you are almost guaranteed to make it to the finish!

- Keep hydrated. Sip water little and often and try not to solely rely on energy drinks and gels.
- If you have a niggle, address it: stretch out and/or talk to a member of the medical team at the next marshal point. Take care of the small things to achieve the big goal!
- Bring your own small medical kit with plasters and some sort of pain relief. The medical team are there to help but may be called away to deal with serious issues.
- Ticks are present along the route. To prevent bites you can wear long sleeved clothing or a repellent. If you find one on you then remove it if you are confident to do so or ask a member of the medical team to assist you.
- There will be medical support for the duration of the event; they are here just in case anything serious happens. However, if it is a true emergency call 999 first and then notify the Event Team.

## **11. Spectators/Support Crew**

Friends and family are more than welcome to come and cheer you on as you take on your own personal challenge. However, there are some guidelines below that will aid us in the smooth running of the event.



- Any spectators must abide by the Highway Code
- Please respect members of the public who will also be on the route.
- We ask that spectators do not site themselves at the aid stations; this is likely to be a very busy area with competitors refuelling in a limited space. The only aid stations with capacity to host crew are Ripley and Godalming.
- Don't drop litter. Dispose of your litter in the bins provided or take it away.

## 12. Charities & Sponsors

ULTRA magazine is the UK's first printed magazine centred on ultra long-distance running. It celebrates the ultra community – runners, friends, families, volunteers and race organisers – giving space for people to share their adventures with others, their successes and failures, their stories and exploits, their words and pictures, via a beautifully printed, quality publication.

ULTRA informs new and existing runners of races around the world via passionate stories and stunning photographs that show off the wonderful landscapes upon which we run. It has race reports and interesting commentaries written by ultra runners, and looks forward to events coming in the next couple of months. There are race times from recent events, and even a few pages about how people can better look after themselves with a little coaching, nutrition and medical advice.

ULTRA is welcoming of everyone, whether they're elites or people just thinking about taking part. Or even family and friends of ultra runners who don't yet understand the sport. It is something beautiful and informative that I hope we'll all be proud of.

Eye-Bex Physical Therapy will provide massage on the finish line. Kick start your recovery with a 15 min post event massage to boost your recuperation, reduce muscle soreness and restore range of motion to those muscles that have just powered you round the route. They'll thank you for it! £10 per 15 mins.



### 13. What you'll see along the route...

**Peper Harow Estate:** After Eashing you'll cross the A3 (don't worry, there's a bridge!) into the Peper Harow estate. The name is Old English, meaning "The pagan stone altar of the pipers." During the Second World War the estate was a holding area for Canadian Forces. In the 1970s the Peper Harow residential community founded by Melvyn Rose was internationally renowned for its pioneering work with traumatised young people.



**Puttenham Common:** Puttenham Common is the site of the Iron Age Hillbury Fort, the banks of which can still be seen today to the right as you pass a body of water known as the Tarn. As you approach the chalk ridge of the North Downs you'll pass through the village of Puttenham which has a long agricultural history - hops are still grown here and used by the Hogs Back Brewery.

**Worplesdon Common:** At Worplesdon Common the open heathland was created by centuries of cutting and grazing by local residents. The common now supports an abundance of wildlife including water voles.



**Newark Priory:** After crossing the A247 at Send you'll continue running along the canal. Once you're in open fields keep your eyes peeled for Newark Priory across the canal to your left. Founded in 1199 by the Bishop of Winchester and run by the Canons of St Augustine the Priory met a sticky end in 1535 during Henry 8th's dissolution of the monasteries.



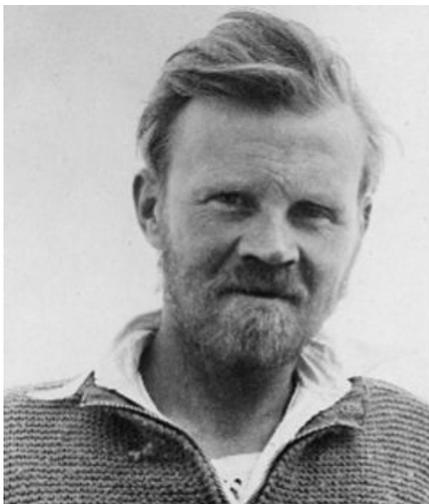
There's an annual chance of a closer look - a 6am dawn service is held in the Priory on Easter day each year.

**Shere:** The picturesque village of Shere appears in the Domesday Book of 1086 - it's assets included 1 church, 2 mills, and woodland worth 50 hogs! Today the population boasts a high number of London commuters amongst their numbers. The Dabbling Duck cafe, White Horse and William Bray Pub all make good stops for those with weary legs!



**Blackheath Common:** After crossing the railway line at Brook you will turn off the road into Blackheath Common. A warren of winding paths criss-cross the lowland heath which is an SSSI. Follow the arrows and you'll find your way with no problem!

**Wilfred Noyce:** Godalming - Wilfred Noyce was a Mountaineer and Author who was educated and later taught at Charterhouse School just up the road from our start/finish venue. Noyce was a member of the 1953 British Expedition to Everest and was among the first in the team to reach the South Col. Noyce met the successful summit team of Edmund Hillary and Tenzing Norgay at the Col.



If adventure has a final and all-embracing motive, it is surely this: we go out because it is our nature to go out, to climb mountains, and to paddle rivers, to fly to the planets and plunge into the depths of the oceans... When man ceases to do these things, he is no longer man.

— Wilfred Noyce —