

Event Information Pack 2019

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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: Godalming United Reformed Church, Bridge Street, Godalming, GU7 3DU
- No public transport is available at 7am
- Parking in Godalming Crown Court Car Park. £4.90 for 6 hours, up to £9.00 for 10 hours (5 minute walk).

Marathon

- Start: Worplesdon Place Hotel, Perry Hill, Guildford GU3 3RY
- Check your local bus timetable.
- No parking is available at this venue.

21km

- Start: Clandon Train Station, West Clandon, 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

- Mass start at 07:00
- Registration from 06:00 – 06:45
- Race briefing will be at 06:45
- 06:55 competitors will be walked from the hall to the start line

Relay

- Mass start at 07:00
- Registration from 06:00 until 06:45
- Race briefing will take place at 06:45 prior to the start
- The first leg competitor starts with the Ultra participants at 07:00 from Godalming. The second and third leg competitors will await their team member at the Worplesdon Train Station and Clandon Regis Aid Station respectively. Pick up your race number from the volunteers.
- The timing chip is your baton. Pass this to the next competitor.
- All three relay team members will receive a medal on the finish line in Godalming.
- Relay leg 1 - 23km, relay leg 2 - 19km, relay leg 3 - 19km.

Marathon

- Time-trial starts from 10:00
- Registration from 09:00 until 9:45
- Race briefing will take place at 09:50 prior to the start

21km

- Time-trial starts from 10:00
- Registration from 09:00 until 09:45
- Race briefing will take place at 09:50 prior to the start

You won't be sent your race number or timing chip in advance of the 27th 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 (70% 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 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 (70% 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 Team
- Any additional supplements that you may require
- Medical pack - plasters and pain relief

21km

- Sturdy trail running shoes (70% 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 Team
- Any additional supplements that you may require

4. Facilities Available

Ultra

- The Godalming United Reformed Church 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 (remember to attach your baggage tag).
- Car parking.
- Race registration volunteers will be able to answer any questions that you may have.

Marathon

- Worplesdon Place Hotel front lawn is the base for the start.
- Register and you'll all walk out a short way together to the route start.
- Toilets are available within the hotel.
- Water will be available for participants to fill bottles.
- A bag drop service is available - one small bag per participant (remember to attach your baggage tag). This will be transported to the finish at Godalming for you.
- Car parking not available.
- Race registration volunteers will be able to answer any questions that you may have.

Relay Leg Two

- The Worplesdon aid station is the base for your handover.
- Portable toilets will be available.
- Water will be available for participants to fill bottles.
- No bag drop service is available - please hand any bags to your leg one runner.
- Limited free car parking is available.
- Race volunteers will provide your race number and be able to answer any questions that you may have.

21km

- 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 (remember to attach your baggage tag). This will be transported to the finish at Godalming for you.
- Car parking available at West Clandon train station just over the bridge. £2 for 24 hours.

- 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 orange high viz direction signage. *Follow these at all times.*

6. Aid Stations

Ultra

- Water and snacks will be available at the start
- Flexford
- Worplesdon Train Station
- Ripley
- Clandon Regis Golf Club
- Blackheath
- 60km - Godalming.

Marathon

- Water at the start
- Ripley
- Clandon Regis Golf Club
- Blackheath
- 42km Godalming

21km

- Water at the start
- Blackheath
- 21km 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 on 07875 007441 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

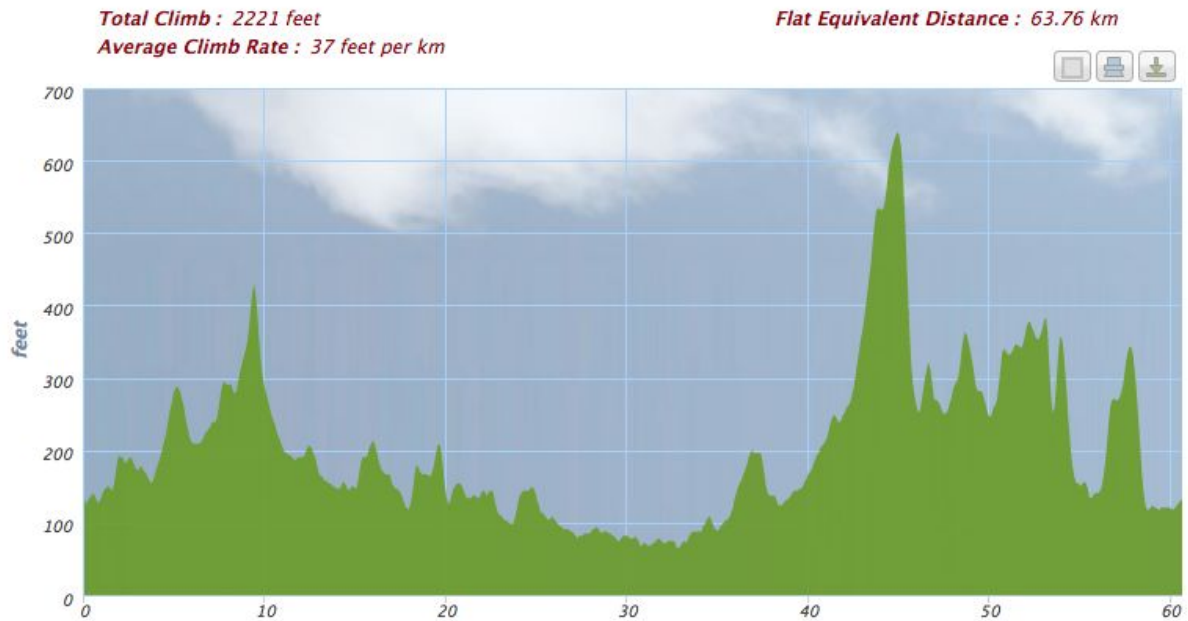
The Fox Way is scenic circular course was devised by Richard Fox, an avid local walker who was amazed by the beautiful and varied countryside he found along the route. Keen to share his findings, Richard set about signing and publicising his "Fox Way." The Ultra route follows the Fox Way for the majority of the course. The marathon course starts in Worplesdon and follows the Fox Way clockwise through to Godalming, the Half Marathon route begins in West Clandon and follows the final 21km 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 farm fields at Shackleford, to sandy trails at Whitmore and Blackheath Commons, canal pathway past ripley, to beautiful bluebell

woods near Bramley village.



9. Cut offs

The slowest pace allowed on the course is 10.5 minutes per kilometer, including aid station breaks. Anyone 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:

- | | |
|----------------------------|--------|
| - Flexford | 9:00 |
| - Worplesdon Train Station | 11:00 |
| - Ripley | 12:45 |
| - Clandon Regis | 14:15 |
| - Blackheath | 16:15 |
| - Godalming | 17:30. |

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 Worplesdon train station, 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.

Salming are an Icelandic company producing no-nonsense kit for many sports including running. Salming are kindly providing prize vouchers for our Fox winners. The Salming Spring 2018 apparel focuses on functional design excellence. If you're looking to update your kit, this is a great place to start.

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! £15 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!