



31st RIDGEWAY RELAY

Sunday 26th JUNE 2022

Race Permit #: ARC 22/133



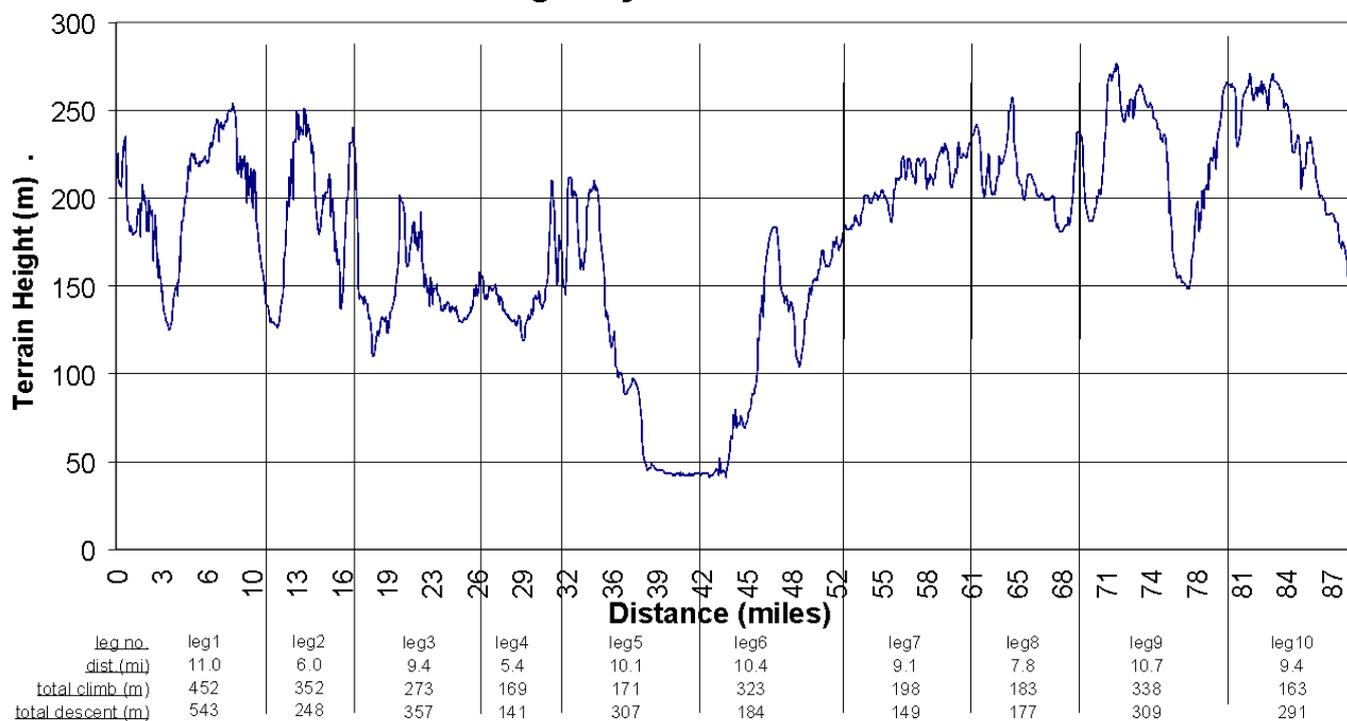
RACE INFORMATION (v.2022.1)

Team captains are asked to distribute this race information pack to all members of their team.

Maps and Further Route Information

The route follows the official Ridgeway National Trail, except for a diversion on stage nine to avoid a dangerous road crossing South of Ogbourne St. George, and a diversion on stage ten across the Marlborough Downs to the finish at Marlborough Leisure Centre. The total distance is 89 miles. Runners who gain advantage by deviating from the route are liable to incur time penalties.

Ridgeway Terrain Profile



The stages of the route are plotted on MapMyRun.com. References are given below. The distances given by MapMyRun don't quite agree with those given in the above chart, which was produced using commercial mapping software, but we will stick to those shown here as the "official" mileages.

All runners/teams are responsible for undertaking their own navigational research. Available from most good bookshops are several publications giving details of the Ridgeway Path, including:

National Trail Guide - 'The Ridgeway' (which includes OS 1:25,000 maps of the whole route, and gives an excellent guide for negotiating the Ridgeway on foot – but in the reverse direction to the Relay!)

The HMSO book, 'The Ridgeway Path', published for the Countryside Commission.

The Cicerone guide to the Ridgeway

<https://www.cicerone.co.uk/product/detail.cfm/book/874/title/the-ridgeway-national-trail#.WSKI11LMxUN>

It is recommended that all competing teams get a copy of one of the above, plus the relevant Ordnance Survey maps: - Landranger Series (Scale 1:50,000)

Map No. 165 Aylesbury and Leighton Buzzard area.

Map No. 175 Reading and Windsor area.

Map No. 174 Newbury and Wantage area.

Map No. 173 Swindon and Devizes area.

The ten stages of the race will be found on these maps as follows:

- | | |
|----------------------|----------------|
| - Stages 1, 2 and 3: | Map 165 |
| - Stage 4: | Maps 165 & 175 |
| - Stage 5: | Maps 175 & 174 |
| - Stage 6: | Maps 175 & 174 |
| - Stages 7 and 8: | Map 174 |
| - Stage 9: | Maps 174 & 173 |
| - Stage 10: | Map 173 |

The larger scale Explorer range of maps is also ideal.

Or, to cover the whole route in one go, get Harvey's Ridgeway map (1:40,000). Available from www.harveymaps.co.uk, Amazon, and bookshops.

Driving directions from the start to the finish via all the checkpoints have been created in Google Maps. See <http://tinyurl.com/yajny6r>. From this site road maps and directions listings may be printed.

If, while checking your section of the route, you find a problem, (a new by-pass has been built; Gypsy caravans blocking the way, etc.) Please let me know so that action may be taken to alleviate the problem. Thank you.

General Information

Start time 7.30am Ivinghoe Beacon.

The Ridgeway Relay generally follows the official route of The Ridgeway National Trail, starting from Ivinghoe Beacon. The Ridgeway is clearly marked on the OS and Harvey Maps. It is a public trail and runners will encounter other members of the public either walking, running, cycling, or on horses. Care needs to be taken and consideration shown.

We deviate from the official Ridgeway in two places. On Stage 9, to avoid a dangerous road crossing, we divert through the village of Ogbourne St George. On Stage 10, at the end, we leave The Ridgeway about 1¾ miles from the end, and turn left across the Marlborough Downs to finish at Marlborough Leisure Centre. This section is not marked, and it is important to follow the directions given in stage 10 details.

Although the Ridgeway is generally marked on the ground by signposts bearing the acorn symbols used to mark all National Trails, there are places where these are not well positioned, and it is easy to run past and miss them. All competitors are therefore advised to run, walk or ride their stages before the day of the Race if they can. This is particularly important for the first half of the course, where the path is often narrow, in woods, and crossed by other similar paths. After Goring it is mostly wider and in more open countryside, but route checking is still recommended.

All runners/teams are responsible for making their own travel arrangements to and from each checkpoint.

Team Members' Details

So that we can record the names of all runners in the results, Team Captains will be asked to record details of the runners for their teams on each stage by logging onto the Marlborough Running Club website:

<http://www.marlboroughrunningclub.co.uk/ridgewayrelay.shtm>

Details of how to do this will be communicated to team captains by e mail.

The e-mail address for the event is:

ridgewayrelay@marlboroughrunningclub.org.uk

Race Numbers

The marshals at the start of each stage will issue the race numbers to competitors on that stage. Safety pins will also be provided.

Runners should report to the marshals at least 10 minutes before they expect to set off. Runners are asked to record their names and any relevant medical details on the back of the numbers.

Club Colours

Please encourage all your team runners to wear their club colours. It helps the marshals at checkpoints to recognise teams when they are finishing

Health and Safety

Like any trail race, the Ridgeway Relay is not entirely free from hazards and risks of injury. Hazards include:

- Road crossings, and one rail crossing (note – **most road crossings will not be marshalled**),
- Stiles, which may be slippery, especially if it is wet or muddy,
- Uneven paths, with ruts or roots coming up through the ground,
- Slippery grass paths,
- Tripping on stony tracks.
- The British weather. Who knows? Very hot, monsoon rain. Be prepared for whatever.

All runners are expected to take reasonable measures to recognise potential hazards and avoid injury to themselves and others, and to take sensible precautions in case of any injury. Runners are strongly advised to carry a mobile phone, a list of emergency telephone numbers (which appear on the reverse side of the race numbers) and contact numbers for their team members.

In the event of one or more of your team getting lost, it is the responsibility of your team to get out there and find them. (Locating lost runners is another reason for advising runners to carry mobile phones. In previous Ridgeway Relays at least one runner has been lost for an hour or more. If they had been carrying phones this would have been avoided. Fortunately, every such lost runner was found by nightfall on race day – though in one case only just!)

Because of the nature of the event and the course, it is impractical for the organisers to provide full effective first aid cover. Team members are advised to carry basic first aid supplies. If first aid is needed that cannot be provided by another team member or a nearby marshal, use an A&E

Department in the nearby hospitals. Locations of these and their phone numbers are given at the end of this document, and on the reverse side of the running numbers.

Team members should note that no toilet facilities will be provided at the start or along the route. Public facilities are available in nearby towns and villages (for example, near the start at Tring Station), and at the end of stage nine, and for customers of the Perch and Pike at the end of stage five. Changing and toilet facilities will be available for all competitors in Marlborough Leisure Centre at the finish.

Water

Note that the organisers will not be providing water or other drinks for runners at checkpoints or along the route. It is each team's responsibility to make appropriate arrangements for their runners.

Littering

Please ensure all your participants treat the run differently to a road race and don't drop or discard litter along the course. Marshals at CP's will have rubbish bags to collect any. Disregard of this requirement could incur time penalties for the team.

Dogs

The Ridgeway relay is not a canicross event, runners are not to run harnessed to their dog. Runners may though be accompanied by their dogs; they must be kept under control at all times and not allowed to hinder other runners and kept on a lead when passing any livestock.

The Finish and Prize Presentations

The Ridgeway Relay finishes at Marlborough Leisure Centre in Barton Dene, SN8 1PB, where changing facilities are available.

What three words location: <https://w3w.co/checked.regretted.stormy>

Prizes to winning teams will be presented in the Small Hall as soon after 19:45 as we can make it. Prizes, which tend to be rather liquid in nature, will include those awarded to the first three teams overall, the first ladies team, the first vets team.

You are welcome to bring your own refreshments to the presentation.

We rely on being able to take advantage of the very good facilities at Marlborough Leisure Centre (but not the showers unfortunately as that area of the Leisure Centre will be closed) for this event and other activities organised by Marlborough Running Club, so we must ensure we don't inconvenience the regular users of the Centre. **Therefore, the car park at the Leisure Centre is not to be used to accommodate our athletes' vehicles on race day before 5:00 pm.**

Fortunately, Marlborough is blessed with several car parks, which are free on Sundays. The nearest is in Hyde Lane, just over a quarter of a mile away on foot.

The map below shows the location of the Hyde Lane car park and the Leisure Centre, and the best right-of-way route between the two.

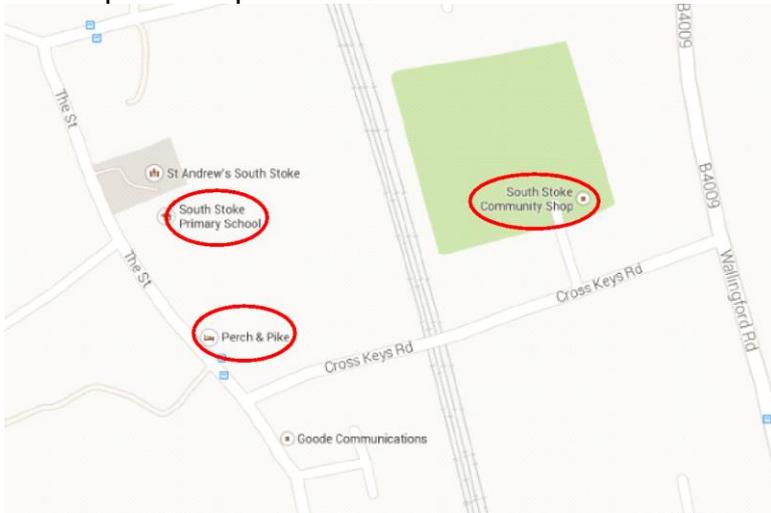


Please ensure that all your team members coming to the finish are aware of the car parking arrangements.

Facilities in South Stoke. End of Stage 5, start of stage 6

The half-way point of the race is in the very attractive village of South Stoke, north of Goring. In South Stoke the race passes the Perch and Pike (<http://www.perchandpike.co.uk/>). They offer both food and drink. Please do not use the Perch and Pike car park or other facilities unless you are a customer.

Just a short distance off the route, at the Recreation Ground, is the Village Community Shop, open from 09:00 to 12:00 on a Sunday morning. The full range of facilities will be available including alcoholic and soft drinks as well as coffee and tea. They would be pleased to take advance orders for hot pies and pasties. Give them about half an hour to prepare them.



Route Descriptions

As a general comment for all checkpoints, please inform team members to warm up away from the CP changeover point, it can be difficult for marshals to identify runners finishing with other runners warming up.

Stage 1: Ivinghoe Beacon SP 961 168 to Wendover SP 873 072

What three words location: <https://w3w.co/vine.shrubbery.rested>

<http://tinyurl.com/m6xf2b8>

to

<http://tinyurl.com/ktfy69g>

Route map: <http://www.mapmyrun.com/gb/ivinghoe-eng/ridgeway-relay-stage-1-ivinghoe-beacon-w-route-2617318>

Use the Car Park south of the Beacon, map reference 963 163, and walk back up the Ridgeway Path approximately 600 yards. Allow 20 minutes for this walk, and it is likely to be chilly at 7am, so dress accordingly. Use the footpath among the trees to get to the Beacon, not the road.

Please do NOT park on the road. The Police have been known to move cars on, even that early on a Sunday morning.

Navigationally this is a tricky stage, which needs to be checked before the Race, as several competitors have discovered in the past! The first half is physically quite tough, lots of hill-work, although the last 5 or 6 miles are predominantly flat or downhill.

There are several road crossings to negotiate. Most are quiet, needing the usual degree of care, but particular care is needed at Wigginton (SP 934105) where traffic coming up the hill from your right has a restricted view. Particular care is needed here.

As some teams are already aware, there are several handy shortcuts on Stage 1, such as the one going straight on at SP 896077. Using this will give your team an advantage of about a mile. However, it will also incur your team a hefty time-penalty! Please stick to the official Ridgeway Path.

The handover is on the road approaching a small crossroads before the church on the SE of the town. Note the handover has been moved approximately 100m away from residential properties, so this leg is a bit shorter.

For parking please use *Fostercare Associates* car park SP 873 072 and the no through road leading to it.

Stage 2:

Wendover SP 873 072 to Whiteleaf Car Park E. of Princes Risborough SP 824 037

What three words location: <https://w3w.co/full.workloads.caps>

<http://tinyurl.com/ktfy69g>

to

<http://tinyurl.com/jvvk4f8>

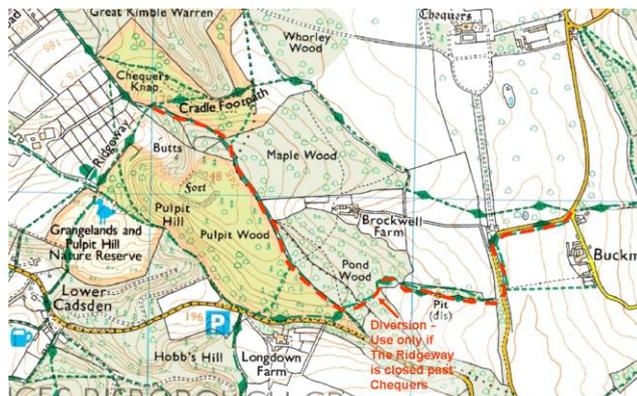
Route map: <http://www.mapmyrun.com/gb/wendover-eng/ridgeway-relay-stage-2-wendover-white-le-route-2636916>

For parking please use **Fostercare Associates** car park SP 873 072 and the no through road leading to it.

Please do not go up the road and obstruct the marshals' view.

Navigationally this leg could be tricky, and includes running through part of the Prime Minister's country residence, Chequers.

We have not experienced it in the past, but if for any reason the Ridgeway through Chequers is closed, runners should be prepared to divert around the Chequers section by following the diversion on the route shown here:-

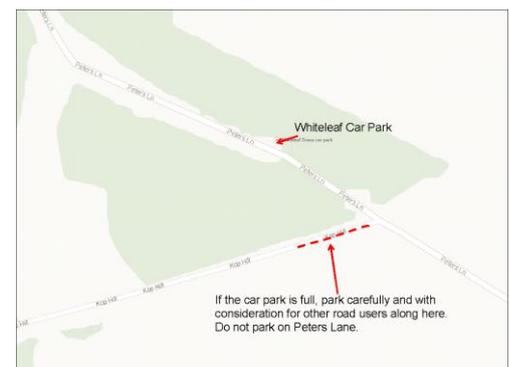


Although relatively short, this is a very tough stage with some interesting hills, especially the final ascent to the handover point.

Cars tend to drive through Cadsden at speed, so take care crossing the road here.

In the past we have had considerable overcrowding in the Car Park at the end of the stage, so **please** don't come here unless you are involved in finishing leg 2, or starting leg 3.

No more than one vehicle per team should use the car park. Do not park on the road close to the car park. This is dangerous for runners and for drivers. If the car park is full, drive SE past the car park for 200m and turn right, here the road is wide enough for several cars to park without causing obstruction.



Stage 3:

Whiteleaf Car Park SP 824 037 to just beyond the M40 SE of Lewknor SU 722 968

What three words location: <https://w3w.co/flops.resolves.sprouted>

<http://tinyurl.com/jvvk4f8>

to

<http://tinyurl.com/mhylogr>

Route map: <http://www.mapmyrun.com/gb/princes-risborough-eng/ridgeway-relay-stage-3-white-leaf-hill-f-route-2637164>

See the comment above about car parking.

There is a steep downhill section at the start, and a significant hill to climb and descend in the middle. Otherwise this stage is fairly flat.

It can be navigationally tricky. After about 1½ miles, just after Shootacre Corner at SP803016 the Ridgeway bears left off the road. Please don't miss this turn. If you do, you will avoid about a mile of the route and miss out the joys of Lodge Hill, but you will also incur hefty time penalties.

600m after leaving the road near Shootacre Corner, the route crosses one track of the rail line to Princes Risborough. **(Passage Control marshal)**. Usually this line is used by two or three trains per hour. The railings you come across immediately before the track are for your safety, and the temptation to leap over them must be resisted. **Please listen and watch out for trains** (and if you see one it is best to avoid it).



All road crossings need care, but there are three other road crossings on this stage where particular attention is called for. The first is at SP760003 (near Chinnor), where traffic passes surprisingly fast for a minor road, the next near Kingston Blount (SU742986), and finally where The Ridgeway crosses the A40 at SU728977. Here traffic on the A40 crosses at very high speeds, particularly coming down the hill.

See the note below about parking at the end of this stage.

Stage 4:

Near Hill Fm. SE of Lewknor SU 722 968 to Minor Road N. of Swyncombe Church SU 683 904

What three words location: <https://w3w.co/sharpness.pylon.budgeted>

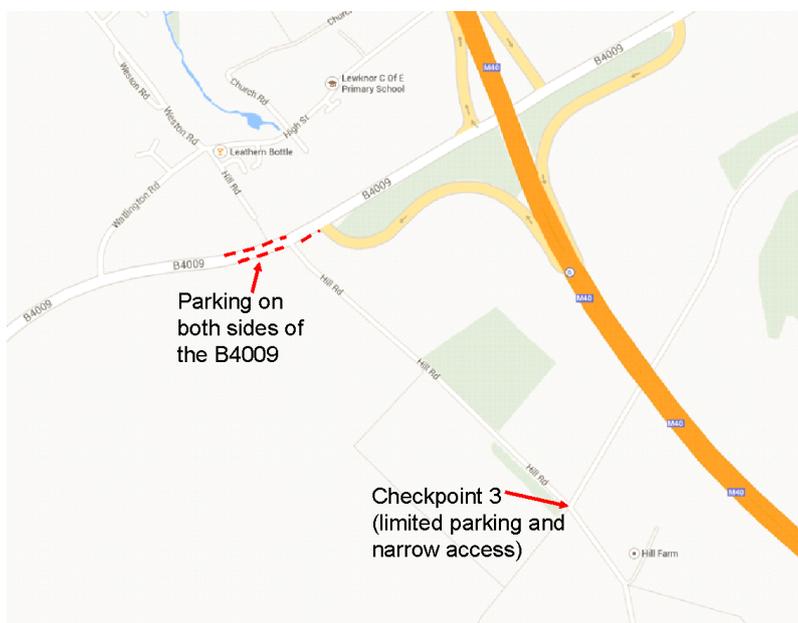
<http://tinyurl.com/mhylogr>

to

<http://tinyurl.com/ld9wswp>

Route map: <http://www.mapmyrun.com/gb/watlington-eng/ridgeway-relay-stage-4-hill-farm-swyncom-route-2639573>

When driving to the changeover, take care not to drive up the exit slip road off the M40!! Parking at the hand-over can be difficult, with cars getting stuck in the ruts next to the road. The road leading to Hill Farm is narrow, and there is limited space to park on the verge. We suggest cars are parked near to the B4009, about 500 metres from the handover.



The first 4 miles of this leg are relatively flat, until the path turns sharp left at North Farm leaving the Icknield Way. The last mile is quite tough, involving a steep hill climb (be careful to stay on the official route at the top – many of your predecessors have not, to their cost), a short descent, and a last climb to the finish in full view of all those at the handover.

There are three road crossings. **The second, across the B480 south of Watlington, needs particular care, as traffic moves fast along this road.**

Stage 5:

Minor Road N. of Swyncombe Church SU 683 904 to South Stoke Primary School SU 599 835.

What three words location: <https://w3w.co/parrot.option.resolves>

<http://tinyurl.com/ld9wswp>

to

<http://tinyurl.com/ktwmrq4>

Route map: <https://www.mapmyrun.com/routes/view/4653358342>.

The Swyncombe handover point is at the minor road just before the church. The lane is narrow and may get congested. We have been fortunate again for the local farmer to agree to us parking in one of his fields. **Please park in the field as directed** and not on the lanes - the churchgoers tend to take a dim view, so please respect their feelings.

This is the most challenging stage to navigate correctly on the day. If you do not research it beforehand you will get lost!

The first navigational challenge is only 600m from the start, where the Ridgeway turns left off the main track. If you miss that, you may, like others in the past, end up back on Stage 4 going in the wrong direction!

The first two miles are physically tough with some tricky navigation, and many competitors take the wrong route where the Ridgeway Path crosses the golf course at Nuffield. The route then follows Grim's Ditch, an ancient earth bank and ditch. **BEWARE TREE ROOTS** under foot and branches at eye-level. Stinging nettles are also a pain. We may have a marshal here to make sure runners stay on the official route and not in the field to the left.

In some places the path is along the top of the bank, in others it drops into the ditch, and with a few stiles to cross it can be quite tiring. At the end of the bank after about 6 miles the path drops towards the River Thames, **CROSSING THE A4074, WHERE GREAT CARE SHOULD BE TAKEN AS TRAFFIC TRAVELS VERY FAST IN BOTH DIRECTIONS.**

The final 4-mile length is flat, much of it following the river. Brunel's magnificent brick railway bridge is a mile from the finish.

The finish is outside South Stoke Primary School.

Please exercise consideration for the villagers and other road users when parking in South Stoke. Suggested parking areas are shown below.



Stage 6: South Stoke Primary School SU 599 835 to Bury Down Car Park N. of West Ilsley. SU 479 840

What three words location: <https://w3w.co/orbited.emporium.composts>

<http://tinyurl.com/ktwmrq4>

to

<http://tinyurl.com/nxvvush>

Route map: <http://www.mapmyrun.com/gb/goring-eng/ridgeway-relay-stage-6-south-stoke-west-route-2640808>

Please exercise consideration for the villagers and other road users when parking. Do not use the Perch and Pike car park unless you are planning to be a customer.

We are indebted to Head Teacher, Miss Rogers, for permission to use the South Stoke school playground to set up the check point; the playground can also be used for runners and spectators to keep off the road. Please ensure children do not use any of the school equipment within the playground.

For about 2 miles the route is flat, until just after crossing the Thames, but then this becomes a tough stage with a long climb onto the Downs followed by plenty of undulations. As the runners climb out of Goring, they pass the halfway point in the race.

Don't miss the right turn 2½ miles from the end. If you do, you'll end up in the village of East Ilsley. The finish is 1200m after crossing under the A34 using the underpass.

Stage 7: Bury Down Car Park N. of West Ilsley SU 479 840 to Sparsholt Firs Car Park S.W. of Wantage. SU 344 851

What three words location: <https://w3w.co/stun.fairy.acquaint>

<http://tinyurl.com/nxvvush>

to

<http://tinyurl.com/laglj8y>

Route map: <http://www.mapmyrun.com/gb/harwell-eng/ridgeway-relay-stage-7-west-ilsley-wanta-route-2645794>

A mass start will take place here at 14:00. This will be for all teams whose runner has not arrived at this time.

We don't want to spoil anyone's fun, but we do want to get everyone to the finish while the sun is still up. Actual running times will still be recorded for all stages, and the aggregate times calculated.

The start is at a large car park with plenty of space on both sides of the minor road.

From here onwards navigation is generally easier and, with one or two exceptions, the hills are less severe. However, this stage is undulating, and tougher than it looks. Please take care on road crossings of the B4494 at SU418842, and the A338 at SU394844, where you turn right onto the main road, followed by a left turn after 100m.

Stage 8: Sparsholt Firs Car Park S.W. of Wantage SU 344 851 to Lane S. of Charlbury Hill. SU 238 818

What three words location: <https://w3w.co/grandest.estimated.kind>

<http://tinyurl.com/laglj8y>

to

<http://tinyurl.com/lfzam28>

Route map: <http://www.mapmyrun.com/gb/lambourn-eng/ridgeway-relay-stage-8-wantage-lambourne-route-2647245>

There is a reasonable amount of parking at the start, but do watch out for runners crossing the main road.



Runners should take care when crossing the road at the start.

This stage is like the previous one, being undulating but navigationally easy. There are two main hills to climb, including one about a mile long just before the finish.

Stage 9: Lane S. of Charlbury Hill SU 238 818 to Car Park at Barbury Castle. SU 156 761

What three words location: <https://w3w.co/truck.collides.showdown>

<http://tinyurl.com/lfzam28>

to

<http://tinyurl.com/mvewx5o>

Route map: <http://www.mapmyrun.com/gb/shrivenham-eng/ridgeway-relay-stage-9-charlbury-hill-ba-route-2648097>

There is limited parking at the start, but should just about be sufficient if care is taken and teams keep to a minimum the number of cars going there. The best approach is along the narrow lane from the northwest. Vehicles with sufficient ground clearance can leave the checkpoint southwest along the Ridgeway itself. Take care as the surface is uneven, and there are runners using the same route! A recommended alternative is to park at the bottom hill 300m southwest of the start, near the crossroads, and walk up the hill.



This is a long and very tough stage with some serious hill climbing. This is definitely not a stage for those seeking a gentle jog!

After the first descent, turn left along the road for about 100m, crossing over the M4 motorway. Turn left at the T-junction with the B4192, cross the road carefully, and after 250m turn right and climb Liddington Hill.

Take care crossing the road about 3 miles after the top of the hill. **DO NOT TURN RIGHT HERE – YOU WILL SAVE ON DISTANCE, BUT INCUR A HEFTY TIME PENALTY BY MISSING THE PASSAGE CONTROL.**

To avoid crossing the busy A346 Swindon to Marlborough road at Southend we deviate from the official route to cross at Ogbourne St George.



After the Ridgeway swings west at a X-roads grid ref SU 211737, it goes downhill to cross the old Roman Road. At this tarmac road turn right, (signposted Ogbourne St. George) onto the Roman Road heading north. **(Passage Control marshal)**.

When you reach the crossroads turn left, continue under the road bridge. Go past The Inn with the well then turn right up the high street. Follow the road through Ogbourne St. George, and around several bends up the hill out of the village.

The Ridgeway then joins your route coming in from your left at a right-hand bend in the road. **Do not turn left here, but** go around the right-hand bend and then 100m later turn left up a track. This is followed by a long 400-ft climb up Smeathe's Ridge to Barbury Hill. The car park at Barbury Castle has toilets.

Stage 10: Barbury Castle SU 156 761 to the Leisure Centre Marlborough SU 182 692

What three words location: <https://w3w.co/called.stones.mats>

<http://tinyurl.com/mvewx5o>

to

<http://tinyurl.com/ltdthvk>

Route map: <http://www.mapmyrun.com/gb/wroughton-eng/ridgeway-relay-stage-10-barbury-castle-m-route-2648887>

There will be a mass start here for any teams that have not arrived by 17.30.

There is plenty of car parking at Barbury Castle, plus public toilets.

The car park closes with a barrier at 8pm. Please get out before then. If you need to leave a vehicle there after that time, please park on the road outside the car park entrance.

(Please note: this car park is at the end of the minor road which passes the Alexandra Park housing development at map reference SU 163793. It cannot be reached from the road which goes south from the centre of Wroughton and skirts the eastern side of Wroughton Airfield.)

The route is well marked and obvious for the first 4 ½ miles.

NOTE: CARE SHOULD BE TAKEN CROSSING THE ROAD AT HACKPEN HILL AFTER ABOUT 2 MILES, AS THE CROSSING IS ON A SHARP BEND AT THE TOP OF A STEEP HILL AND VISIBILITY IS VERY RESTRICTED.

After Hackpen, continue down the Ridgeway to the crossing with the Herepath (SU125709 <http://tinyurl.com/lxahom2>). A **Passage Control marshal** may be here. Turn left off the Ridgeway and follow the Herepath, across a grassy track heading towards some woods.

Go through gates and onto a gravel track down across the valley and up through Fyfield Down.

Turn right at the underground reservoir (SU 144715), *signposted Fyfield car park*. Follow the major track parallel to horse gallops, keep right at the fork and continue south to Car Park (SU160700).

Bear diagonally left across the car park and continues to a tarmac road. Turn right along this road, after about 300 metres follow the road, as it turns right. The road goes up slightly, then downhill. After approx. 300m, at the mirror on the right-hand fence, (this is the last chance to check your appearance before the finish) go left through a large stone gateway and along the drive leading to Manton House Farm.

After 200m turn right through first opening onto track, and follow telegraph poles, then follow track to the hedge. Turn right in front of the hedge and follow the narrow grassy path with the hedge on your left for approx. 700m.

Just before the houses and the last telegraph pole, turn left through the hedge-line, *sign post Barton Farm, Marlborough*. Keep the hedge on the left and the housing estate 100 metres on right. At the end of the field carry on down with the hedge and houses on right until you hit a stony track, go right & reach the FINISH 200 metres later.

THERE WILL BE NO DIRECTION ARROWS OR MARSHALS TO POINT THE WAY. When you come to research this you will find it much easier than it sounds, but don't leave it to the day of the

race, because it will be very confusing if you are trying to read instructions and run flat out at the same time.

Last but not least

Just in case of any unforeseen accidents, these are the addresses and telephone numbers of the nearest Accident and Emergency Departments along the route.

Aylesbury

Stoke Mandeville Hospital 01296 315000

Oxford

John Radcliffe Hospital 01865 741166

Swindon

Great Western Hospital 01793 604020

Race organiser: Simon 07967 591460

Hugely assisted by:

Consultant & Race referee: Alan 07557 682556

Ridgeway Relay 10+ commandments participant check list

- 1 Ensure you have recce'd your leg route so there is no chance of taking a wrong turn and getting lost!
 - 2 Carry a mobile phone (charged) there is a list of emergency numbers on the reverse of your number, just in case.
 - 3 Arrive at the checkpoint at least 10 minutes before your predicted start time to collect your number.
 - 4 Help the marshals by wearing your club vest and not warming up by running up and down the course at checkpoints.
 - 5 Carry your own water and refreshments as none are provided by MRC.
 - 6 There is no first aid cover provided. Ensure your team has a basic first aid kit, just in case!
 - 7 Do not drop or dispose of any litter along the course. Marshalls at CP's will have rubbish bags to collect any. Time penalties could be incurred for the team disregarding this requirement.
 - 8 There are no toilet facilities at the start or along the route. Public facilities are available in nearby towns and villages.
 - 9 Please car share as much as possible to minimise gridlock at checkpoints.
 - 10 Beware of road crossings, most are not marshalled. Also, the railway crossing on stage 3.
- 10 ENJOY THE DAY.
+