



CHILTERN 50 CHALLENGE

26th September 2020

FINAL EVENT GUIDE...

The 2020 Chiltern 50 is approaching quickly, and we are really looking forward to it as 2020 has been a 'challenging' year for event companies, and we are proud to be amongst the first operating a Covid secure mass participation event. This Final Event Guide will help you make your final plans, and please read it carefully, as we've introduced many changes to our normal format to comply with Social Distancing requirements and other Covid-19 risk reduction measures. All of our participants, along with our staff and suppliers, play an important role in ensuring that a safe event is delivered for all involved, and for the local communities which welcome us into their neighbourhoods.

Chiltern 50 Challenge App

Download the App for access to the Challenge documents & updates. Available in both the Apple or Google Play stores, search '**Action Challenge**', download using the code **ACI** to get started – then go to '**load challenge**' in the top left menu and enter the code **CHILTERN** to access all the Challenge Info.

We will be updating the App in the lead up to the Challenge including maps and special features to use so make sure you keep it on your phone/ipad!

In the App you will find:

- Training Guides & foot care advice
- Kit List
- Official Map(s) of the route & Rest Stops
- Challenge video briefing (available soon)
- Covid Declaration form (as of 23rd Sept)

Key Pre-Event Information

You're Registration Pack

To avoid congestion at the start of the event we will be posting your EVENT BIB NUMBER (with safety pins), as well as your EVENT PASS / TIMING CHIP.

These will be **mailed** to your home address (as per your registration form), and you should receive them **no later** than the 23rd September.

- You MUST bring these with you on the Challenge
- Please ensure that your EVENT BIB is attached to you, or the back of your

backpack, before you arrive on site

- You'll collect a Lanyard for your Event Pass / Timing Chip (wear around your neck)
- And a Neck Buff (doubles as face covering) & Route Card at the start

For those who haven't received their pack via post by 17:00 on 23 September, we are going to publish a short **online request form** (within the App & Website) – and once completed you will then be able to collect a pack on the day at the Henley start (you'll be directed to the 'PACK PICK UP' info point once you have arrived in the reception zone).

Start Times

To spread the field of 1,200 challengers and avoid congestion along the route & at rest stops - we've widened the start time windows to 4 hours (approx 300 / hour). We've therefore allocated start times close to the hourly bracket **you chose** when you registered, keeping teams together, although you may find your start time has shifted a bit as we have to achieve the spread.

The start time windows are:

- **50 km Challenge** – 06:45 Runners. And 07:00 – 10:00 Walkers & Joggers
- **25 km Challenge** (all on the west Loop) – 09:30 – 11:00

Your Start Time was detailed in the e-mail sent on Friday 11th September (which also had the link to this Final Event Guide), Please check your spam / junk folder if you've not yet received this.

Your start time can **ONLY** be changed in exceptional circumstances, or relating to starting with a team member where an error has crept in.

If required - please complete the **START TIME REQUEST FORM** below (by 22.00 hrs Monday 14th September at the latest) - only if any of the following apply:

- You've been given a DIFFERENT start time to your Team mates
- You've been given a DIFFERENT start time to someone travelling to the event with you
- You're travelling by train and the journey is **impossible** with the allocated start time

[**CLICK HERE for online Start Time Request Form >>**](#)

E-Tickets (IMPORTANT)

Your E-Ticket will be sent via **EMAIL** (along with the Covid Screening Declaration - see below) on **Wednesday 23rd September** and you **MUST** bring this to the

event registration (ideally store it on a mobile – or print off) – and it will be checked.

If you have NOT received this E-Ticket by close of play on **Thursday 24th September** (check your junk mail first) – there will be a ‘Starting List’ published on the App and the Website (assessed from Chiltern 50 page) where you can check your Bib Number, Start Time and to **request your E-Ticket to be re-sent** (Please do not email or phone)

Covid Screening Declaration

All participants **must** complete our Covid Screening Declaration **prior** to entering our main event area. This declaration confirms:

- That to the best of your knowledge you are currently symptom free
- That if you have suffered from Covid-19 you are now fit to take part in the event
- That you are not required to be: isolating, shielding, or quarantining,
- That you are not subject to an official local lockdown with associated travel restrictions
- That you accept and agree to our on-event Covid Risk Reduction rules & measures

On Wednesday 23rd September, within the E-ticket (email), there will be a link to a short **online form**, and upon arrival at the start venue in Henley we will check that you’ve completed this declaration. If you haven’t done so – you will be required to complete a form before entering the main event arena (and please note – failure to complete the Declaration **in advance** will delay your entry in to the event arena).

NOTE – regardless of the declaration – **DO NOT** turn up to the event if you, or a member of your household, is exhibiting symptoms associated with Covid-19!

Optional Extras

There are some important ‘Optional Extras’ that you can book to make things easier for you. Unless stated - these must be **pre-booked** via our Optional Extras form below / within App / on Website). **This form closes at 22 hrs Wednesday 23rd September.**

Parking – you must book in advance!

Saturday 26th all day parking is at Henley Showground from 05:00am to 23:30 hrs (the car park will **not** be open on Friday and vehicles cannot stay overnight on Saturday). You will be **emailed a Parking Ticket** by midday Thursday 24th September.

There is no short term parking on the morning on Saturday – so it’s **DROP OFF ONLY** if someone else is giving you a lift to the Henley start venue (supporters are **not** allowed to stay at the venue in the morning / start phase). In the afternoon there will be

short term parking if you are being **picked up** (if they want to - supporters will be allowed in to a separate & segregated area in the afternoon / finish phase - but **not** into the main arena).

There Is NO vehicle parking or access for supporters at the two Rest Stops.

Shuttles from Henley Station - £5 book in advance

- Will be running between 06:00 - 10:00 hrs on Saturday morning

Shuttles back to Henley Station - £5 book in advance

- Will be running between 12:00 - 23:00 hrs on Saturday afternoon / evening.

NOTE - Busses will be on a loop – so you may be waiting for up to 20 minutes. Face coverings are **mandatory** – you'll be refused access to the bus without one!

[CLICK HERE to book Optional Extras >>](#)

Baggage Storage (pay on the day)

We will have a baggage storage at Henley Showground if you wish to store a bag with us for the day, there will be a £5 charge – via a card payment.

RUNNERS – who may not want to wear a small rucksack – can store a **SMALL BAG (less than 10kg / 20 LT)** in a dedicated area, with access to it after 25 km / half way – and this is **free of charge**.

COVID-19 SAFETY – EVENT RULES

To obtain permission for the event to take place – we have to comply with an array of new measures and introduce new processes and procedures to ensure that all participants, staff, suppliers and members of the public are kept safe during the challenge. Set out below are the rules and measures which we will be implementing – and of course mirror the sentiment of the Governments latest campaign emphasising **HANDS – FACE – SPACE**.

We ask that all participants adhere to these at all times – and to respect others around them. Any participants found to be in clear breach of our rules - and by doing so are deemed to be putting the health & safety of others at risk - may be disqualified from the event and asked to leave by their own means.

AT HENLEY BASE CAMP & REST STOPS

- You must bring your own face covering & a small bottle of hand sanitiser
- You can only enter the Henley 'reception area' a max of 1 hour prior to your start time
- You must sanitise your hands at the entrance to the 'reception area'
- You must don a suitable face covering at the entrance to the 'reception area'
- You will be subjected to a temperature check within the 'reception area'
- If you fail the temperature check (after a repeat test) you cannot take part in the event
- You must have completed our Covid Screening Declaration – this will be checked
- RED & WHITE signage will give Covid safety instructions - and must be obeyed
- Face coverings / masks are compulsory in designated areas (signage will mark these)
- Face coverings / masks are compulsory whilst in any event vehicles/ transport
- Participants must respect the 2 meter distancing when not wearing a face covering
- Participants must still respect the 1 metre+ distancing when wearing a face covering
- The Government's 'Rule of 6' (its real meaning!) applies at all times for groups
- You must sanitise your hands before entering a rest stop
- You must sanitise your hands before entering our designated catering areas
- You must sanitise your hands before & after using the toilets (+ think of others!)
- Supporters will not be allowed in the Henley event area in the morning of 26 Sept
- Supporters will only be allowed in the Henley Supporter Zone in the afternoon of 26 Sept (ie when they are picking you up).
- Merchandise will be on sale – no trying on for size etc - card transactions only
- You must follow 'one way' systems, and our directional site signage at all times
- You must use the bins provided & clear your litter (if not – someone else has to!)
- You must not attempt to help yourself to food & drink (it will be served / passed to you)

ALONG THE ROUTE

- You must respect Social Distancing - 2 metres wherever possible!
- The 'Rule of 6' applies – but that means you can't keep 'swapping' groups!!
- You must wear a face covering where our signage instructs – and / or where it is clearly over-busy and Social Distancing is not possible
- NO LITTER - on the ground / surrounding area (as someone else has to pick it up!)

The Start & Arrival at Henley

For all arrivals to Henley Showground, access is off the A4155. Please note the post code for normal Henley Showground will not take you to the correct point – and the nearest post code for access for all cars & drop offs is **RG9 3GH** (and follow the signs). **Please arrive with your water / drinks bottles already filled up.**

All cars parking for the day must have paid £5 (see Optional Extras). There will be a 'DROP OFF ONLY' zone (no waiting) if you are been given a lift to the Showground. Supporters are NOT allowed in the event area in the morning / start phase.

The Reception Area

- You will only be able to enter within 1 hour of your start time
- Prior to entering you will sanitise your hands and have you a temperature check
- Your Covid Screening Declaration will be checked.
- You will be officially registered onto the event - and pick up your Lanyard (for your timing pass), Route Card and branded Neck Buff (can be used as spare face covering!)

The Main Arena

- Your chip will be scanned at the entrance
- There will be one way systems around the site and within the main marquee.
- There're will be a coffee / tea / biscuits station (free)
- There will be a breakfast vendor (+ posh coffee)

Setting off

- We will be operating an 'Open Start Line' – for each 20 minute interval
- There will be an announcement when the next start time 'wave' is due
- All challengers must set off during their allocated '20 minute' start wave
- Briefings will be short & sharp – please ensure you also take note of our signage
- Challengers will be set out over start line at a rate of approx 6 per minute

The Route & Rest Stops

The route is made up of two 25 km loops – all will do the West loop first – and those taking on the full 50 km Challenge will head out on to the East loop for their 2nd 25 km. The route will be marked with pink arrows. Detailed route maps are housed within the [Challenge App](#) (pdf & link to Google Maps) – so you need a mobile phone – OR print the PDF version off from the Website (available from 23rd Sept).

Each 25 km loop has a **Rest Stop** at ~half way around – and there will be:

snacks / coffee & tea / water & squash / toilets / seating / medical tent / waste bins / and an info point. You will be required to sanitise your hands **BEFORE** entering the rest stop – and your timing chip will be scanned as you enter & exit the Rest Stop (so we have accurate track & trace data if ever required). **SUPPORTERS ARE NOT ALLOWED AT REST STOPS.**

After the completing the West loop - if you are on the 50 km Challenge - you will have a picnic lunch provided back at Henley Showground – and if you're on the 25 km Challenge you'll have your 'finishers meal (hot food). Medics / toilets will be available of course.

Google Maps

We have created a Google map that has useful information and points along the route.

[CLICK HERE to view the Provisional Google map >>](#)

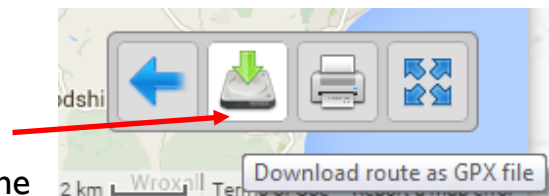
GPX Files

You can now download the updated/ final GPX files of the routes, to upload into GPS devices.

[Provisional Full Challenge GPX File >>](#)

Download the GPX Files:

- Follow the above link for your route
- Selecting the 'Download GPX' icon from the toolbar on the bottom right side of the map save to your computer.



Whilst we have gone to lengths to map the route with various devices - you may well find discrepancies on the day if you are planning on using 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 device when **stationary** for periods (e.g. Rest Stops etc).

Please follow signage on the day – as safety diversions may be put in place.

Event Timing and Tracking

Don't forget our live timing system – which tracks you check points (in / out of Rest Stops and start / finish). Friends and family will be able to monitor your progress through the challenge check – and this will be viewable on the Website from Wednesday 23rd September onwards.

The Finish Line & Departing the Challenge

Henley Showground

After celebrating your finish (whether it's 25 km or 50 km) with a glass of fizz and collecting your well-earned medal (all socially distanced of course!) - there will be a hot meal, medics, seating etc. There will be **NO** massage service.

In order to avoid overcrowding - we ask that you limit your time within the main event arena to **no more than 45 minutes after you cross the finish line.**

If you are being collected by friends or family, they will have to wait either in their car, or in our 'Supporter Zone' area, which is just outside of our main event arena (they will be able to see you cross the finish line).

Drop Out Procedures & Time Cut-offs

Emergency Numbers

During the event there will be a CONTROL ROOM in operation. Please ensure that you save these numbers on your phone prior to the Challenge.

Emergency Number (if you are injured but non-life threatening): **0203 915 6682**

Control Room Number (for non-emergencies i.e. you are lost): **0207 609 6695**

Control Room SMS (to inform if you are retiring from the event): **07493 847 931**

Life Threatening Incidents CALL 999 first, then the emergency number above

Exiting / Retiring from the Challenge

The ideal place to retire is at any Rest Stop – so unless it is an absolute emergency please do your best to do that. Go to the '**Information Point**' and hand in your Event Pass which you should write your exit time on. Staff will provide details of shuttle services or other ways to exit. The shuttle service is only available from the 37 km Rest Stop back to Henley.

If exiting the event on the course

If you need to exit / retire from the challenge, please inform event staff OR text the Control Room SMS number (also on the Event Pass) - with your **NAME, BIB NUMBER, APPROX KM** and **TIME**, along with the words 'DROPPING OUT'. Please include details for team mates also exiting if applicable.

Cut-off times

The Event will have cut-off time of **22:30 hrs** on Saturday night – and all participants must have crossed the line by this time. In line with this cut off, we will have Rest Stop closing times in place (meaning you must have left the rest stops by the time below):

- 25km 'Lunch for 50 km Challenge' – Henley Showground **15:30 hrs**
- 37 km Rest Stop (for 50 km Challenge) – Marlow: **19:00 hrs**

We will, however, do everything we can to ensure that anyone who wants to continue can do so as we are fully aware of what 'finishing' means to many.

What you can expect next from us...

- Start Times & Final Event Guide– Friday 11th September
- Pre Event Briefing Video – Monday 14th September
- Start time change form closes – Monday 14th September
- Event Bib & Timing Chip lands via post – latest Wednesday 23rd September
- E-Tickets & Medical Screening Questionnaire – Wednesday 23rd September
- Timing & Tracking Website – Thursday 24th September

We wish you the best of luck for your challenge and look forward to meeting you at Henley Showground – and it's going to be fantastic to see everyone back on an Ultra Challenge – at last!

Kind Regards,
The Ultra Challenge Team,
Action Challenge, London

