



Cotswold Way Challenge

25 – 26 June 2022

Final Event Guide

PLEASE READ

The 2022 Cotswold way Challenge is approaching quickly, and with about 1,500 people taking part – it should be a great event! This ‘Final Event Guide’ will help with your final planning, and please read this alongside other material set out in the in the ‘App’ or in the Participant Area of the Ultra Challenge website.

CHALLENGE APP

The new ‘Event App’ is now available – and gives you access to all the key info & updates. Firstly – if you have not yet downloaded it – go to the **Apple / Google Store**, search for ‘**Action Challenge**’ and download that base App. Follow the instructions, then, on the front screen (or go to ‘**Load New**’ in the burger menu if you already have the base App installed) – enter **Reference Code CWC2022** – which downloads the Isle of Wight Challenge info.

This App gets all the updates before the Challenge - so make sure you have it on your phone!

In the APP you will find:

- Copy of this Final Event Guide
- Latest News
- Briefing video from the ‘Event Director’
- Start Time list (so you can check you’re on it!)
- How to ‘manage your place’ (cancellations / deferrals / changes)
- Optional Extra booking (camping / parking / shuttle bus transfers)
- Route Maps
- Link to the event timing & tracking system
- Start / finish & Rest Stop venues info + supporter access
- Travel advice (inc. how to get a ferry discount)
- Details of the Challenge food / menu
- Kit Lists
- Social Media links
- + Much More.....

You can also view the App on a Computer (desktop / laptop):

- Go to: www.web.vamoos.com/login
- Enter User ID as: **ACT**
- Enter **CWC2022** Passcode (same as mobile App above)

The **Participant Area** on the Ultra Challenge website also holds some of the key info:

[CLICK HERE FOR Participant Area >>>](#)

KEY PRE-EVENT INFO....

Start times

For anyone registered **before 24 May 2022**, you should have received your allocated start time sent via **EMAIL** on Wednesday 24 May 2022.

We've allocated a start time as close as possible to the slot selected when registering – and at most (in a few instances only) there may be a half hour difference from that original choice.

If you signed-up as a Team - members will be allocated the same start as the Team Captain. If you've **NOT** received your start time Email by **6.00pm Wednesday 24 May** check your 'junk' inbox first - and then check that your name is on the Start Time List (which is in the App). If it is, your Start Time is detailed there, and there's no reason to worry or contact us – as that time will be confirmed on your **E Ticket**.

If your name is **not** on the Start Time List – **OR** in legitimate **exceptional circumstances** you'd like to request a '**Start Time Amendment**' - **OR** there seems to be a problem with some of your Team's start times - then please complete the **online form** below by **5.00pm Monday June** at the **latest**.

Anyone that has registered on **24 May or after**, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to **ALL** participants on **15 June**).

'**Start Windows**' for the various Challenge options are below, with half hour allocated slots within these windows. **NO** requests can be made for a start time outside of the appropriate 'window'.

Saturday 25 June (from Cirencester basecamp)

- Full Challenge & Full 2 Day – 7.00 – 9.00am
- 1st Half Challenge – 7.00 – 9.00am
- 1st Quarter Challenge – 9.00 - 9.30am

(from Painswick)

- 2nd Quarter Challenge – 9.30am

Sunday 26 June (from Wotton-Under-Edge)

- 2 Day Full Challenge (2nd day) - 6.00 - 6.30am (rolling start)
- 2nd Half Challenge - 6.00am - 6.30am

[CLICK HERE FOR START TIME REQUEST FORM >>](#)

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Wed 15 June 2021** – and you must bring it for registration on to the event. Ideally store it on a mobile device to save paper!

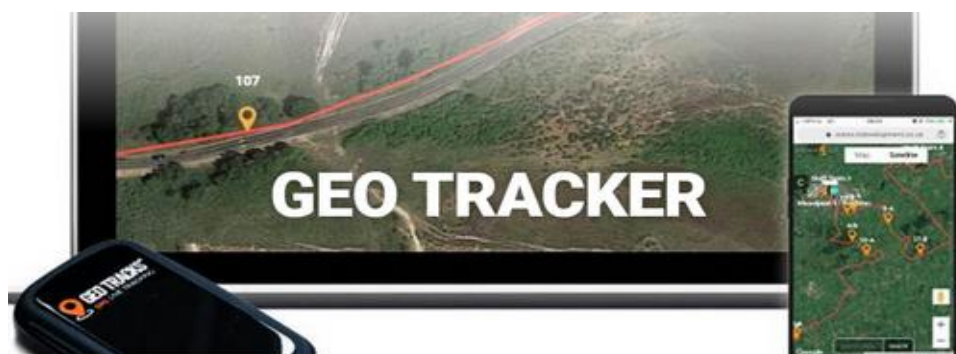
If you've **NOT** received an E-Ticket by **Monday 20 June** (check junk mail first) – there will be a 'Starting List' published within the App & Participant Area of the Ultra Challenge website - where you can check your bib number, start time and request an E-Ticket re-send. We ask that you **do not** email or phone to request an E-Ticket.

OPTIONAL EXTRAS

Must be booked in advance - Bookings will close on Friday 17nd June – but book now, as some services have a maximum capacity!

Optional Extras:

- **'University' accommodation at Cirencester** ~0/100km (Fri & Sat evening)
- **Camping** - (Wotton Sat night at ~53 km half way)
- **Parking** - Cirencester (basecamp), Painswick (24km) & Wotton-Under-Edge (53km)
- **Bus Transfers** - pre challenge from Kemble Station to the start venue
- **Bus Transfer** - pre challenge from a 'Finish' (where you can park) to the 'Start'
- **Bus Transfers** - post challenge - back to start (*i.e. transfer back to get car / train*)
- **NEW - Geo Tracker Hire** so family & friends can track your progress in real time!



Optional Extras are detailed in full via our **Website** - with online booking:

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

Please Note - Tickets for **accommodation, camping & parking** will be **e mailed** the week prior to the event (coach transfers will be based on lists that we will have on the day)

Baggage Services (*no need to book online – 'pay on the day'*)

If you want to have your bag transported from the start line to your finish line. This optional service is paid by **card / cash on-the-day** (*at the baggage drop tent*).

Transfers to your finish (20kg / 80L max size) – prices are per bag

- Full Challenge **£5** (store at the start), Half Challengers **£7.50** & Quarter Challengers **£5**
- Runners (officially registered) FREE transfer (max size 10kg / 25L – this will be checked!).

Transfers to Half-Way & then on to finish (Full Challenge only – extra clothes etc)

- £15 per bag (max size 20kg / 80L)
- **Campers** - £15 per 'sack' / person - for those who've purchased our 'Camping Package' (we'll provide a 'sack' - i.e. for a bag & other likely camping equipment).
- Runners - **free** for 10kg/30L max size (bigger / extra bags must be paid for as above).

Walkers & Joggers - bring a day bag (small rucksack) of 30-35L max - which you will be expected to carry with you – to hold your essential 'on event' kit.

Runners: Carry a small backpack if you wish – or as above; registered runners (and you must be an 'actual runner – in running kit) will receive a FREE transfer for a small bag.

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

MERCHANDISE

There's still time to purchase your 2022 Cotswold Way tech T-shirt for just £20! Also, check out our range of Ultra Challenge merchandise including leggings, hoodies and hats. We can't guarantee availability on the day, so order yours NOW to avoid disappointment!

[CLICK HERE TO VISIT OUR ONLINE SHOP >>](#)

If you have booked Accommodation at Cirencester RAU halls of residence

If you are arriving on Friday evening at Cirencester (strictly NOT before 4pm or after 9pm) there will be a signing in point, where you will be able to collect your key fob and we will take a £10 deposit – CASH ONLY, which will be given on return of the key fob. Remember – **Friday evening dinner** MUST be booked in advance – and **parking** if you're leaving your car at the Cirencester 'basecamp' (see 'Optional Extras')

If you have booked Camping at Wotton-Under-Edge

Camping at Wotton-Under-Edge will be open from midday on Saturday 25 June. Head to the 'Info Point' once you arrive at Wotton for instructions.

REGISTRATION & THE START

Note – Please see the App for full details of venue locations & maps, and **parking** at all the key start venues must be **booked in advance** (ie weekend, single day, supports).

Early Registration at Cirencester (*main start*) - Friday 24th June

- At basecamp for those staying locally (and at the on-site University Halls) - we will open '**Early Registration**' for Cirencester starters only from 4.00pm until 8.00pm on Friday

Registration & The Start – Saturday 25th June

Full Continuous, Full 2 Day 1st Half & 1st Quarter Challenge

- At **Royal Agricultural University, Stroud Road, Cirencester GL7 6JS** opens 6.00am – 9.30am

2nd Quarter Challenge

- At **Painswick RFC & Sports Club, Stroud Rd, Painswick, GL6 6RS** opens at 8.00am - 9.00am

Registration & The Start – Sunday 26th June

2nd Half Challenge & 2nd Day of '2 Day Full Challenge'

- At **Wotton Sports Centre, Centre, New Road Entrance (field), Wotton-under-Edge GL12 8JW** opens 5.00am – 6.00am

At Registration

- Try and arrive 1 hour prior to your start time
- You **MUST** present your **E-TICKET**
- Collect your **EVENT PACK** (Event & timing pass, lanyard, bib, route card)
- You'll also get a souvenir **Isle of Wight neck buff**
- Detail critical **medical details** on the reverse of bib (*ie serious conditions / allergies*)
- E-Tickets are **NOT** transferable – we may ask for ID
- You must come with at least **2 litres of water** (bottles / camel back).

You'll be called into the '**Start Pen**' about 15 mins **before** your official start time for a safety briefing & warm up – and then you'll then set off a 'wave' of about 250 or so challengers

Note - if you arrive more than 1 hour before your start time you'll have to wait outside the marquee basecamp area / or in your car – so 1 hour prior is perfect! If you registered on the Friday you can arrive 30 minutes before your start time if that suits you better.

THE ROUTE

Will be marked with pink arrows, ribbons, flags & signs. Equally important - you'll have access to a **Google route map via the Challenge APP** (and a QR code on the Route Card). A mobile phone is therefore **essential** – and ideally with a back-up battery pack – which are readily available these days!). With the right phone settings - your 'blue dot' location shows up relative to the route – so you'll always be able to figure where you are!

Google Map

This will be finalised & enhanced with useful information prior to the Challenge.

GPX file

You will be able to download the final GPX file of the route to upload into GPS type devices (Garmins etc). This will be available from Monday 20 June via the App & website.

[CLICK TO VIEW ROUTE >>](#)

NOTE: The Route is **subject to change** in the lead up to the event – and potentially close to the start date - so please always follow **the signage on the day**. We've plotted the route various devices to get the 'best' plot, and please be aware that some GPS devices tend to overstate distance on relatively slow, long, walking / hiking type activities – and it's best to turn off the device when you are stationary for prolonged periods (ie – at rest stops)

Hazards on Route

Hazards exist in many guises – on footpaths, pavements, and on roads! Look out for: Traffic (cross roads in the correct places); slippery surfaces on footpaths (it may be wet); styles (can be tricky); steep slopes; other pedestrians / dogs – and clearly darkness / night time brings additional challenges – so you **must bring a head torch!** Be careful – and always err on the cautious side and look, listen & think ahead, as for most, this event is NOT a race!

Timing & Tracking

You'll be issued with a timing pass & lanyard to be worn around your neck during the event. This will be scanned at the start / finish and at rest stops. You must go through all check points for your tracking profile to be updated. Friends & family will be able to view your progress through rest stops – and this link will be available via the **App** and the **website** on Thursday 23 June.

'What's App' & 'What 3 Words'

The route is relatively remote in places & post codes often 'don't work' – so having access to (and knowing how to use) – 'What's App' location functionality and 'What 3 Words'

(which is a well-known location type app) are both very useful in case you need to give your specific location to a supporter (i.e. to meet or pick you up) - or to our Control Room. Please check these out if you are not familiar with them – and download these clever apps!

Food & Drink at Cirencester basecamp & Rest Stops

All dietary requirements are catered for (please ask if it's not apparent!)

- **Start** (Cirencester basecamp) : Hot drinks, biscuits, bananas (Plus - breakfast vendor)
- **~24 km Stop (Painswick)** - Full / 1st Challengers, picnic lunch
- **~24 km Stop (Painswick)** - 1st Quarter finishers, BBQ
- **~53 km - 'Half Way' + 1st Half Finish** (Wotton-Under-Edge) - hot meals choice (pasta/ curry etc)
- **~78 km Stop – (Beaufort)** – (selection of hot wraps + breakfast wraps)
- **~78 km Stop (26km for Day 2 / 2nd Half)** as above / picnic lunch (depending on time)
- **100 km Finish (Cirencester)** – BBQ for finishers (or breakfast – depending on time)
- **Other Rest stops:** Edgeworth (12.5 km) / Coaley Peak (38km) / Hawkesbury (63km) & Rodmarton (90km) : Good mix of snacks (inc. bakery / fruit / cut fruit / protein bars/ chocolate / sweets / savoury) - and hot drinks / water/ squash / energy drink.

If you have a favourite snack which 'hits the spot', perhaps keeps you going when you might not feel like eating other food – then it's not a bad idea to bring some of it with you! Please clear & dispose of all **your rubbish** in the sacks / bins provided at all the venues.

Medical Facilities

Our team of medics will be at the basecamp & at all the Rest Stops – with mobile resources deployed for any serious incidents. You should bring your own small first aid kit – and always deal with blisters as soon as you feel a 'hot spot' (don't wait till you get to a rest stop!). There's a **massage service** at the Wotton-Under-Edge 53 km 'half way' & point & at the main basecamp finish in Cirencester (10 min slots – booked on arrival at that stop)

FINISH LINE & DEPARTING

All finishers will get a well-earned medal, glass of fizz (or soft drink) and a meal.

1st Quarter Challenge finish line – Painswick Rugby Club, Stoud Road, Painswick, GL6 6UH.

BBQ lunch. There are bookable shuttles (book in advance via our Bookable Extras page) to take finishers back to the Cirencester start parking, and Stroud train station. Supporters collecting you can purchase a parking pass in advance. Supporters will not be allowed in the

main marquee area (there will be a separate seating area).

[Google Map Location for Painswick >>](#)

1st Half Challenge & 2nd Quarter finish line – at **Wotton Sports Centre, Centre, New Road Entrance (field), Wotton-under-Edge GL12 8JW.**

Selection of hot food available + massage and medical teams just in case. There will be optional transfers to the Cirencester basecamp or Stroud train station. Supporters collecting you can purchase a parking pass in advance - but will not be allowed in the main marquee area (there will be a separate seating area)

[Google Map Location for Wotton-Under-Edge>>](#)

Full & 2nd Half Challenge finish line – **Royal Agricultural University, Stroud Road, Cirencester GL7 6JS.** Selection of hot food available (BBQ or breakfast if early) + massage and medical teams. There are shuttles back to the Kemble train station which **MUST** be booked in advance via our online booking form. Supporters will be able to park at Cirencester (to pick you up) they can purchase a parking ticket in advance for £5 – but will not be allowed in the main marquee area (there will be a separate area).

[Google Map Location for Cirencester >>>](#)

Note - Runners / Fast Joggers:

Runners on the Full ~100km Challenge will finish somewhere between 6:00 –11:30pm on Saturday. For those arriving at the finish line when the trains are not be running, there will be a quiet area available for participants to rest until the first train on Sunday morning. Please bear in mind that as the runners arrive relatively spread out at the finish line, the finish line can be quiet at times (so do ask your supporters to join you!)

DROP OUT PROCEDURES, CUT OFF TIMES & RULES

During the event there will be a **Control Room** in operation. Please ensure that you save the important phone numbers prior to the Challenge.

Emergency No. (If you're injured but non-life threatening): **0203 915 6682**

Control Room No. (For non-emergencies i.e. you are lost): **0207 609 6695**

Drop Out SMS / Whats App (To say you're retiring etc): **07931 466138**

Life Threatening Incidents CALL 999 first, then the emergency no. above

Exiting / Retiring from the Challenge

If you need to exit / retire from the Challenge, please inform Event Staff or by Text SMS to the number provided on the Route Card – procedure details below. The ideal place to

retire is at any Rest Stop – so unless it is an absolute emergency please do your best to carry on to one of these stops.

There will be shuttle buses picking up those who have retired from the event from the 24km Painswick rest stop onwards, to take you to the next major Rest Stop – where (if required) you can book on to one of the Shuttle Transfer Buses to get back to Cirencester (if needed). However, these buses will be doing round trips stopping at all rest stops on the route, so this may involve a wait during busy times.

If dropping out at a Rest Stop / Mid Point

Go to the ‘**Information Point**’ and hand in your Event Pass. Staff will provide details of shuttle services or other ways to exit. The shuttle service is only available from the 30km point onwards - before that point, retirees will need to make their own travel arrangements, unless in an emergency when we will have vehicles and medics available.

If exiting the event on the course

If you need to exit / retire from the challenge, please inform event staff OR text the ‘Drop Out’ number provided on the Event Pass with your **NAME, BIB NO. APPROX KM** and **TIME**, along with the words ‘DROPPING OUT’. Please include details for team mates also exiting the event if applicable.

Other pick up points

If you are physically unable to make it to the next rest stop – we will have a number of strategically designated ‘pick up points’ (that our vehicles can access) – which will be detailed on the Google route map (and detailed on the route card, and the Control Room can direct you). Pick-ups from these points will just move you to the next rest stop – and at that point **your challenge will finish** (they cannot be used to ‘get a lift’).

Cut off times

The Event will have cut off departure times from based on the 34 hour upper end time (Full Challengers), 18 hrs for the 1st Half (~53km), 16 hours for the 2nd Half (~47km), 8 hours for the 1st Quarter (24km) & 9 hours for the 2nd Quarter. If anyone fails to meet these cut off times, the Organiser reserves the right to withdraw participants from the Event. 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.

Event Rules

There aren’t too many rules – but the ones we have are important. Please make sure you familiarise yourself with these rules and our Ultra Code before the Challenge:

- Do not attend the event if you feel ill – or have an infectious disease
- Your Bib & Event Pass must be worn at all times
- You must have a mobile phone with you & the app installed (+ WhstsApp / 3 Words)
- You must carry a back-up power pack for your phone
- Participants must ensure they are hydrated, fed & rested before commencing any stage of the event and report any concerns to an Event Medic or Event Staff
- If, in the opinion of an Event Medic, a participant is considered unfit to complete the next stage, or further stages, that participant will be excluded as necessary
- All Full, 1st Half & 2nd Quarter Challengers **MUST** carry a head torch and wear it during the hours of darkness.
- The Event Organiser reserves the right to operate a 34 hour cut off time for all participants attempting the Full Challenge – with other Rest Stops closing times in accordance with this time frame (as set out above).
- No individual should leave a rest stop alone during the hours of darkness – you must be with a TREK MASTER-guided group or be part of a team
- The Organiser reserves the right to officially remove a participant from the Challenge if, in their reasonable opinion, the participant's actions or behaviour is likely to significantly impact the wellbeing of other participants, staff, suppliers, or members of the public - or will bring the reputation of the event and / or the event organiser into disrepute.
- If any participants are encouraging, or hosting 'non-registered challengers' to take part in the challenge alongside them in some way, and are seen to be passing food /drink to them – all involved will be disqualified, all our services will be immediately withdrawn, offenders will be removed from our venues, and no refunds of any kind will be made.

The Ultra Code

It is important to remember that the route goes through public paths and can run close to private property. In respect of this, please be sure to always follow the Ultra Code:

- **No littering at all** – bring a bag to use for your litter – and dispose of at rest stops
- **Always shut gates behind you**
- Be considerate of local residents, making sure to keep noise levels down
- Use the toilets provided (and use them properly!) – and not on the route!
- Respect private property (keep out)
- Beware of roads – and always cross in the correct places
- Be considerate of other walkers on the route who may not be taking part
- Be aware of cattle / sheep

SUPPORTER ACCESS TO REST STOPS

There will be supporter zones at: Cirencester, RAU basecamp (main start / finish), Painswick (24 km), Wotton-Under-Edge (53 km 'half way')

At other Rest Stops there's **no supporter access** (unless for a drop out / retiree pick up).
What can you expect next from us...

- 1. Pre-Event Video Briefing!** Our Pre-Event Briefing gives you a quick rundown on what you can expect on the day, the route, hints & tips! This is live via App and Participant's Area of the Ultra Challenge website.
- 1. E-Tickets** These will be sent to you on Wed 15th June – keep an eye out for them in your inbox!
- 2. Timing Website & Good Luck** On 23rd June Cotswold Way timing & tacking website will go live and a final 'Good Luck' email from us will.
- 3. Official Results & Certificates Released** Your final times will be released via the timing website on the 27th June – you'll also be able to download your official Cotswold way Challenge certificate!

We wish you the best of luck for your challenge if you have any questions, please visit our online Help Centre on our website:

[CLICK HERE for the Help Centre >>](#)

Kind Regards, The Ultra Challenge Team, Action Challenge