



London 2 Brighton Challenge

27/28 May 2023

Event Guide

PLEASE READ



The 2023 London 2 Brighton Challenge is back after over a decade of success, and we can't wait to see 1,500 or so adventurers back on this brilliant capital to coast challenge – we hope you're looking forward to it as much as we are! This 'Event Guide' will help with your plans, and please read this alongside other material set out in the in the 'App' & in the Participant Area of the Ultra Challenge website.

CHALLENGE APP

The new 'Event App' is 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 LNDN2BRTN23** – which downloads all the latest info.

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

In the APP you will find:

- Copy of this Event Guide
- Briefing video (available approximately 6 weeks prior to the event)
- Start Time list (available 4 weeks prior to the event)
- How to 'manage your place' (cancellations/deferrals/ect.)
- Optional Extra booking (camping/parking/bus transfers)
- Route Maps
- Link to the event timing & tracking system
- Start / finish & Rest Stop venues info + supporter access
- Travel advice
- Details of the Challenge food / menu
- Kit Lists + 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 **LNDN2BRTN23** Passcode (same as mobile App above)

KEY PRE-EVENT INFO....

Start times

For anyone registered **before 24 April 2023**, you should have received your official allocated start time sent via **EMAIL** on Tuesday 25 April (+ a text alert)



We will allocate start times as close as possible to the slot selected when registering – and at most (in a few instances) 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 6pm Wednesday 26 April, check your 'junk' inbox first - and then check that **your name** is on the Start Time List (which is in the [App & Participant Area](#) of the website). 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** (available on the app & the website from 26 April) by **8pm Sunday 7 May** at the **latest**. **PLEASE NOTE** Due to logistical limitations, there are certain start times on a number of distances and within some teams that cannot be changed.

Anyone who has registered on **24 April or after**, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to **ALL** participants on **17 May 2023**).

The '**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'.

Start points have 'windows' – we can't accept amendment requests outside of these.

- **Full, 1st Half, (Richmond):** Saturday 27 between 7.00 – 9.00am
- **1st Quarter Challenge (Richmond):** Saturday 27 between 8.00 – 9.00am
- **2nd Half Challenge (Tulley's Farm):** Sunday 28 between 6.00 – 6.30am
- **Full 2 Day Challenge (2nd Half – Tulley's Farm):** Sun 29 between 6.00 – 6.30am

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Wed 17 May 2023** – and you must bring it for registration on to the event. Ideally store it on a mobile device to save paper!

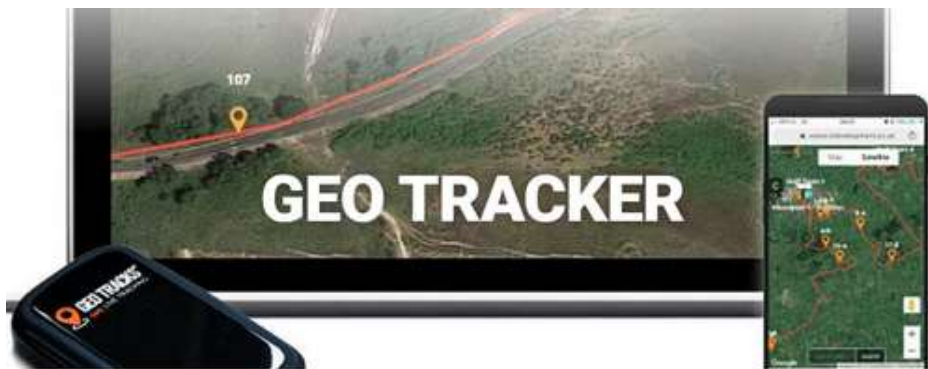
If you've **NOT** received an E-Ticket by **Monday 22 May** (check junk mail first) – there will be a 'Final Starting List' published within the Challenge App & Participant Area of the Ultra Challenge website - where you can check your bib number, start time and request an **E-Ticket re-send**. We ask that you **do not** email or phone to request an E-Ticket.

OPTIONAL EXTRAS

Must be **booked in advance** - **Bookings will close at midnight Tuesday 16 May** – but book now, as some services have a maximum capacity!

Our Optional Extras include:

- **Camping packages** - main Half Way 56km Rest Stop (*Tulleys Farm*).
 - (*Saturday*): Inclusive: **£65/£85** – single/twin,
 - (*Saturday*): Pitch only Camping: **£30/£20** – single/extra campers,
 - (*Saturday*): Campervan: **£30/£20** – single/extra campers
- **Meals** Sunday morning breakfast **£6**
- **Parking options**
 - *Oaks Park (25km), Tulleys Farm (56km), Brighton Racecourse* **£6**
 - Park at the finish (*Brighton Racecourse*) and see you at the start (*Richmond*). Parking is available on Friday at 6-10pm at Brighton Racecourse. **£6**
- **Pre-challenge shuttle transfers** to start venue
 - *2nd Half – From Brighton to Tulleys Farm* **£20PP**
- **Post-challenger shuttle transfers** - after your challenge
 - *From Oaks Park to Sutton Station (Saturday only)* **£10PP**
 - *From Tulleys Farm to Three Bridges Station*
 - *Saturday 12pm till last train (SUN campers ONLY)* **£10PP**
 - *From Brighton Racecourse to Brighton Station*
 - *Saturday 5pm till last train* **£10PP**
 - *Sunday 6am onwards* **£10PP**
- **Geo Tracker Hire** so family & friends can track your progress in real time! **£25**



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

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

Please Note - Tickets for **Camping & Parking** will be E-mailed the week prior to the event (places on booked bus transfers will be based on lists that we'll 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 Challengers – **£12**, Half Challengers - **£10**, Quarter Challengers - **£7**
- Runners (registered) – free transfer (max size 10kg / 30L – and this **will** be checked)

Transfer to Half-Way & then on to Finish (Full Challenge only – extra clothes etc.)

- £17 per bag (max size 20kg / 80L)
- £17 per ‘sack’ per person - for those who have purchased a ‘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 lightweight backpack if you wish – or as above, registered runners (and you must be an ‘actual runner’) will receive a **FREE** transfer for a small bag.

Please 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 Bridport finish is likely to be much later than your own arrival!

Merchandise

There’s still time to purchase your 2023 London 2 Brighton tech T-shirt for just £25! Also, check out our full range of Ultra Challenge merchandise including a new style fleece, leggings, hoodies and hats! We can’t guarantee sizes and availability on the day at the start – so order yours **NOW** to avoid disappointment!

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

If you have booked Camping

Camping at Tulleys Farm will be open from midday on Saturday 27 May – there are ‘zones’ for the ‘pre pitched’ option / ‘pitch only’ option / and campervans – which will be arranged as best possible to ensure ‘late comers’ don’t disturb the early bird sleepers!

TRAVEL – GETTING THERE & AWAY

THE MAIN START - Full, 1st Half, & 1st Quarter Challengers – Old Deer Park, Twickenham Road, Richmond, TW9 2RA

Look out for our event signage. There is a large Council owned ‘Pay & Display Car Park’ opposite the start site area (in Old Deer Park) – located on the ‘heading west’ side of Twickenham Road (*the official maximum stay at this car park is 24 hours*).

[Google Map link to Old Deer Park \(parking\) >>>](#)

Registration

You’ll need your E-Ticket with the QR code to register (on a phone / or printed).

Early Registration - Friday 26 May

For those staying locally we will open ‘Early Registration’ for **RICHMOND starters only** from 4.00 to 8.00pm on Friday at the main start location in Old Deer Park – so you can collect your Event Pack. This will save time on Saturday morning, and means you only need to be at the start 30 minutes before your start time.

Main Registration – Saturday 27 May

Please **do not** arrive at the start venue more than 1 hour before your start time.

2nd Half Challenge Registration – Sunday 28 May

At **Tulley’s Farm, Turners Hill Road, Turners Hill, Nr Crawley, West Sussex, RH10 4PE** - registration opens from 5.15am for rolling starts between 6.00-6.30am.

2 Day Full Challenge – 2nd Day Registration – Sunday 28 May

As above - Registration is at Tulley’s Farm (Turners Hill Rd, Turners Hill, Nr Crawley, West Sussex, RH10 4PE) opening at 5:15am for rolling starts between 6.00-6.30am.

At Registration

- You **MUST** arrive on site a max **1 HOUR** before your start time
- You **MUST** present your **E-TICKET** where asked to
- Collect your **EVENT PACK** (Event Pass / timing chip, lanyard, bib, safety pins)
- Collect your **event buff & route card**
- Write **medical details** on the reverse of your bib (*if have any serious conditions*)
- **E-Tickets** are **NOT** transferable – we may ask for ID to confirm your details
- **PHOTO ID MUST BE PROVIDED FOR THOSE ON A MULTI-DEAL**
- You **must** come with at least **2 litres of water**, either in a bottle or a camel back

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

YOUR START

You'll be called into the 'Start Pen' about 15 mins before your official start time for photos, a safety briefing, and warm up. Then you'll be set off in a 'wave' of about 250 or so challengers (for those on the Saturday start slots)

Supporters at the Start

Supporters are welcome at the start – but are not allowed in the marquee area, and there will be a separate 'Supporter Zone' (with tea / coffee)

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** – 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 (s)

These will be finalised & enhanced with useful information.

GPX file

You will be able to download the final GPX file of the route to upload into GPS type devices (Garmin's etc). This will be available from Thursday 25 May via the App & website.

[**CLICK HERE TO VIEW 'ROUTE' >>>**](#)

NOTE: The Route(s) 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 long periods (i.e. – 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 – and we want to see everyone safely at the finish line!

Timing & Tracking

You'll be issued with a timing pass & lanyard to be worn around your neck. This will be scanned at the start / finish & 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 25 May.

'WhatsApp' & 'What 3 Words'

The route is relatively remote in places & post codes often 'don't work' that well – so having access to (and knowing how to use) – **'WhatsApp'** 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 on to your phone!

Food & Drink at the Challenge Rest Stops

All dietary requirements are catered for (ask if it's not apparent!) – and if you want more food at the main rest stops – PLEASE ASK FOR IT – as our catering team is there to help!

- **Start:** (*Richmond*) – Hot drinks, biscuits, bananas (Plus - breakfast vendor)
- ~ **25km Stop:** (*Oaks Park*) – Full / 1st Half Challengers, picnic lunch
- ~ **25km Finish:** (*Oaks Park*) – 1st Quarter finishers, picnic lunch
- ~ **56km 'Half Way' & 1st Half Finish:** (*Tulleys Farm*) – Hot meal choice (pasta / curry)
- ~ **80km Stop:** (*Wivelsfield*) – Full Continuous Challengers, Selection of hot/cold food
- ~ **80km Stop:** (*Wivelsfield*) – 2nd Half/ 2 Day Challengers picnic lunch
- **100 km Finish:** (*Brighton*) – Hot meal for all finishers (or breakfast – depending on time)
- **Other Rest stops:** (*Green Lane (12km) / Henhaw Farm (40km) / Ardingly College (67km) & Plumpton College (88km)*) – 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 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 Tulleys Farm 56km ‘half way’ point & at the main finish in Brighton (10 min slots – booked on arrival at that venue)

FINISH LINE & DEPARTING

All finishers will get a well-earned medal, some fizz glass of fizz and a meal with a soft drink.

1st Quarter Challenge finish line – Oaks Park, Croydon Lane, Banstead, Surrey SM7 3BA

Picnic lunch. There are optional shuttles available to Sutton Station. Supporters will be able to park at Oaks Park – but will not be allowed in the main marquee area (there will be a separate area).

[Google Map Location for Oaks Park >>>](#)

1st Half Challenge finish line – Tulley’s Farm, Turners Hill Rd, Turners Hill, Nr Crawley, West Sussex, RH10 4PE.

Selection of hot food available, massage and medical teams just in case. There are shuttles to Three Bridges Station (1st Half finishers). Supporters will be able to park at Tulleys Farm – but will not be allowed in the main marquee area (there will be a separate area).

[Google Map Location for Tulleys Farm >>>](#)

Full & 2nd Half Challenge finish line – Brighton Racecourse, Freshfield Road, Brighton, BN2 9XZ.

Selection of hot food available + massage and medical teams just in case. There will be shuttles to Brighton Station. Supporters will be able to park at Brighton.

[Google Map Location for Brighton Racecourse >>>](#)

Note - Runners / Fast Joggers:

Runners on the Full 100km Challenge will finish somewhere between 4:30 –10:30pm 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 OFFS, 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 Number (if you are 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 / WhatsApp (To say you're retiring etc.): **07931 466 138**

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 beyond the 25km Oaks Park rest stop onwards, to take you to a local station (from 25km), Tulley's Farm rest stop (from 41km) or Three Bridges Station (56km), or the Brighton Racecourse finish from beyond the 67km rest stop . 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 25km 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 vent 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 (56km), 14 hours for the 2nd Half (44km), 8 hours for the 1st Quarter (25km) Challenge. 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 the Event App installed (+ WhatsApp & What 3 Words)
- You should 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 challengers **MUST carry a head torch** & wear it during the hours of darkness.
- **NO DOGS** (or pets of any kind) anywhere on the Challenge or route – we do not have permissions from landowners, venues and/or farmers to have any kind of animal on the route so pets of any kind are not allowed.
- 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.
- 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.

- Ultra-Challenge Participants who have entered the challenge on a **MULTI DEAL MUST PROVIDE PHOTO ID** at registration or risk losing their place on the challenge

The Ultra Code

It is important to remember that the route goes through public footpaths 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

SUPPORTER ACCESS TO REST STOPS

Supporters are welcome at all the stops below, and whilst we ask that they are self-sufficient with (we will have tea / coffee) and that they will not have access to the main marquees (there will be separate area). There will be parking available should they wish to wait for you/ collect you at the below sites only.

- The Start: There is public parking (pay and display) opposite Old Deer Park, Twickenham Road, Richmond, TW9 2RA
- 25km Rest Stop: Oaks Park, Sutton, SM7 3BA - Local P&D
- 56km Half Way: Tulley's Farm, Turners Hill, Crawley, West Sussex, RH10 4PE Available with pre-paid Parking Pass
- 80km Rest Stop: Wivelsfield Primary School, South Rd, Haywards Heath, East Sussex RH17 7QN Very restricted/ road parking – no access to the site
- 100km Finish: Brighton Racecourse, Freshfield Rd, Brighton, East Sussex, BN2 9XZ Available with pre-paid Parking Pass

Please ensure your supporters **do not** attempt to access any of the other Rest Stops along the route – as they will be turned away.

Please Note - long term parking must be booked in advance (see optional extras), and for any supporter vehicles who intend to visit other rest stops (where allowed).

What can you expect next from us...

- 1. Pre-Event Video Briefing!** Our Pre-Event Briefing will give you a quick rundown on what you can expect on the day, the route, hints & tips for training and more! This will be live on the App and Participant's Area approximately 6 weeks prior to the event.
- 2. E-Tickets** These will be sent to you on the 17 May – keep an eye out for them
- 3. The Live Event Website** On the 25 May the London 2 Brighton Challenge timing & tracking website will go live so don't forget to check it out
- 4. Official Results & Certificates Released** Your final times will be released via the timing website on the 30 May (following the bank holiday) – you'll also be able to download your London 2 Brighton 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,

London