



Isle of Wight Ultra Challenge

4/5 May 2024

Event Guide

PLEASE READ

Please note: This event guide may be subject to changes & revisions

The Isle of Wight Challenge is back again, kicking off on the May bank holiday weekend. With over 1,800 participants expected to take part it's going to be a great event. This Event Guide will help with your final planning, please read it alongside other material within the Challenge App & the Participant Area of the Ultra Challenge website.

Contents

CHALLENGE APP	4
KEY PRE-EVENT INFO	4
Start Times	4
E-Tickets & Bib Number	5
OPTIONAL EXTRAS	6
Baggage Services	6
Merchandise	7
REGISTRATION & THE START	7
THE ROUTE	9
Google Map (s).....	9
GPX file	9
Hazards on Route	9
Timing & Tracking	9
‘WhatsApp’ & ‘What 3 Words’	9
Food & Drink at Chale Recreation Ground & Rest Stops	10
Medical Facilities.....	10
FINISH LINE & DEPARTING	10
DROP OUT PROCEDURES, CUT OFF TIMES & RULES	12
Exiting / Retiring from the Challenge	12
If dropping out at a Rest Stop / Mid-Point.....	12
If exiting the event on the course	12
Other pick-up points	12
Cut off times.....	13
EVENT RULES	13
The Ultra Code	14
SUPPORTERS AT REST STOPS	14

CHALLENGE APP

The '**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 IOW24** - 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 Event Guide
- Briefing video (*available 4 weeks prior to the challenge*)
- Start Time list.
- How to 'manage your place' (*cancellations/deferrals/changes*)
- Optional Extra's (*camping/parking/transfers*)
- Route Maps
- Link to the event timing & tracking system
- Start/finish & Rest Stop venues info.
- Travel advice (*inc. how to get a ferry discount*)
- 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 **IOW24** Passcode (*same as mobile App above*)

KEY PRE-EVENT INFO....

Start Times

For anyone who registered **before 1st April 2024**, you should have received your official allocated start time sent via **EMAIL** on 2nd April. (+ a text alert)

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 have **NOT** seen your start time by **6.00pm Wednesday 3rd April** on the Start Time List (which is in the App & on the Participant Area on the website - 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**, if you'd like to request a '**Start Time Amendment**' - **OR** there seems to be a problem with some of your Team's start times - the please fill out the **online Start Time Amendment** form that will be available in the participant area on the website & in the app.

Anyone that has registered on **1st April or after**, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to **ALL** participants on **24th April**).

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'.

Saturday 4th May (from Chale basecamp)

- **Full Challenge & Full 2 Day:** 7.00 - 9.00am (7am runners' wave)
- NEW ● **¾ Challenge (82km):** 7.00 - 9.30am (7am runners' wave)
- **1st Half Challenge:** 7.00 - 9.00am (7am runners' wave)
- **2nd Half Challenge:** 10am (anytime if joining another Challenger)
- **1st Quarter Challenge:** 9.30 - 10.00am

Saturday 4th May (from Culver Down or Cowes)

- NEW ● **Cross Island 30k:** 10am (Cowes showground start)
- **4th Quarter Challenge:** 10.00 - 10.30am (Culver Down start)
- NEW ● **Medina 10mile:** 10:30am (Cowes showground start)

Sunday 5th May (from Cowes / IOW Showground)

- **2 Day Full Challenge (2nd day):** 6.00 - 6.30am (rolling start)
- NEW ● **¾ Challenge (2nd day):** 6.00 - 6.30am (rolling start)
- **2nd Half Challenge:** 6.00 - 6.30am (rolling start)

E-Tickets & Bib Number

Your E-Ticket will be emailed on **Wed 24th April** - 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 29th April** (please 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 also request an **E-TICKET RE-SEND**. Please **do not** email or phone to request an E-Ticket.

OPTIONAL EXTRAS

Must be booked in advance - **Bookable Extras are open until the 23rd April** - but book now, as some services have limited capacity!

Please note: optional extras may be subject to change.

Optional Extras:

- **Parking:** Weekend, single day, or for supporters.
- **Additional Meals:** Friday evening dinner &, Saturday breakfast (inc. for Friday night campers) is also available to book in advance.
- **Camping:** at Chale (Friday / Saturday) and / or Cowes (Saturday only)
- **Bus Transfer:** pre challenge to Chale start from West Cowes Ferry (close to)
- **Bus Transfer:** pre challenge from a 'Finish' (where you can park) to a 'Start' venue.
- **Bus Transfers:** post challenge - back West Cowes ferry, or back to your start venue
- **Geo Tracker Hire:** so, family & friends can track your progress in real time!

Full details & options are on the Ultra Challenge Website - with online booking:

[CLICK FOR OPTIONAL EXTRA BOOKING >>](#)

Please Note - Tickets for **Parking, Camping & Bus Transfers** will be E-mailed by the start of the week of your challenge (places on bus transfers will be based on lists we'll have on the day for those that have pre-booked)

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 (*store at the start*), Half Challengers & Quarter Challengers
- Runners (*officially registered*) FREE transfer (max size 10kg / 30L - and this will be checked).

Transfers to Half-Way & then on to finish (*Full & ¾ Challengers only - extra clothes etc.*)

- Price will be confirmed on the website (max size 20kg / 80L)

- **Campers** - £tbc 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 halfway 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 Chale finish is likely to be much later than your own arrival!!

Merchandise

Check out and purchase the special Isle of Wight Challenge tech T-shirt! Also, check out our full range of Ultra Challenge merchandise including leggings, hoodies & hats. We can't guarantee sizes & availability on the day at the start - so order NOW to avoid disappointment!

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

If you have booked Camping

If you are arriving on Friday evening at Chale (strictly NOT before 3pm) 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! Remember - **Friday evening dinner** but MUST be booked in advance - and **parking** if you're leaving your car at 'basecamp' (see '*Optional Extras*'). Additional information including camp guidelines and campsite rules will also be available on the app and will be sent prior to the event.

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** (i.e., weekend, single day, supports).

Early Registration at Chale (*main start*) - Friday 3rd May

At the basecamp - **Recreation Ground, Military Road, Chale, PO38 2JF** for Chale starters ONLY (see above) if it's convenient - open between 4.00pm - 8.00pm on Friday.

Note: for those **CAMPING** (must be pre-booked) Chale basecamp opens from 3.00pm

Registration & The Start - Saturday 4th May

Full Continuous, Full 2 Day, $\frac{3}{4}$ Challenge, 1st Half & 1st Quarter Challenges

At Chale Recreation Ground (Military Rd, Chale, PO38 2JF) opens 6.00 - 9.30am

2nd Half, Cross Island 30k Challenge & Medina 10mile

At Cowes, IOW Showground (490 Newport Rd, Cowes PO31 8QU) opens 9 - 10.30am

Registration & The Start - Sunday 5th May

2nd Half

At IOW Showground (490 Newport Rd, Cowes PO31 8QU) opens 5.00 - 6.00am

4th Quarter Challenge

At Culver Down (Culver Down Rd, Sandown, PO36 8QT) opens 9.00 - 10.00am

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 (*i.e., serious conditions/allergies*)
- E-Tickets are **NOT** transferable - we may ask for ID (**always** if on a 'Multi Deal')
- 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 - or should be!

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 (Garmins etc). This will be made available the week of the challenge via the website & the app.

[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 (i.e. - at rest stops)

Hazards on Route

Hazards exist in many guises - on footpaths, pavements, and on roads! Look out for: Traffic (crossroads in the correct places); slippery surfaces on footpaths (it may be wet); cliff edges; styles (can be tricky); steep slopes; other pedestrians / dogs - and clearly darkness / nighttime 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 2nd May.

'WhatsApp' & '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) - '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!

Food & Drink at Chale Recreation Ground & Rest Stops

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

- **Start** (*Chale basecamp*): Hot drinks, biscuits, fruit.
- **21/25km km Stop**: Full /¾/ Half Challengers/Quarter Challengers, picnic lunch
- **53 km main 'Halfway'**: (*Cowes*) hot meals with choices (pasta/curry etc.)
- **82 km Stop**: (*Culver Down*) Continuous Challengers selection of hot/cold food
- **82 km Stop**: (*Culver Down*) Over 2 Days/ 2nd Half Challengers picnic lunch
- **106 km Finish**: (*Chale*) Hot meal for all finishers
- **Other Rest stops**: (*IOW Pearl (10 km) / Hampstead (38km) / Oakfield (70km) & Ventnor (93km)*): Good mix of snacks (inc. bakery / fruit / cut fruit / protein bars/ chocolate / sweets / savoury) - and hot drinks / water/ squash.
- **Medina 10 Mile & Cross Island 30K Challenge**: Every 10-15km marquees with toilets, changing rooms, medics, rest areas, hot drinks, water & snacks and much more, finishers meal for 30K Challengers & for 10-mile Challengers optional discounted finishers meal at the end (must be purchased in advance).

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 Cowes 53 km 'halfway' & point & at the main basecamp finish in Chale (10 min slots - booked on arrival at that stop)

FINISH LINE & DEPARTING

1st Quarter Challenge finish line - Nodewell Farm, The Needles, Totland Bay PO39 0HY, (Access off Alum Bay New Road)

Picnic lunch available. There are bookable shuttles (book in advance via our Bookable Extras page) to take finishers back to the Cowes start parking.

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 Nodewell Farm >>](#)

Medina 10-mile, Cross Island 30K Challenge &, 1st Half finish line - Isle of Wight Showground, 490 Newport Road, Cowes, PO31 8QU

For Medina 10-mile Challengers: optional 'discounted' finishers meal (must be purchased in advance)

For Cross Island 30K Challengers: finishers meal available.

For 1st Half Challengers: selection of hot food available.

For all challengers: massage and medical teams just in case. There will be optional transfers to the West Cowes ferry terminal. 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 Isle of Wight Showground >>](#)

Full Continuous (& 2 Day's) , 2nd Half & 4th Quarter finish line - Chale Recreation Ground, Military Road, PO38 2JF

Selection of hot food available (BBQ or breakfast if early) + massage and medical teams. There are shuttles back to IOW Showground and Cowes foot ferry terminal which **MUST** be booked in advance via our online booking form. Supporters will be able to park at Chale (to pick you up) they can purchase a parking ticket in advance - but will not be allowed in the main marquee area (there will be a separate area).

[Google Map Location for Chale Recreation Ground >>](#)

¾ Challenge (82K) - Culver Down Culver Down Rd, Sandown, PO36 8QT

Selection of food available, more details to be confirmed closer to the event.

Supporters will be able to park at Culver Down (to pick you up) they can purchase a parking ticket in advance - but will not be allowed in the main marquee area (there will be a separate area).

Note - Runners / Fast Joggers:

Runners on the Full ~106 km Challenge will finish somewhere between 6:00 - 11:30pm on Saturday. For those arriving at the finish line when the ferries are not 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 / WhatsApp (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 38 km Isle of Hampstead 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 the ferry port (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) - and an **absolute cut off at 10pm on Sunday at Chale**. This translates to 25 hrs for the $\frac{3}{4}$ Challenge, 16 hrs for the 'Half' Challenges & 8 hours for a '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 other 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 are 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 (+ WhatsApp or 3 Words)
- 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 further stages, that participant will be excluded as necessary.
- All Challengers **MUST** wear a head torch during the hours of darkness.
- The Event Organiser reserves the right to operate the cut off time - with Rest Stop's 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.
- **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 Organiser reserves the right to 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 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 for your litter - dispose of at rest stops.
- Be considerate of local residents.
- Use the toilets provided (and please use them properly!)
- Respect private property (keep out)
- Beware of roads - and always cross in the correct places.
- Be considerate of walkers on the route who may not be taking part.
- Be aware of cattle / sheep.

SUPPORTERS AT REST STOPS

There will be supporter zones at:

Chale basecamp (main start / finish), Nodewell Farm (21 km/25 km), IOW Showground near Cowes (53 km 'halfway') and Culver Down (82 km).

At other Rest Stops there's **no supporter access** (unless for a drop out / retiree pick up).

WHAT YOU CAN EXPECT NEXT

- 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 around 4 weeks prior to the event.
- 2. E-Tickets** These will be sent to you on Wed 24th April - keep an eye out for them in your inbox!
- 3. Timing Website & Good Luck** On 2nd May the Isle of Wight timing & tracking website will go live you will receive a final 'Good Luck' email from us &, the GEO Tracker and GPX files will be made available.

4. Official Results & Certificates Released Your final times will be released via the timing website on the 7th May (following the May bank holiday) – you'll also be able to download your Isle of Wight Challenge certificate!

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

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

Kind Regards,

The Ultra Challenge Team

Action Challenge

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