**SHOTLEY 50 – GENERAL INFORMATION**

**14/15 SEPTEMBER 2019**

**Please note that we have permission to walk on NROW PATHS on the day of the event only. If anyone is found to be walking these paths at any other time the Landowner will withdraw permission to use them on the event.**

1. The **Route Description** is published on the webpage. Please print it off and bring with you on the day. **There will be none available on the day.**  This is a very scenic walk, take time to have a look at the route as you go.

2. The **venue** is the Holbrook Village Hall, **IP9 2PZ.** Please park as directed by marshals.

3. Please arrive with enough time to book in before the start of the event.

4. **Registration** is from 0730. Walkers start at 0845 and runners and fast walkers at 0945 **If you plan to walk/run faster than 5.5 miles per hour please start later.** Refreshments will be available at the start.

5. **Control cards** will be issued at the start of the event. Please ensure that they are scanned at every checkpoint.

6. **Checkpoints**: Please note the opening times of the checkpoints. If you know you are going to arrive earlier than the opening time, **please start later**. The checkpoints will not open earlier to accommodate early arrivals, however CP1 and 2 will stay open until all runners are through.

Checkpoints opening and closing times will be adhered to with the exception of the above. **You must leave** the checkpoint by the closing time otherwise you will be retired.

Food at checkpoints: We cannot cater for specific dietary requirements however a gluten free meal will be available at Tattingstone and at the end. Please let us know, (hoggleigh@btinternet.com) in advance of the event, if you require a gluten free meal. Most of the food served will be suitable for vegetarians and all spread used suitable for vegans. We are happy to transport clearly labelled food marked with your name and checkpoint where you require them.

There are 9 checkpoints: Brantham, East Bergholt, Langham Church Annex, CP4 is unmanned, The Case Altered Pub, Bentley, Tattingstone Village Hall (meal stop – organised by Norfolk and Suffolk Group), Woolverstone Church, Shotley Church and Erwarton Church. Please note that at Langham and Shotley Church the toilets are available to women only. This is at the request of the Vicars and part of the terms on which we hire the venues.

7. **Equipment:** Please ensure that you have the equipment required: route description, OS Landranger 169/Explorer 197 (both maps cover all but 6 miles of the route), compass, control card (will be issued at start of event), waterproofs, torch, spare bulb, batteries, emergency food, personal first aid kit, a mug, sunscreen etc. **There will be no cups/mugs available at any of the checkpoints**. Please ensure that you wear or carry adequate clothing and suitable footwear. Reflective or light-coloured clothing is advisable for the night. There will be no kit check; however, it is in your best interest to carry the requirements.

8. Both walker and runners have 21 hours to complete the event. A certificate will be available to all who complete the event within the time limit.

9. **Supporters**: Please note that checkpoints 1, 2 and 5 (in the car park of a pub) are outside so do not block the road at these checkpoints. The churches are small and out of the way and again we’d ask you not to block entrances or take up space for the walkers/runners. Please also note that food and refreshments are for entrants only.

10. **Retirement:**  Please retire at a checkpoint, ensure that your control card is handed in and please be patient. We will get you back to Holbrook as soon as is possible.

11.  **Facilities:** The venue of Holbrook Village Hall has limited facilities. There are **NO SHOWERS**.

12. Please ensure you get adequate rest before you drive home. There will be a sleeping area provided for this purpose. We are required to vacate the hall by 7am on the Sunday.

13. Results will be published on the Essex-Herts webpage.

14. Any problems on the day please call 07740 812334.

Best wishes

Georgie Hogg

1 September 2019