



ISLE OF WIGHT CHALLENGE

FINAL EVENT GUIDE 2019

2019 Isle of Wight Challenge

The 2019 Isle of Wight Challenge is approaching quickly – with over 1,700 people taking on the Challenge. To help you make your final plans we have put together the Final Event Guide. Please read this alongside the Challenge Manual to ensure you have all the information required.

Isle of Wight Challenge App!

Download the Isle of Wight Challenge App for access to challenge documents & updates. Search 'Action Challenge' in Apple or Google Play stores and download using the code **ACI** to get started and then go to 'load challenge' in the menu and enter the code **IOW**.

We will be updating the app in the lead up to the challenge, including maps and special features to use whilst you are on the challenge, so make sure you keep it on your phone!

In the APP you will find:

- The Challenge Manual
- Training guides & foot care advice
- Kit list & discounts
- Official map(s) of the route & rest stops
- Challenge menu (closer to the challenge)
- Exclusive offers coming soon, and much more!



Preparation Videos

Check out our series of 7 videos covering some key aspects of preparation for your Ultra Challenge; with our expert panel of Jim Smith - long distance walker / Ultra Challenge Trek Master, Matt Buck - Ultra runner / Running coach, and Julian Risley – Event Director.

[**CLICK HERE to view the videos >>**](#)

Key Pre Event Information

Start Times

Start times will be allocated depending on your selection when you registered. For anyone registered in a team, the whole team will automatically be allocated the same start time. If you registered before the 25th March you should now have received your start time via **EMAIL**. If you registered after 25th March you will receive your start time on your **E-TICKET** which is sent out on **Wednesday 24th April**.

Please complete the **ONLINE FORM** linked below if you registered before the 25th March but have not received your start time (do check your junk mail) **OR** if you wish to change your own or your team's start time (due to exceptional circumstances only). Please complete this form by **Monday 15th April** at the latest.

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

E-Ticket & Bib Number

Your E-Ticket will be sent to you via **EMAIL** on **Wednesday 24th April 2019**. This will be required at event registration so you **MUST** bring it with you - please print it off or store it on a mobile to reduce paper waste!

If you have not received your E-Ticket by end of play on **Tuesday 30th April** (do check your junk mail), then please visit the Participant's Area or the app for information on how to request a resend.

Please note: we ask that you **do not email or phone** to request start time amendments or E-Ticket resends.



Camping, Parking & Transfers – Book Your Optional Extras

We have laid on a range of optional extras. These must be pre-booked via our optional extras form as they are not available to purchase on the day. This form closes 2 weeks before the challenge.

TRANSPORT BEFORE YOUR CHALLENGE

FERRY PORT (COWES) to CHALE START LINE

This will be operating on Friday night & Saturday morning to meet the 2 high-speed ferries, and will depart from the Coach Park near Northwood House (just off Ward Avenue). Please follow the YELLOW signage and arrows from the ferry port.

- Friday transfer times: 16:30, 17:30 & 19:00
- Saturday transfer times: 06:30 & 07:30 only
- **£10 per person**

2nd Half Challengers - CHALE to COWES START

- Sunday 5th May
- 05:00am departure from Chale
- **£10 per person**

4th Quarter Challengers - CHALE to CULVER DOWN START

- Sunday 5th May
- 07:30am departure from Chale
- **£10 per person**

TRANSPORT AFTER YOUR CHALLENGE

1st Quarter Challengers – NODEWELL FINISH back to CHALE

- Saturday 4th May
- **£5 per person**

1st Half Challengers – COWES FINISH back to CHALE

- Saturday 4th May
- **£5 per person**

Full, 2nd Half & 4th Quarter Challengers – CHALE FINISH to COWES FERRY PORT

- **£5 per person**

PARKING

- You can book parking at Chale for the full weekend for **£5 per car**
- Day parking (short stay/supporter parking) is available at Chale & Cowes for **£3 per car with cash on the day (no need to book this option)**. No charge for simple drop offs.

CAMPING

There are camping packages available at Chale (start/finish) on Friday & Saturday night, and at Cowes (half-way) on Saturday night only. Please note that the Friday camping at Chale is open from 16:00 onwards (not before).

Pitch Only Package

Single - £30 per night // Twin share - £50 per night

Package includes:

- Tent pitch only – **NO tent included**
- Bring any tent and we will have a space reserved for you
- Showers are available
- 1 x breakfast (next day) per person
- 1 x baggage transfer to finish or storage

Full Camping Package

Single - £59 per night // Twin share - £85 per night

Package includes:

- 1 x 2 person tent & 1 x roll mat - bring your own sleeping bag!
- Showers are available
- 1 x breakfast (next day) per person
- 1 x baggage transfer to finish or storage

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

For anyone that books transfers or parking, you will receive the following details:

- Camping** - Instructions, breakfast voucher and baggage tag will be in your registration pack that you pick up on the morning of the challenge.
- Parking at Chale** - You will be emailed a parking permit on Tuesday 30th April.
- Transfers BEFORE your challenge** - You will be emailed full departure details on Tuesday 30th April.

Registration

- You **MUST** arrive on site **1 HOUR** before your start time to register (unless registered on Friday) as it may be busy
- You **MUST** present your **E-TICKET** at the Registration Tent entrance
- Collect your **EVENT PACK** (Event Pass / timing chip, bib number & baggage tags for runners/ Cowes campers)
- Collect your free branded buff
- You will need to complete **medical details** on the reverse of your event bib (if have any serious medical conditions)
- E-Tickets are **NOT** transferable and we may ask for ID to confirm your details if we have any doubts

Early Registration - Friday 3rd May

For those camping with us or staying locally - we will open 'Early Registration' for **CHALE starters only** from 4.00pm – 8.00pm on Friday at the Chale start location. This will save time on Saturday and means you only need to be at the start 30 mins prior.

Main Registration – Full, 1st Half & 1st Quarter Challengers – Saturday 4th May

- **Recreation Ground, Military Road, Chale, PO38 2JF**
- Registration opens at 06.00am
- Teas and coffees, warm up & toilets available before you start
- Weekend parking available for £5, pre-book only (see previous section)

2nd Half Challenge – Sunday 5th May

- **Northwood House, Ward Avenue, West Cowes, PO31 8AZ**
- Registration opens at 05.00am
- Teas and coffees, warm up & toilets available before you start

4th Quarter Challenge – Culver Down – Sunday 5th May

- **Culver Down, Bembridge, Sandown, Isle of Wight, P036 8QT**
- Registration opens at 08:00am for all to start at 09:00am
- Teas and coffees, warm up & toilets available before you start

Optional Baggage Service

You can store a 'main bag' at Chale (duffle bag/backpack/suitcase/tent) **OR** have it transported from the start line to your finish line for quarter and half Challengers. All baggage services are paid for on the morning of your challenge – you do not need to pre-book online.

Baggage storage at Chale (start/finish venue):

- **Anyone** - £5 per bag

Baggage transfers to your finish:

- **Full Challengers** – £5 storage as above or £15 transfer to half-way & finish
- **1st Half Challengers** – transfer to Cowes finish - £5 per bag
- **1st Quarter Challengers** – transfer to Nodewell finish - £5 per bag
- **2nd Half Challengers** – transfer to Chale finish - £5 per bag

Baggage transfers to half-way & finish:

- Available to **Full Challengers only**
- Free for runners (30L / 10kg max size)
- Included in camping packages
- £15 for walkers and joggers who have not booked a camping package

Walkers & Joggers: You must bring a day bag (small rucksack) of 30-35 litres max - which you will be expected to carry with you – to hold your essential 'on event' kit. This includes whatever you will need for changing weather (and the night sections if on the full challenge).

Runners: Carry a small lightweight backpack if you wish. As above, **registered** runners will receive a **FREE** baggage transfer to their finish line.



The Route

The route will be marked with pink arrows. You will also be supplied with detailed route maps via the [Challenge App](#) so you will need a mobile phone or you can print the pdf version off from the Participant Area to bring with you (though we are aiming to avoid wasted printing where possible in 2019).

Please note – Due to recent coastal erosion, the challenge route will be slightly amended in some sections. We are constantly reviewing the route and are hoping to make as little changes as possible. All current routes are provisional – the final route will be confirmed on the 1st May.



[Google Maps \(online\)](#) - [CLICK HERE to view the provisional Google Map >>](#)

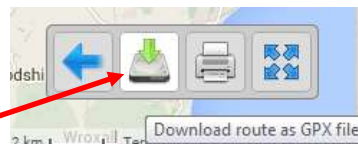
PDF Map

Will be available from the Participants Area / App and gives a detailed printable/ viewable map to study or to track your progress, and information for supporters.

GPX files

You can now download the GPX files of the provisional routes, to upload into GPS devices (such as Garmins), if you are planning on using such a device to aid your navigation along the route. The final route details will be confirmed on the 1st May.

- [Full Island Challenge GPX File](#)
- [1st Half Island Challenge GPX File](#)
- [2nd Half Challenge GPX File](#)
- [1st Quarter GPX File](#)



Download the GPX files:

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

Whilst we have gone to great lengths to map the route you may well find distance discrepancies on the day if you use 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 GPS device when stationary for periods (e.g. Rest Stops etc). **Please follow signage on the day regardless as safety diversions may be in place.**

Event Timing and Tracking

Don't forget our timing and tracking system! Family and family will be able to monitor your progress through the checkpoint as you make your way along the course. The live website will be on our website on Wednesday 1st May (3 days before the challenge).

You will be issued with a timing chip and lanyard to be worn around your neck during the challenge and will be scanned at the start and finish lines, as well as at all rest stops. You must pass through all check points in order for your tracking profile to be updated.



The Finish Line & Departing The Challenge

1st Quarter Challenge finish line - Nodewell Farm

After celebrating your finish with a glass of champagne and your medal, there will be a picnic lunch for you and space to sit and rest your feet. For those being picked up by friends/family there is ample parking, or shuttles back to the start in Chale if you have pre-booked one - and from here shuttles to West Cowes where you can make your way to the Ferry Terminal or to the Chain Link Ferry for those taking the Red Funnel Ferry.

1st Half Challenge finish line - Northwood Park, Cowes

After collecting your well earned medal, there will be a selection of hot food and drinks waiting for you, as well as massage and medical teams just in case. For those being picked up by friends / family there is limited parking available and street parking nearby. There will be a route signposted so you can make your way to the Red Jet High Speed Ferry Terminal or to the Chain Link Ferry for those taking the Red Funnel Ferry (8–10 minute walk). Anyone staying on the island will need to arrange their own transport to their hotel/accommodation.

Full Island Challenge finish line - Chale

Runners / fast joggers - Most runners will finish somewhere between 16:30 – midnight on Saturday. When you arrive at the finish there will be hot food and drink available, as well as massage and medical teams just in case. There will be space to rest at the finish in the main marquee, however this will be chairs and not for those looking to sleep. If you anticipate finishing outside of the ferry operational times, we recommend that you either book a camping pitch or your own accommodation.

Walkers / slower joggers – Celebrate your finish with your medal and a glass of champagne before relaxing with some hot food and drink – and a well earned sit down! There will be space to rest at the finish in the main marquee, however this will be chairs and not for those looking to sleep. If you anticipate finishing outside of the ferry operational times, we recommend that you either book a camping pitch or your own accommodation. Shuttles will take finishers back to Cowes to catch the ferry.

Please note that there is no camping available on the Sunday night.



Drop Out Procedures and Cut-offs

Emergency Numbers

During the event there will be a control room in operation, this will be in our head office. 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 us you are retiring from the event): **07800 005 012**

Life Threatening Incidents: CALL 999

Exiting / Retiring from the Challenge

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 NUMBER, APPROX KM** and **TIME**, along with the words 'DROPPING OUT'. Please include details for team mates also exiting the event if applicable.

The ideal place is at any Rest Stop / Mid Point Stop. Unless it is an emergency, please do your best to carry on to one of these stops. From the 21km rest stop onwards, there will be shuttle buses picking up those who have retired from the event to take you back to Chale Recreation Ground and on to Northwood House (Cowes), where you can make your own way to the ferry. However, these buses will be doing round trips of the island and 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 which you should write your finish time on. They will provide details of shuttle services or other ways to exit. The shuttle service is only available from the 21 km 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.

Cut off times

The Event will have cut off departure times from each Rest Stop/Mid-Points based on the upper end times of 34 hours for the full challenge, 16 hours for the half challenge and 8 hours for the quarter challenge. Upon failure to meet these, 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 to keep you safe. Please make sure you familiarise the key rules set out below:

- Your Bib and Event Pass must be worn at all times
- You must have a mobile phone with you – and the app installed if possible
- 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 Island and Half Island 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 Island 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



What Can You Expect Next From Us...

1. Pre-Event Briefing Live!

Hosted by the Isle of Wight Challenge team, 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 Participant's Area on **29th March!**

2. E-Tickets

These will be sent to you on the **24th April** – keep an eye out for them in your inbox!

3. The Live Event Website & App

On the **1st May** the Isle of Wight Challenge website & app will go 'live' for the event – with our timing & tracking website, social media feed, competitions & much more. The route maps will also go live on the Isle of Wight App 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 **8th May** – you'll also be able to download your Isle of Wight Challenge certificate!

We wish you the best of luck for your challenge and look forward to meeting you on the Island!

The Isle of Wight Challenge Team

Action Challenge

