



Dear 2019 Challenger,

Please find below your pre race instructions for the 2019 Fairland's Valley Challenge – We are delighted that so many of you have signed up to our Challenge event and are pleased to say that race entries are again significantly up on previous years, making this years challenge even bigger and even better!

For the uninitiated, your Challenge is simple. You must self-navigate yourself around an off-road course armed with a course description, map, your wits, a sense of adventure, and maybe a friend or two with a sense of direction (if you forgot to pack your own!) You will pass through checkpoints manned by our lovely friendly volunteers (say thanks when you see them for a free smile!) that will provide you with food and drink to keep you going. Our famous home-baked bread pudding is one such treat you will find here!

In the event that you cannot complete the course, or if you were to get spectacularly lost on the way, help is never too far away. Ring the mobile number printed on the emergency contacts signs that will you see in registration and someone will assist – this number is 07753 581541. Please ensure that you save this number and carry your mobile telephone with you – this is mandatory.

We are currently predicting temperatures in the mid 20s. However, as we're dealing with the British weather here, this could all change! Packing sunblock and keeping hydrated around and on the Challenge Weekend, is strongly advised.

**Please download and print a course map and your route instructions from [www.fvchallenge.org.uk](http://www.fvchallenge.org.uk) and bring them with you we will not provide copies.**

Below is all the information you need to ensure your Challenge goes as smoothly as possible.

**Race HQ:**

Marriotts Sports Centre  
Brittain Way  
Stevenage  
Hertfordshire  
SG2 8UT

Google maps link: <https://goo.gl/maps/7o9qH>

(Please do not access Race HQ via the entrance on Telford Avenue by car. Our start and finish use this road and so will be busy all day. There is plenty of parking nearby to the Sports Centre – see section below on Parking).

**Information and tips to keep you healthy and safe:**

- If you feel unwell or sustain an injury during the event please make your way to the nearest checkpoint where assistance will be given, or call the emergency number that will be given to you when you register. We have qualified first-aiders at HQ and on the course at peak times.
- **If you do pull out of the event and make your way home, please call the phone number provided** at the top of your route description to let us know. We need to account for every Challenger that starts any of our courses, so clearly it would be great to see everyone back in safely, or simply that you are safe and well elsewhere!
- Please do not run or walk if you have been unwell or feel unwell on the day.
- Take a water bottle and your favourite gels etc. Checkpoints will be available to refill your water bottle so that you can ensure you have water as you continue along the course. Keep hydrated by taking on fluids early in the day, as dehydration can strike fast on a hot day if you haven't! **Cups will not be provided!**
- Challenger fashion should be weather specific (but still stylish whatever the weather!). We recommend a sun hat and high factor sun cream to apply before and during the challenge if it is hot and sunny; or waterproof clothing if it is forecast to be wet and cold! Large parts of the course are open and you will be exposed to the weather.
- "Buddy up". Many of you will be running in groups anyway, sharing the experience is a great way to enjoy the course. In hot conditions we recommend taking part with a "buddy" or group rather than running solo just in case of any difficulties.
- "Drop down" to a shorter distance if you are injured or training hasn't gone well. You can do this by emailing us in advance ([fvc@fvspartans.org.uk](mailto:fvc@fvspartans.org.uk)), on the day at registration, or even on the course if necessary.

#### **Race Number:**

Numbers are pre-allocated and available to collect before your event from Race HQ. You will be asked to write the full name and contact number of someone to contact, in case of emergency on the back of your race number, by our registration team – this is for your own safety as sometimes we cannot predict life's twists and turns.

Your race number is colour-coded according to the distance you are undertaking:

**Please register your number and time at the finish with our finish marshals.**

**Please download and print a course map and your route instructions from [www.fvchallenge.org.uk](http://www.fvchallenge.org.uk) and bring them with you.**

#### **Mobile phones:**

Ensure that you take a mobile phone – this is mandatory. Emergency contact numbers will be provided at registration and should be used only in an emergency.

#### **Checkpoints:**

If you become unwell during the Challenge and need to drop out, the best place to do this is at the next or the previous checkpoint. Here you will be attended to by our friendly checkpoint team, who can discuss the next steps and arrange transport back to Race HQ.

**Walkers with dogs:**

We do allow dogs under control of a lead to accompany Challengers. Please ensure you adhere to the countryside code and if the weather is exceptionally hot carry water for your animal or consider leaving them at home. Water will be made available to our four-legged friends at all water stations/Checkpoints.

**Baggage:**

You are welcome to leave baggage at Race HQ in the designated, unsupervised baggage area but it won't be attended to by the race team, so anything left is done so at your own risk.

**Registration and start times for each event are as follows:**

Registration will be open at **07:30**.

Start times:

08:00 - 50k Ultra

08:15 - Marathon

08:30 - 18mile

08:45- Half Marathon

**19:00 - Cut-Off - Please note that the gates will be locked at 19:00.**

Participants will be free to start any time between 8:00 and 10:00 but must notify us of their start time before leaving if different to the above times. Please note that if you start earlier than allotted start times, that the checkpoints may not yet be open when you reach them.

**Facilities/Services before, during and after your Challenge:**

We have arranged the services of a mobile artisan coffee provider to be available from 07:00. In addition, we have also arranged a fully licenced bar, a caterer and an ice-cream van, which will all be available from 12:00 through to 18:00. Why not also give your muscles a treat and kick-start your recovery with a sports massage from one of our massage team who will be on hand for a small fee, all afternoon.

These services are not free of charge, so please remember to bring cash with you.

**Parking:**

Please note, there are two entrances to Marriotts School/Sports Centre. Please do NOT use the car park at the Telford Avenue end of the school. There is parking available at the Brittain Way end of the school.

Also you may park at the nearby car park at Fairland's Valley Park. Google map link:

<https://www.google.co.uk/maps/place/Brittain+Way,+Stevenage+SG2+8UT/@51.899957,-0.1769441,17z/data=!4m5!3m4!1s0x48762e317e24b337:0x52960898397e6894!8m2!3d51.8996061!4d-0.1757678>

There is also a car park at the lower end of Fairland's Valley Park, which can be accessed off of Six Hills Way.

## Directions to Car Park

Driving from junction 7 A1(M)

1. Take 3rd exit towards Stevenage/A602
2. At next roundabout take second exit towards Ware/A602
3. At the next roundabout, take the 1st exit onto Monkswood Way towards Town Centre A602
4. At the next roundabout, take the 3rd exit onto Six Hills Way towards Chells
5. Go through the next 3 roundabouts
6. Take the next turning left into Fairland's Valley Park

Driving from Hertford A602 from Bragbury End

1. When entering Stevenage continue ahead along A602
2. Go through the first roundabout
3. At the roundabout, take the 2nd exit towards Poplars
4. At the next roundabout, take the 1st exit onto Gresley Way towards Poplars
5. Go through next roundabout
6. At the next roundabout, take the 1st exit and stay on Gresley Way towards Town Centre
7. At the next roundabout, take the 3rd exit onto Six Hills Way towards Town Centre
8. Go through next roundabout
9. Take the first right turning into Fairland's Valley Park

The car park will be approximately 400 yards on the left and is approximately 5 minutes' walk from Marriotts School/Sports Centre. To reach the school first walk toward the boating centre (Brown building) north of the car park. Walk past the centre and the metal barrier then take the first path on the right through a wooded lane. This will lead to Marriott's School

**PLEASE DO NOT PARK ALONG BRITTAIN WAY AND SURROUNDING RESIDENTIAL AREA AS WELL AS MARRIOTTS SCHOOL. YOU MAY RECEIVE A PARKING TICKET IF YOU DO.**

## Public Transport:

Stevenage is on the main line between London Kings Cross and Peterborough/Cambridge run by Govia Thameslink Railway (Great Northern Route) <http://www.thameslinkrailway.com> Tel: 0345 026 4700. Please check for any planned engineering work on the line and leave sufficient time for your travel plans.

To reach the bus station, turn left out of the station, down the ramp into the town centre shopping area. The Arriva SB1 bus from Bus Stop A stops nearby to the race HQ (Shephall, opp Shephall Way (on Six Hills Way) which is 6 minute bus journey followed by a 7 minute walk to Brittain Way). Alternatively it is approximately 40 minutes to walk from Stevenage Railway Station to Brittain Way. Please check [www.travelinesoutheast.org.uk](http://www.travelinesoutheast.org.uk) for updated information and a journey planner.

## Results

Results for our Weekend event (two distances across two days!) will be available through [www.fvchallenge.org.uk](http://www.fvchallenge.org.uk) and/or [www.activetrainingworld.co.uk](http://www.activetrainingworld.co.uk) as soon as we can following the conclusion of our Sunday event. If you notice any omissions or amendments, please contact [fvc@fvspartans.org.uk](mailto:fvc@fvspartans.org.uk) to let us know.

## Transfers

It will be possible to transfer between events (either up or down in distance) on the day – please head directly to the Information Desk at Race HQ to do this. Please do not queue up in line for your existing choice of distance. You may also transfer your entry into someone else's name if you are unable to take part for whatever reason – all we will need to see is an email from the registered entrant to confirm they are happy for their place to be transferred over to the nominated person. We will then take the details of the new entrant on the day before issuing the number. We strongly discourage anyone from running in someone else's name or number without informing us of the change first – especially in the event of medical emergency. Any queries on transfers can be emailed to [fvc@fvspartans.org.uk](mailto:fvc@fvspartans.org.uk) before the event.

## On the day entries

Online entries will close on Wednesday 17<sup>th</sup> July (in case you have friends or family interested in joining you!) Note that there will be places available on the day for anyone who has not entered before 17<sup>th</sup> July. Please head directly to the On-the-day entries/information desk at Race HQ in plenty of time to register before your event.

## And finally:

We hope you like our custom designed race medals this year, which will be available to collect at the finish. We look forward to seeing you on the 21<sup>st</sup> July and in the meantime if you have any other questions feel free to contact us via our [fvc@fvspartans.org.uk](mailto:fvc@fvspartans.org.uk) email address.

Follow us on Facebook link: <https://www.facebook.com/FVChallenge> or tweet at us @FVChallengeWKD. If you want to engage with us during the event weekend, include **#fvchallenge** in your social updates!

Good luck and have a great weekend on us!

See you soon

Tim and the team

Fairland's Valley Challenge 2019

On behalf of Fairland's Valley Spartans [www.fvspartans.org.uk](http://www.fvspartans.org.uk)