

Weald Challenge Trail Races – Sunday 11th June 2023

Race Distances, Start Time and Time Limit:

- 7:30 am **Early Start** Weald Challenge Ultra Trail 50km 8 hours 30 minutes
- 8:00 am Weald Challenge Ultra Trail 50km 8 hours
- 9:15 am Weald Challenge Trail Half Marathon 5 hours

Start / Finish, Race HQ Location: Chiddingly Primary School, Muddles Green, East Sussex, BN8 6HN

Marshal / Volunteer Requirements

Race Route Locations

- Checkpoints – two volunteers per checkpoint (but three volunteers at CP1/4) – four checkpoints in total
- Sweeper Runners on Running Route – checkpoint 1 – 3, x 1 runner, and checkpoint 3 – finish, x 2 runners

Chiddingly Primary School Location (BN8 6HN)

Specific Marshal Tasks

Race Route Checkpoints

| | Total Checkpoint Time | Reporting Time |
|--|-----------------------|-----------------|
| 1. Blackboys Checkpoint: 8:45 am – 2:15 pm | 5 hours 30 minutes | Race HQ 7:40 am |
| 2. Blackboys Checkpoint: 8:45 am – 2:15 pm | 5 hours 30 minutes | Race HQ 7:40 am |
| 3. Blackboys Checkpoint: 8:45 am – 2:15 pm | 5 hours 30 minutes | Race HQ 7:40 am |
| 4. Fairwarp Checkpoint: 9:30 am – 11:15 pm | 1 hours 45 minutes | Race HQ 8:20 am |
| 5. Fairwarp Checkpoint: 9:30 am – 11:15 pm | 1 hours 45 minutes | Race HQ 8:20 am |
| 6. Poundgate Checkpoint: 10:00 am – 12:45 pm | 2 hours 45 minutes | Race HQ 9:00 am |
| 7. Poundgate Checkpoint: 10:00 am – 12:45 pm | 2 hours 45 minutes | Race HQ 9:00 am |
| 8. Scallow Bridge Checkpoint: 10:15 am – 3:15 pm | 5 hours 00 minutes | Race HQ 9:20 am |
| 9. Scallow Bridge Checkpoint: 10:15 am – 3:15 pm | 5 hours 00 minutes | Race HQ 9:20 am |

Race HQ - Chiddingly Primary School Location

| | Total Race HQ Time | Reporting Time |
|--|--------------------|------------------|
| 10. Race Start Assistance: 7:00 am – 9:30 am | 2 hours 30 minutes | Race HQ 6:40 am |
| 11. Car Parking then Finish Set-up: 7:00 am – 10:00 am | 3 hours 00 minutes | Race HQ 6:40 am |
| 12. Car Parking then Finish Set-up: 7:00 am – 10:00 am | 3 hours 00 minutes | Race HQ 6:40 am |
| 13. Sports Hall Bag Storage & Coffee: 7:00 am – 12:30 pm | 5 hours 30 minutes | Race HQ 6:40 am |
| 14. Finish Line Medal /Mug Service: 10:45 am – 4:00 pm | 5 hours 15 minutes | Race HQ 10:30 am |
| 15. Coffee/Tea/Cake Service: 10:30 am – 4:00 pm | 5 hours 30 minutes | Race HQ 10:15 am |
| 16. Coffee/Tea/Cake Service: 10:30 am – 4:00 pm | 5 hours 30 minutes | Race HQ 10:15 am |

Race Route– Checkpoint 1 or 3 Reporting Location

| | Total Running Distance | Reporting Time |
|---|------------------------|-----------------------|
| 17. Sweeper Runner: Checkpoint 1 – Checkpoint 3 | 11.5 miles | Checkpoint 1 10:00 am |
| 18. Sweeper Runner: Checkpoint 3 – Finish | 13.2 miles | Checkpoint 3 1:00 pm |
| 19. Sweeper Runner: Checkpoint 3 – Finish | 13.2 miles | Checkpoint 3 1:00 pm |

Marshal / Volunteer Assembly and Vehicle Details

Ideally all marshals, apart from the sweeper runners, should assemble at Chiddingly Primary School (Race HQ) at the Race HQ times listed above. All marshals will be provided with high visibility marshal bibs. The risk assessment requires one marshal at each checkpoint to have a mobile phone, to be able to phone Race HQ to request support from the First Aid crew who are stationed at Race HQ in Muddles Green. Marshals at each checkpoint will also be provided with a first aid kit; however, they are not required to be first aid trained, or to administer first aid.

Each checkpoint requires a car to transport the marshals to the checkpoint, and to carry: *TORQ gels/bars, (and also back this year bananas, watermelon and crisps), water, tables, (water and tables will already be delivered to CP1/4 and CP5), first aid kit, marshal bibs, plastic jugs, (no drink cups this year), signs, etc.* If it is a cold day, then the vehicle that transports the marshals to the checkpoint ideally should remain at the checkpoint whilst the checkpoint remains open, to provide shelter for any hypothermic runners until they can be picked up by a vehicle sent out from Race HQ upon request.

If there are injured runners to transport back to Race HQ, the marshal calls Race HQ and a vehicle will be provided from Race HQ to transport the injured runner(s).

Summary

In total 19 volunteers are required during the day, which includes the 3 sweeper runners. This is the same number of volunteers as previous years, and again for this year there is chip timing at the finish and at checkpoints 1/4 - Blackboys and CP 3 – Poundgate. Marshals at the checkpoints, as with recent years, are not required to record runner numbers on arrival at checkpoints.

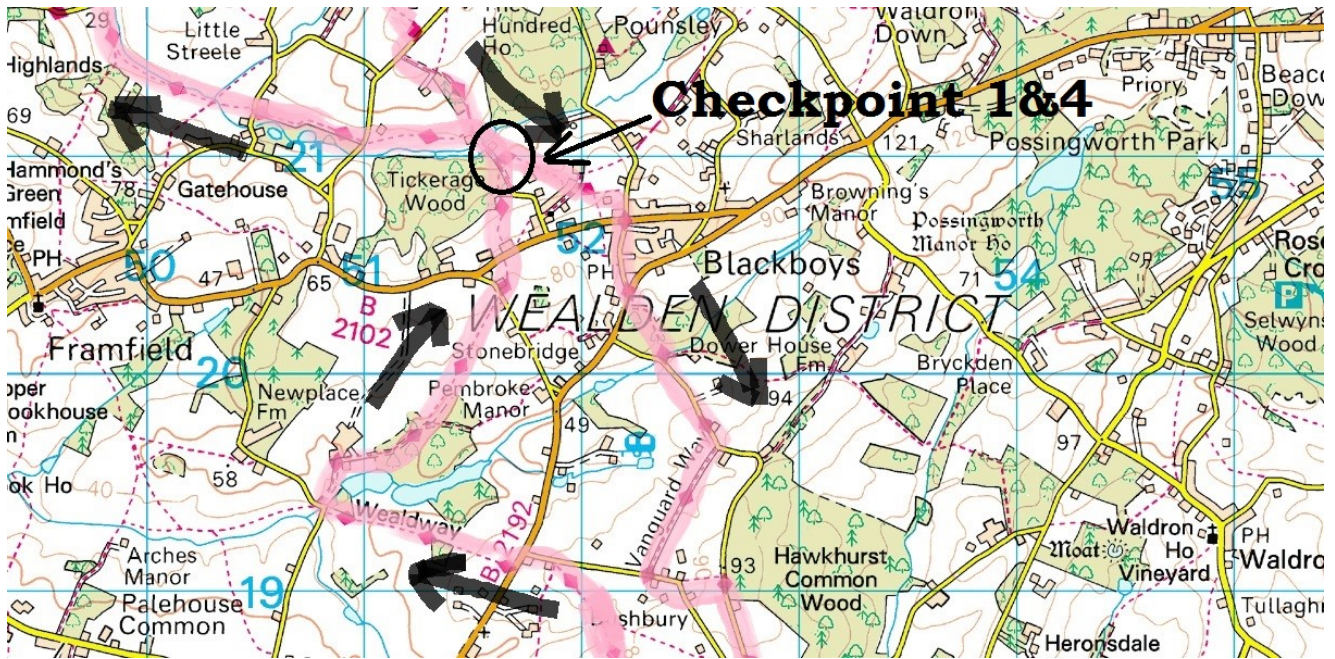
Both races, i.e., ultra AND half marathon are again cup-less for 2023. The checkpoint marshals instead of filling up cups for the runners will just need to ensure that the multiple plastic jugs are filled with water. The runners will then fill up their own drinking cup, drink bottle, or hydration bladder, or the marshal can assist the runners if they wish to.

As outlined above, the duration of time required for each volunteer varies. With some duties requiring an early start, i.e., 6:40 am, while some duties have a later start time, i.e., 10:30 am.

In addition, four vehicles are required during the day: one vehicle for each checkpoint location.

Stuart Mills, 12th April 2023

Marshals 1, 2, 3. Blackboys Checkpoint: 8:45 am – 2:15 pm. Meet at Race HQ 7:40 am



Blackboys Checkpoint (TN22 5LT) is located in Tickerage Lane, immediately opposite where the Wealdway leaves the woods and passes over a stile. The ultra runners turn left at the stile, and continue following the Wealdway. The half marathon runners turn right and commence following the Vanguard Way. The ultra runners, two to four hours later, will return from the direction they headed out earlier, before joining the half marathon route along the Vanguard Way.



Marshals 1, 2, 3. Blackboys Checkpoint: 8:45 am – 2:15 pm. Meet at Race HQ 7:40 am

Distance on race routes – Ultra 6.8 miles & 24.8 miles, Half Marathon 6.8 miles.

Next checkpoint

- Ultra: 13.1 miles (6.3 miles away) – Fairwarp(TN22 3BX), and on return: 28.0 miles (3.2 miles away) – Scallow Bridge (TN21 ORT)
- Half Marathon: 10.0 miles (3.2 miles away) – Scallow Bridge (TN21 ORT)

Runner arrival times

- Ultra: 8:45am – 9:40am and on return: 11:00am – 2:15pm
- Half Marathon: 10:00am – 11:45pm

To help identify which race the runners are participating in: **Ultra numbers are 1 – 170; Half Marathon numbers are 201 – 525.**

Tasks

- Pick up from **Race HQ at 7:40am**: high-vis marshal waistcoats, **0** x tables, **0** x water butts as 10 x watt butts and 3 x tables are already at checkpoint, a few disposable drinking cups just in case, TORQ bars/gels, bananas/watermelon/crisps, knives, bowls/plates, clip board/instruction sheets, umbrella (if wet), 2 x Race Route signs, cones for chute, first aid kit. **Also, sweeper bag and Stanley knife.**
- Drive 8 miles (15 minutes) to checkpoint departing Race HQ **before 7:55am**
- The checkpoint is located to the side of the gravel road, directly opposite the Wealdway footpath stile, which the runners cross over upon entering checkpoint 1. (See photo below)
- You are able to drive down the gravel road to unload tables, food, cups, etc., however **please park car at the TOP OF THE HILL**, ensuring not blocking the gravel road.
- Set up three tables at the side of the lane for the water (no cola this year) and TORQ bars/gels, bananas/watermelon/crisps. This year both races are cup-less, however, you are provided with some cups just in case runners have lost their drink bottle on route.
- You will have both ultra runners and half marathon runners passing through the checkpoint, with first the ultra runners, then the majority of the half marathon runners, before the two races get intermingled with the returning ultra runners.
- Before the runners arrive, fill up the multiple plastic jugs with water.
- Ensure that the multiple plastic jugs are filled with water. The runners fill up their own drinking cup/bottle/hydration bladder, **or the marshal can assist the runners if they wish to.**
- Position on all three tables the TORQ bars, chews, gels, and cut the TORQ bars and TORQ chews in half. **Do NOT cut too many TORQ bars/chewsto start with; see how quickly they get consumed, before cutting more.**
- **For the ULTRA runners this year there are also bananas/watermelon/crisps.** Therefore, please take the bananas/watermelon/crisps off the table at 9:45am, as all of the ultra runners should have passed through. At 11:00am, place the bananas/watermelon/crisps back onto the table. If any slow half marathon runners after 11:00am, they can have some bananas/watermelon/crisps.
- **If possible**, try to note how many TORQ gels, TORQ bars, TORQ chews are consumed by the ultra runners on the way out through the checkpoint, and place this amount, plus a bit more, of

TORQ bars/gels/chews aside, to be placed back out onto the table once the half marathon runners have all passed through, which should be at around 11:00am. This is to ensure that there are sufficient bars/gels/chews for the ultra runners, as these runners take priority for the TORQ nutrition due to running a significantly longer race. Half runners can consume the TORQ nutrition left out for them.

- Position the large yellow race route signs in a clearly visible location. Ultra route pointing left, Half Marathon route pointing right.
- Please note that as there is chip timing at the checkpoint this year, there is **no need to record the runner's race number** as they arrive at the checkpoint.
- **AS THE FIRST RUNNER ARRIVES, LISTEN TO HEAR A BEEP FROM THE TIMING SENSOR. If you don't hear a beep, please call Race HQ**
- During the day you will have both ultra runners and half marathon runners passing through the checkpoint, with first the ultra runners. There should be a very small gap of approximately 0 to 5 minutes between the last ultra runner and the first half marathon runner.
- **At 9:45am all of the ultra runners should have passed through the checkpoint, although there could possibly be 1 or 2 runners still to pass. AT 9:45AM PLEASE RE-POSITION THE TIMING SENSOR TO THE RIGHT OF THE CHECKPOINT, so all of the half marathon runners and the returning ultra runners pass next to the timing sensor as they LEAVE the checkpoint to head back to the finish. See photo below.** If an ultra runner (race number 1 – 170) enters the checkpoint after having moved the timing sensor, please ask them to do a slight detour to run past the timing sensor, before turning around to head left out of the checkpoint towards Uckfield.
- Most of the half marathon runners will arrive before the two races get intermingled with the returning ultra runners.
- The sweeper for legs 2 and 3, i.e., from CP1 to CP3, should arrive at the checkpoint around 10:00am. Please pass them the sweeper bag and Stanley knife. The sweeper can decide upon their departure time from checkpoint 1. Probably not ideal for them to follow to close behind the last runner. Better for them to give the last runner a good head start, maybe 20 – 30 minutes, and gradually catch them up during the leg.
- You will be aware when all of the **returning ultra runners into CP4** have passed through your checkpoint on their return visit, as we have two sweeper runners who are following behind the last runners, (probably they won't be immediately behind, but not too far behind).
- Pack up the checkpoint ensuring that all rubbish is collected, (which should be minimal this year as only TORQ bars/gels, and bananas/watermelon/crisps), and return to Race HQ, transporting any retired runners, if required.
- **PICK UP THE TIMING SENSOR AND BRING BACK TO RACE HQ.**
- **There is no need to transport the water butts or tables back to Race HQ.** So please leave the water butts and tables in a neat pile, ensuring that they are not blocking the driveway.
- Enjoy a well-deserved cup of coffee and some cake at Race HQ.

If any runners advise you that they are dropping out of the race, please record their name, race number, mobile phone number if they are carrying a phone, and how they are getting back to Race HQ (i.e. being picked up by friend/partner, require an lift from race organisers, or will wait until checkpoint

closes for lift. If the runner would appreciate an earlier lift back to Race HQ, please call Race HQ to advise them of the need for a vehicle to be sent to the checkpoint for pick up.

If any runners require minor FIRST AID treatment, offer them the use of the first aid kit for them to administer. If any runners require more extensive FIRST AID treatment, **call Race HQ on 07484 612239** (Back-up Race HQ mobile number: 07884 253393 just in case!) or call the First Aid crew direct: 07703 262405.

Lastly, I would like to express HUGE thanks for your assistance in putting on the Weald Challenge Trail Races. I am sure that all the runners participating today very much appreciate your commitment to the race, in helping to ensure that the race is a great success. On behalf of the runners and from myself as Race Director, THANK YOU. **Stuart Mills** - Race Director: Weald Challenge Trail Races

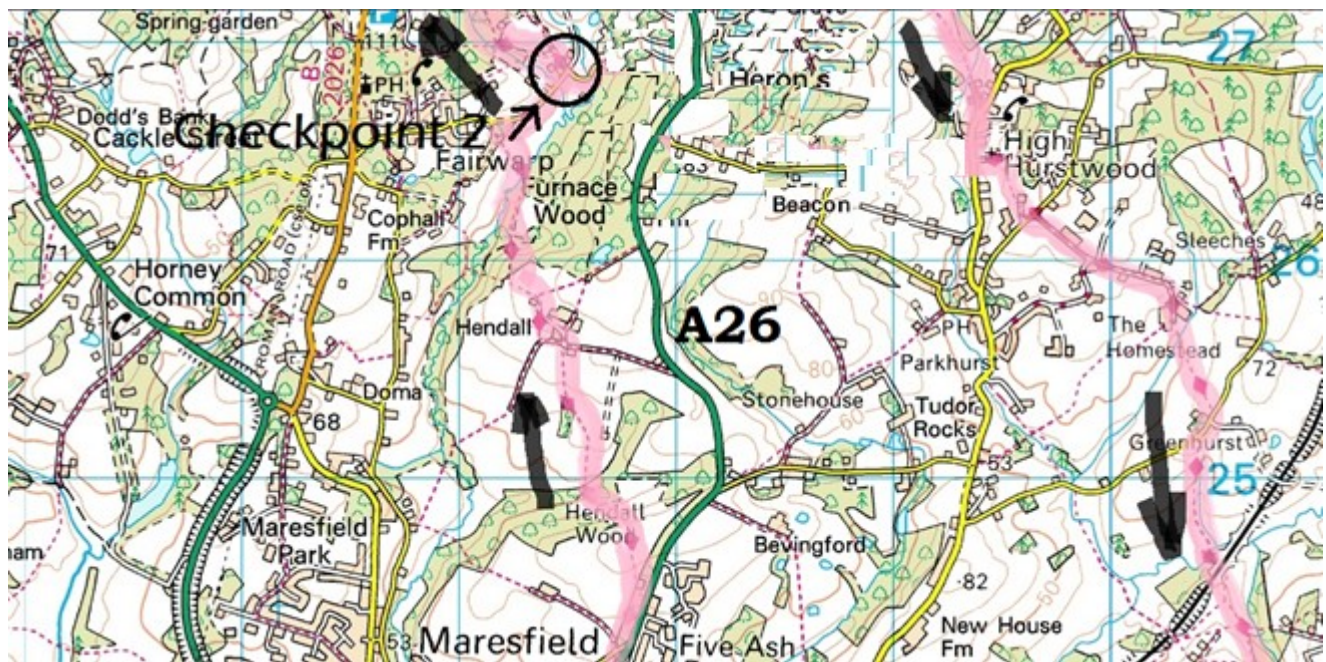
Checkpoint 1 & 4 Ideal Location



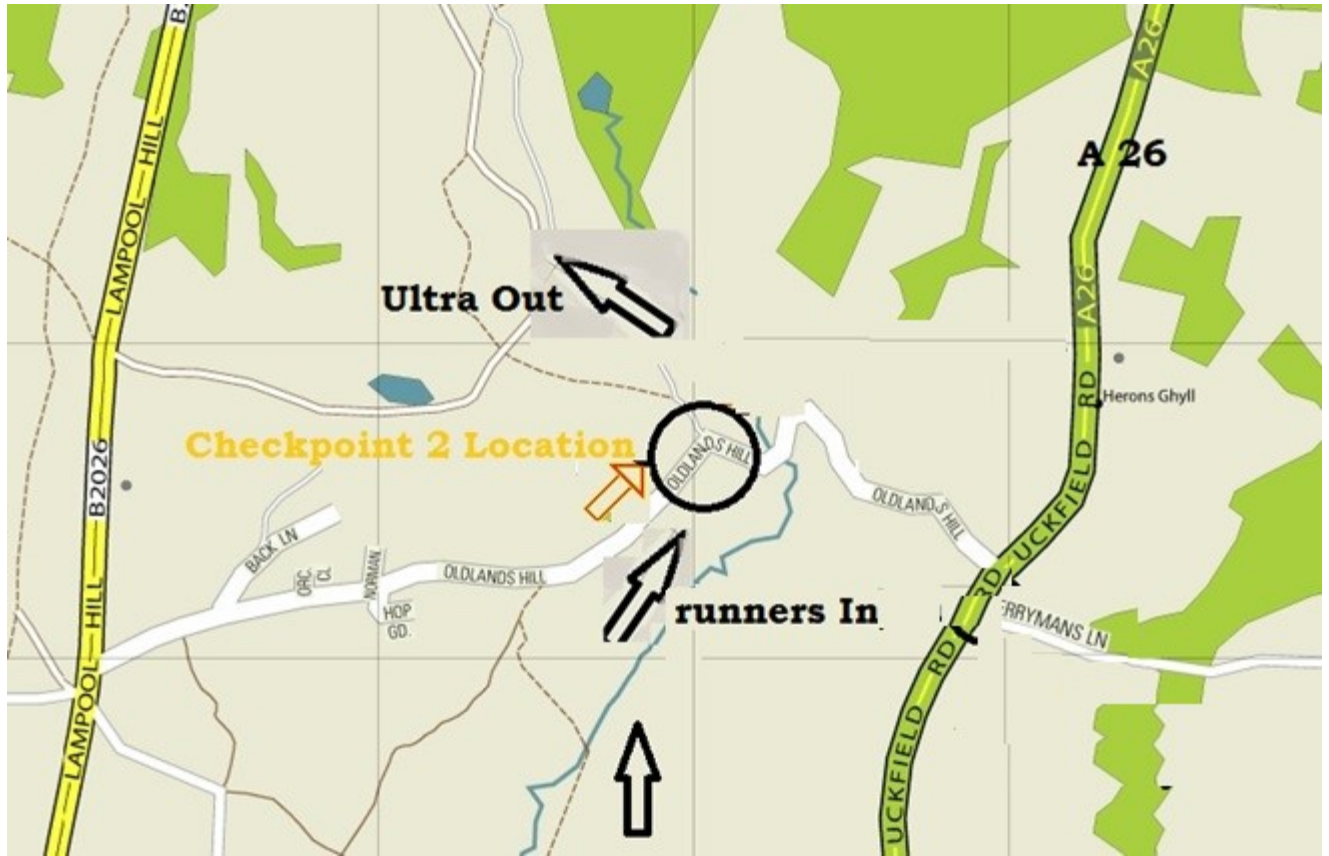
BELOW: Ideal Timing Sensor Location at 9:45am After Nearly All Ultra Runners Gone to Uckfield



Marshals 4&5. Fairwarp Checkpoint: 9:30 am – 11:15 am. Meet at Race HQ 8:20 am



Fairwarp Checkpoint (TN22 3BX) is located in Oaklands Hill road, immediately next to the driveway entrance where the Wealdway leaves the road turning left along a footpath, and Oaklands Hill road turns sharp right. Note, although not clear within the above map, Oaklands Hill road does join onto the A26, see map below. The ultra runners approach the checkpoint running up Oaklands Hill road. The ultra runners turn left at the checkpoint, and continue following the Wealdway.



Marshals 4&5. Fairwarp Checkpoint: 9:30 am – 11:15 am. Meet at Race HQ 8:20 am

Distance on race routes – Ultra 13.1 miles

Next checkpoint

- Ultra: 18.0 miles (4.9 miles away) – Poundgate (TN6 3TA)

Runner arrival times

- Ultra: 9:30am – 11:15am

Tasks

- Pick up from **Race HQ at 8:20am**: high-vis marshal waistcoats, 3 x tables, **4 x** water butts, a few disposable drinking cups just in case runners drop their drink bottle, TORQ bars/gels, bananas/watermelon/crisps, knives, bowls/plates, clip board with recording sheets, umbrella (if wet), 2 x Caution Runners signs, 1 x Race Route signs, first aid kit.
- Drive 13 miles (25 minutes) to checkpoint departing Race HQ **before 8:35am**. **As you drive along the A26, stop at A26 Road Crossings 1: Five Ash Down, and put out at the side of the road, the Caution Runner signs** approximately 100 - 120 metres before the road crossing point, on the left hand side of the road, on the grass verge, viewable for drivers **from both directions**. See A26 Road Crossing location below.
- Set up the three tables immediately to the left of the large gate entrance, not blocking the road. for the water (no cola this year) and TORQ bars/gels, bananas/watermelon/crisps. This year both races are cup-less, however, you are provided with some cups just in case runners have lost their drink bottle on route.
- Before the 50km ultra runners arrive, fill up the multiple plastic jugs with water.
- Ensure that the multiple plastic jugs are filled with water. The runners will then fill up their own drinking cup, drink bottle, or hydration bladder, **or the marshal can assist the runners if they wish to.**
- Position on all three tables the TORQ bars, chews, gels, and cut the TORQ bars and TORQ chews in half. **Do NOT cut too many TORQ bars/chews to start with; see how quickly they get consumed, before cutting more.**
- **For the ULTRA runners this year there are also bananas/watermelon/crisps.**
- Position the large yellow race route sign in a clearly visible location. Ultra route pointing left.
- Please note that as there is chip timing at some checkpoints again this year (although not at this specific checkpoint), there is **no need to record the runner's race number** as they arrive at the checkpoint.
- You will be aware when all of the **Ultra Runners** have passed through your checkpoint, as we have a sweeper runner who is clearing the few route markings, following behind the last runners. The sweeper may not be directly behind, but hopefully not too far behind).
- Pack up the checkpoint ensuring that all rubbish, any used cups, etc are collected, (which should be minimal this year as only TORQ bars/gels, bananas/watermelon/crisps), and return to Race HQ, transporting any retired runners, if required.

- As you drive along the A26, **stop at A26 Road Crossings 1: Five Ash Down and pick up the Caution Runner signs** that you earlier put out.
- Enjoy a well-deserved cup of coffee and some cake at Race HQ.

If any runners advise you that they are dropping out of the race, please record their name, race number, mobile phone number if they are carrying a phone, and how they are getting back to Race HQ (i.e. being picked up by friend/partner, or will wait until checkpoint closes for lift, or if requires an earlier lift from race organisers). If the runner would appreciate an earlier lift back to Race HQ, please call Race HQ to advise them of the need for a car to be sent to the checkpoint for pick up.

If any runners require minor FIRST AID treatment, offer them the use of the first aid kit for them to administer.

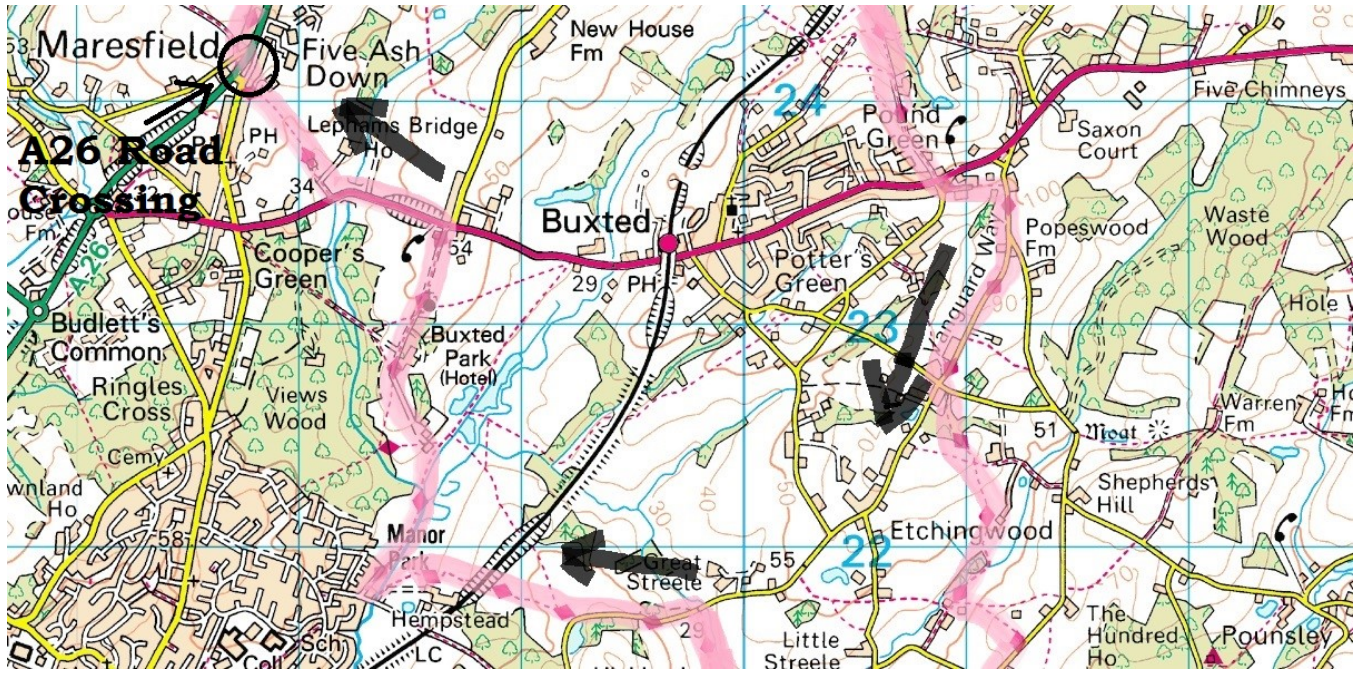
If any runners require more extensive FIRST AID treatment, **call Race HQ on 07484 612239** (Back-up Race HQ mobile number: 07884 253393 just in case!) or call the First Aid crew direct: 07703 262405.

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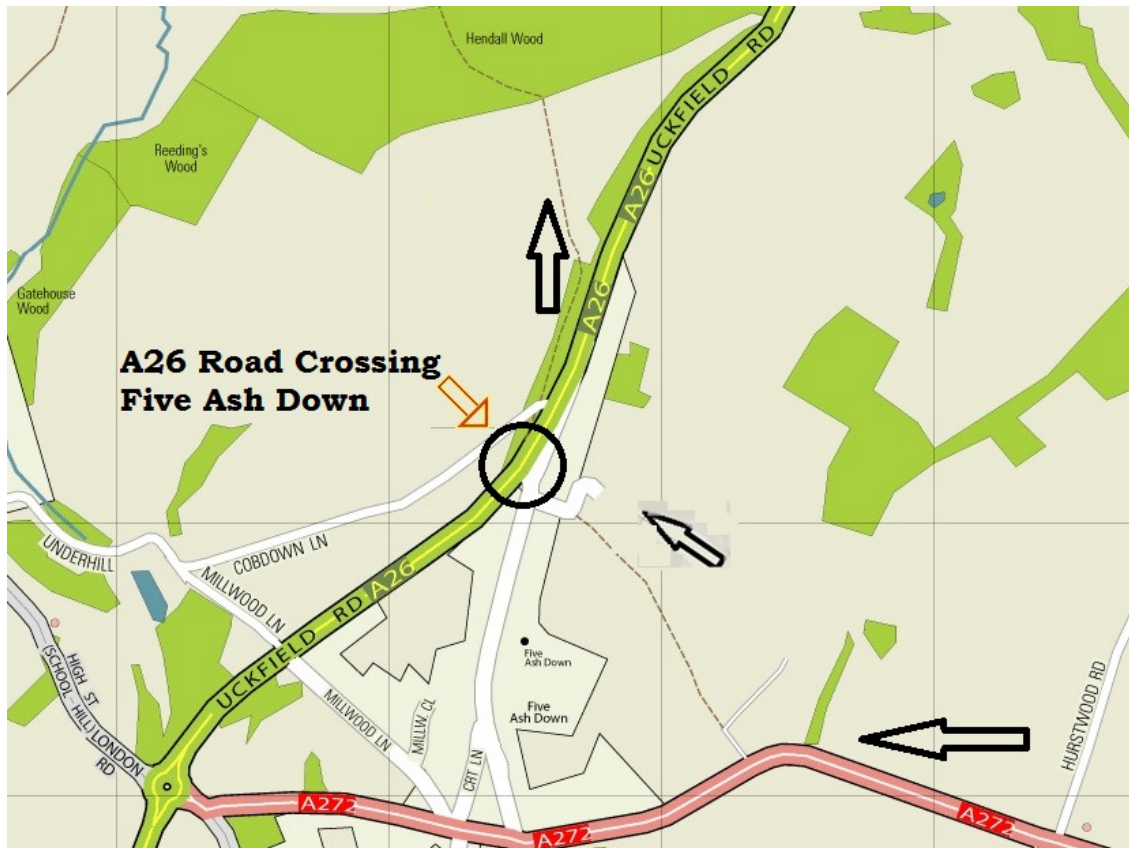
Stuart Mills - Race Director: Weald Challenge Trail Races

Checkpoint 2 Ideal Location– Photo deleted to reduce files size

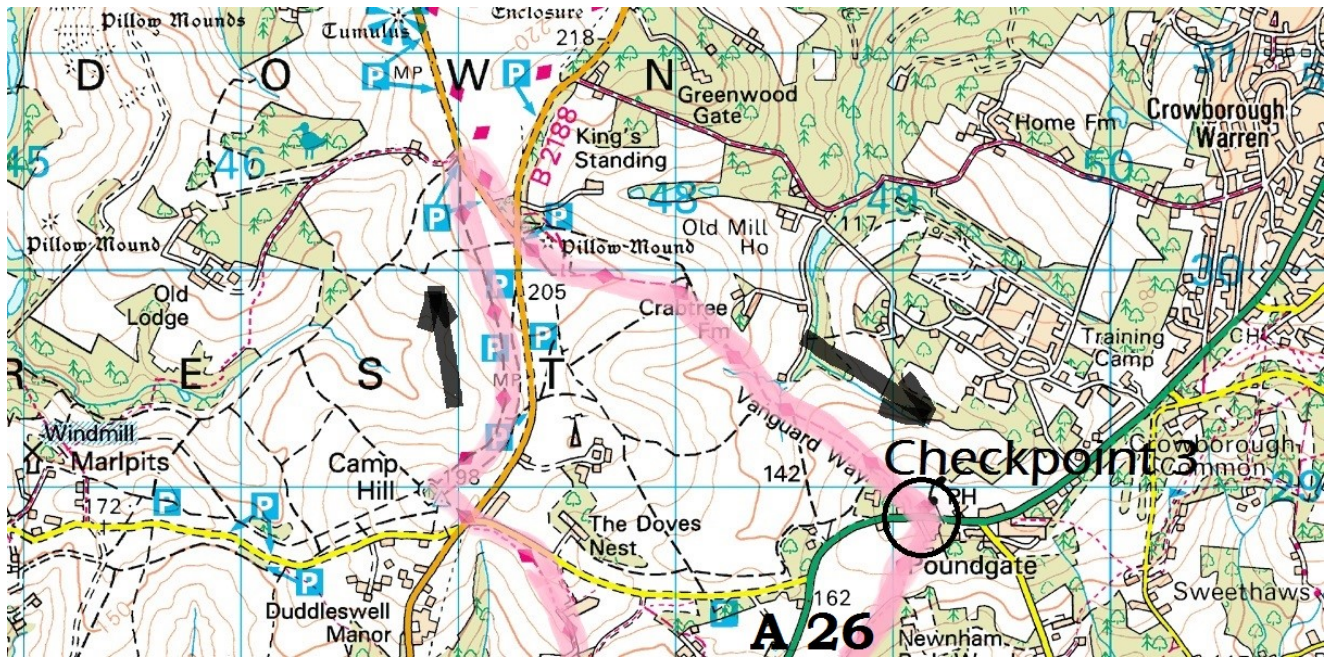
A26 Road Crossing 1: Five Ash Down



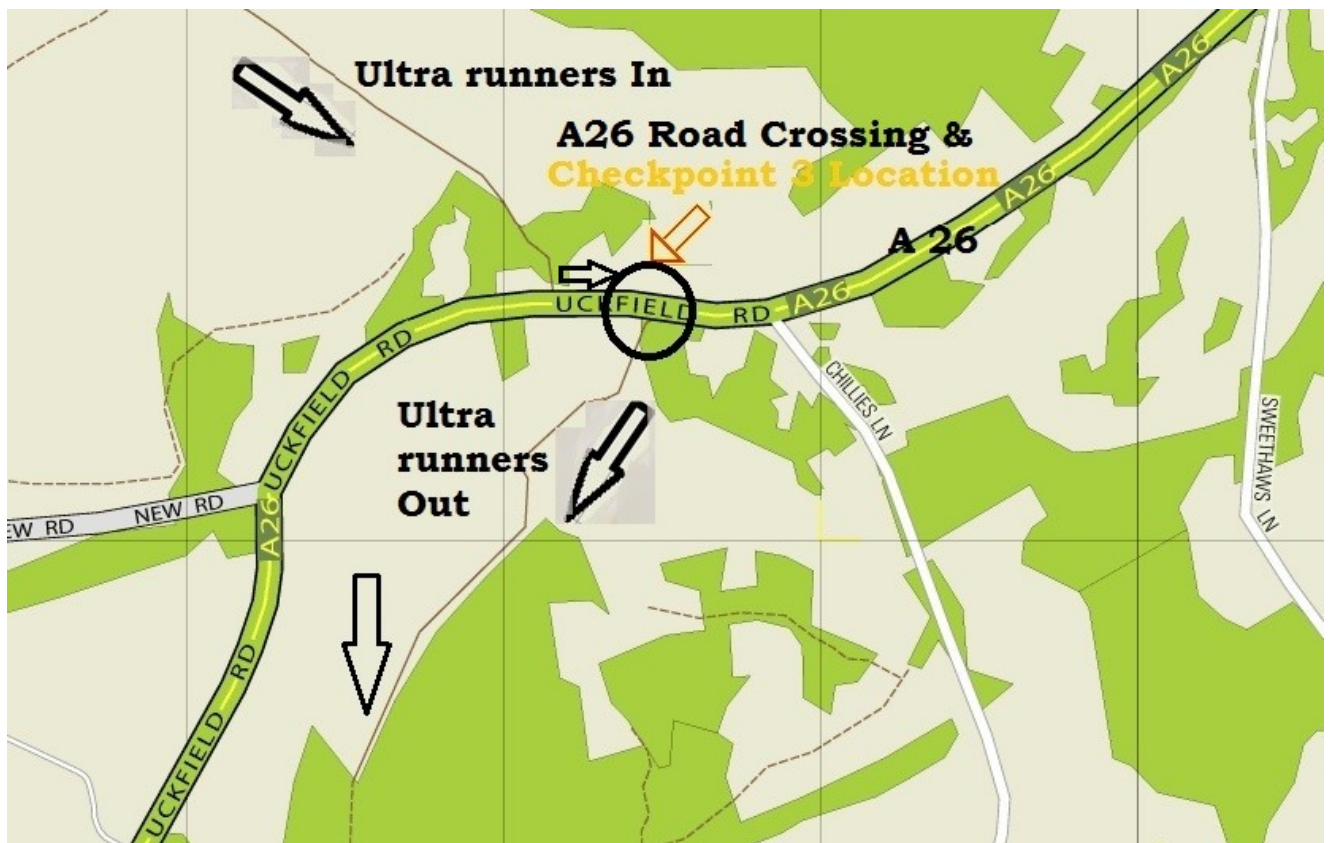
Five Ash Down A26 Road Crossing is located approximately 10 metres south of the junction of the A26 with the unnamed road heading due south. The ultra runners will emerge from the driveway next to the Peugeot Centre / Ashdown Garage.



Marshals 6&7. Poundgate Checkpoint:10:00 am – 12:45 pm. Meet Race HQ 9:00 am



Poundgate Checkpoint(TN6 3TA) is located on the A26 road, near the bus stop layby area next to the telephone box, immediately before where the Vanguard Way leaves the road passing over a stile into a field. The Ultra runners approach the checkpoint running along the pavement on the left hand side of the A26 road, and should cross the A26 when they are directly opposite the checkpoint. Do **not** attempt to escort the runners across the A26. The runners must take responsibility for their safety and therefore cross when **they** deem it is safe to cross. The Ultra runners will leave the checkpoint, immediately passing over a stile, continuing along the Vanguard Way across a field.



Marshals 6&7. Poundgate Checkpoint:10:00 am – 12:45 pm. Meet Race HQ 9:00 am

Distance on race routes – Ultra 18.0 miles.

Next checkpoint

- Ultra: 24.8 miles (6.8 miles away) – Blackboys (TN22 5LT)

Runner arrival times

- Ultra: 10:05am – 12:45pm

Tasks

- Pick up from **Race HQ at 9:00am**: high-vis marshal waistcoats, 3 x tables, 4 x water butts, a few disposable drinking cups just in case runners drop their drink bottle, TORQ bars/gels,bananas/watermelon/crisps,knives, bowls/plates, clip board with recording sheets, umbrella (if wet), 2 x Caution Runners signs, first aid kit.**Also sweeper bag and Stanley knife.**
- Drive 14 miles (25 minutes) to checkpoint departing Race HQ **before 9:15am**
- Put out at the side of the road, the Caution Runner signs approximately 100 - 120 metres before the road crossing point, on the left hand side of the road, on the grass verge, viewable for drivers from **both directions**. The road crossing point is located opposite the bus stop layby area next to the telephone box, immediately before where the Vanguard Way leaves the road passing over a stile into a field, where checkpoint 3 is located.
- Set up the three tables on the grass between the bus stop and the Vanguard Way stile for the water (no cola this year) and TORQ bars/gels. This year both races are cup-less, however, you are provided with some *Vegware* cups just in case runners have lost their drink bottle on route.
- Before the 50km ultra runners arrive, fill up the multiple plastic jugs with water.
- Ensure that the multiple plastic jugs are filled with water. The runners will then fill up their own drinking cup, drink bottle, or hydration bladder, **or the marshal can assist the runners if they wish to.**
- Position on all three tables the TORQ bars, chews, gels, and cut the TORQ bars and TORQ chews in half. **Do NOT cut too many TORQ bars/chews to start with; see how quickly they get consumed, before cutting more.**
- **For the ULTRA runners this year there are also bananas/watermelon/crisps.**
- Please note that as there is chip timing at the checkpoint this year, there is **no need to record the runner's race number** as they arrive at the checkpoint.
- **AS THE FIRST RUNNER ARRIVES, LISTEN TO HEAR A BEEP FROM THE TIMING SENSOR. If you don't hear a beep, please call Race HQ**
- You will be aware when all of the **Ultra Runners** have passed through your checkpoint, as we have a sweeper runner who is clearing the few route markings, following behind (not directly behind), the last runners. The two sweepers departing from checkpoint 3 should arrive at around 12:45pm. The sweepers can decide upon their departure time from checkpoint 3. Probably not ideal to follow close behind the last runner. Better to give the last runner a good head start, maybe 20 – 30 minutes, and gradually catch them up during the leg.

- Pack up the checkpoint ensuring that all rubbish, any used cups, etc are collected, (which should be minimal this year as only TORQ bars/gels, bananas/watermelon/crisps), and return to Race HQ, transporting any retired runners, if required.
- **PICK UP THE TIMING SENSOR AND BRING BACK TO RACE HQ.**
- Pick up the Caution Runner signs that you earlier put out.
- Enjoy a well-deserved cup of coffee and some cake at Race HQ.

If any runners advise you that they are dropping out of the race, please record their name, race number, mobile phone number if they are carrying a phone, and how they are getting back to Race HQ (i.e. being picked up by friend/partner, or will wait until checkpoint closes for lift, or if requires an earlier lift from race organisers). If the runner would appreciate an earlier lift back to Race HQ, please call Race HQ to advise them of the need for a car to be sent to the checkpoint for pick up.

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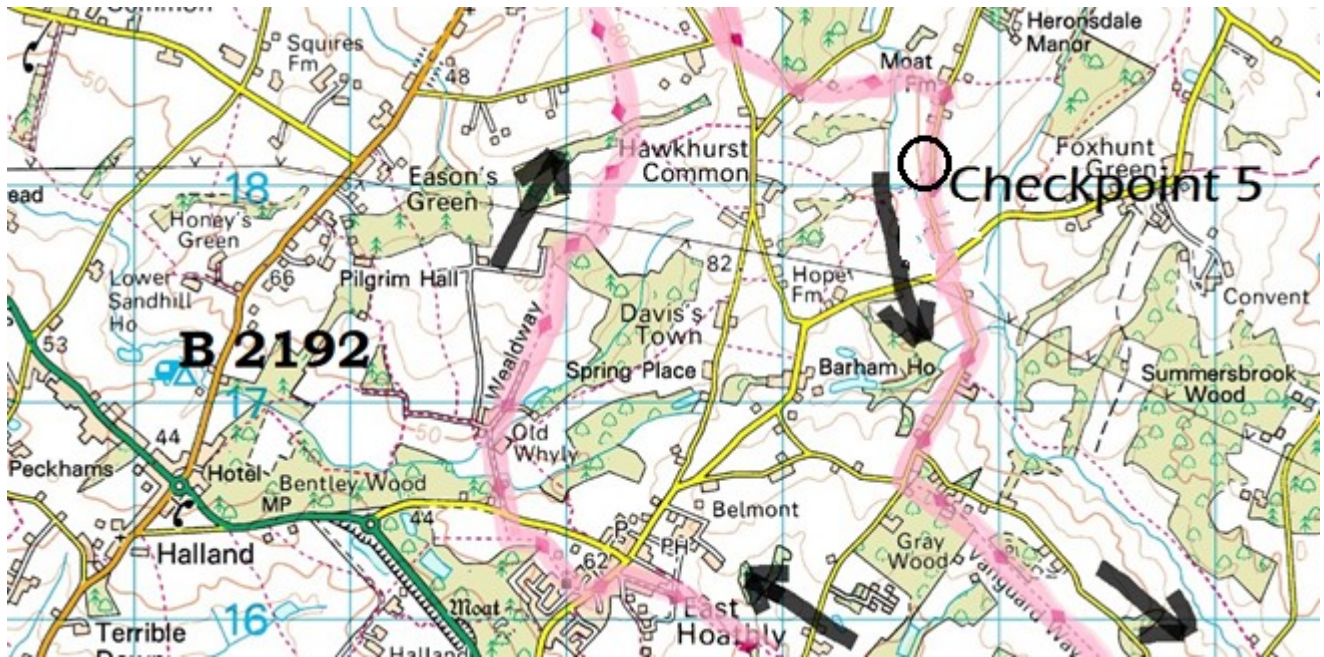
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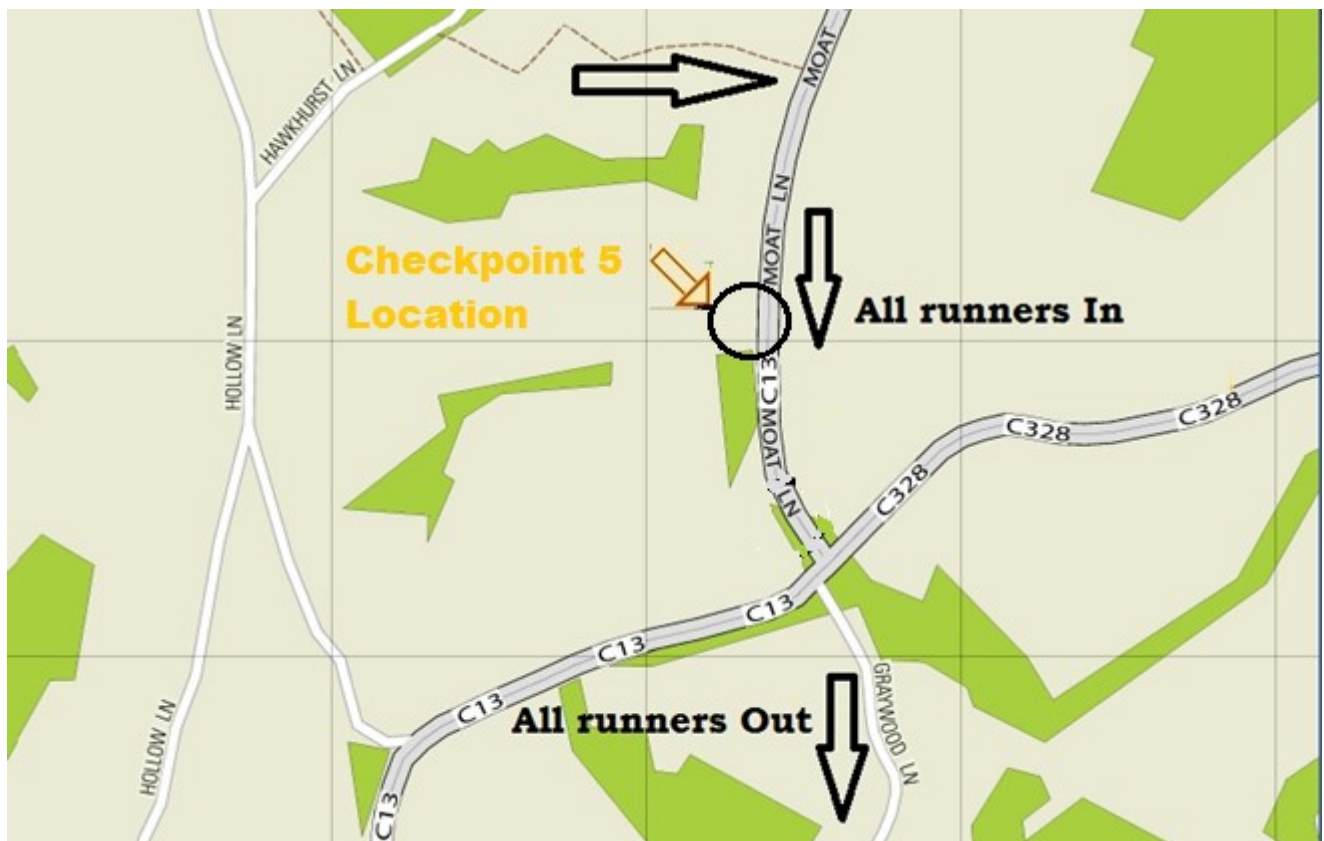
Stuart Mills - Race Director: Weald Challenge Trail Races

Checkpoint 3 Ideal Location– Photo deleted to reduce files size

Marshals 8&9 Scallow Bridge Checkpoint: 10:15 am - 3:15 pm Meet Race HQ 9:20 am



Scallow Bridge Checkpoint (TN21 0RT) is located in Moat Lane, in a small layby area on the right hand side of the road when facing in the same direction as the runners run, approximately 400 metres before the T-junction with the C328 road. All runners will run into the checkpoint having run down Moat Lane. All runners will leave the checkpoint, continuing along the last 400 metres of Moat Lane before turning right, crossing the bridge, and then immediately turning left to run along Graywood Lane until they reach Graywood. Although the runners are running along the road, they are still following the Vanguard Way.



Marshals 8&9 Scallow Bridge Checkpoint: 10:15 am - 3:15 pm Meet Race HQ 9:20 am

Distance on race routes – Ultra 28.0 miles, Half Marathon 10.0 miles.

Next checkpoint

- Ultra: Finish (3.6 miles away) – Chiddingly (BN8 6HN)
- Half Marathon: Finish (3.6 miles away) – Chiddingly (BN8 6HN)

Runner arrival times

- Ultra: 11:35am – 3:15pm
- Half Marathon: 10:15am – 12:15pm
- To help identify which race the runners are participating in: **Ultra numbers are 1 – 170. Half Marathon numbers are 201 – 525.**

Tasks

- Pick up from **Race HQ at 9:20am**: high-vis marshal waistcoats, **0 x** tables, **0 x** water butts as 8 x watt butts and 3 x tables are already at checkpoint, a few disposable drinking cups just in case runners drop their drink bottle, TORQ bars/gels, bananas/watermelon/crisps, knives, bowls/plates, clip board with instruction sheets, umbrella (if wet), first aid kit.
- Drive 4 miles (10 minutes) to checkpoint departing Race HQ **before 9:35am**
- The checkpoint is located in a small layby area on the left side of the road, when driving up Moat Lane from Scallow Bridge. (See photo below)
- Set up three tables on the grass verge to the side of the road, probably best to the left of the farm gate, but before the footpath stile, not blocking the road, for the water (no cola this year) and TORQ bars/gels. This year both races are cup-less, however, you are provided with some *Vegware* cups just in case runners have lost their drink bottle on route.
- You will have both ultra runners and half marathon runners passing through the checkpoint. The half marathon runners first, and then **the first ultra runner at around 11:35am.**
- Before the runners arrive, fill up the multiple plastic jugs with water.
- Ensure that the multiple plastic jugs are filled with water. The runners will then fill up their own drinking cup, drink bottle, or hydration bladder, **or the marshal can assist the runners if they wish to.**
- Position on all three tables the TORQ bars, chews, gels, and cut the TORQ bars and TORQ chews in half. **Do NOT cut too many TORQ bars/chews to start with; see how quickly they get consumed, before cutting more.**
- **For the ULTRA runners this year there are also bananas/watermelon/crisps.** Therefore, please put the bananas/watermelon/crisps on the table **ONLY AFTER 11:35am**, as the ultra runners should start to arrive after 11:35am. For the slower half marathon runners that arrive after 11:35am, they can have some bananas/watermelon/crisps.
- As runners come into the checkpoint **there is NO NEED** to record down their race numbers.

- You will be aware when all of the runners have passed through your checkpoint, as we have a sweeper runner who is clearing the route markings, following behind the last runners, (but may not be directly behind).
- Pack up the checkpoint ensuring that all rubbish, used cups, etc are collected, (which should be minimal this year as only TORQ bars/gels, bananas/watermelon/crisps), and return to Race HQ, transporting any retired runners, if required.
- There is no need to transport the water butts or tables back to Race HQ. So please leave the water butts and tables in a neat pile, ensuring that they are not blocking the lane.
- Enjoy a well-deserved cup of coffee and some cake at Race HQ.

If any runners advise you that they are dropping out of the race, please record their name, race number, mobile phone number if they are carrying a phone, and how they are getting back to Race HQ (i.e. being picked up by friend/partner, or will wait until checkpoint closes for lift, or if requires an earlier lift from race organisers). If the runner would appreciate an earlier lift back to Race HQ, please call Race HQ to advise them of the need for a car to be sent to the checkpoint for pick up.

If any runners require minor FIRST AID treatment, offer them the use of the first aid kit for them to administer.

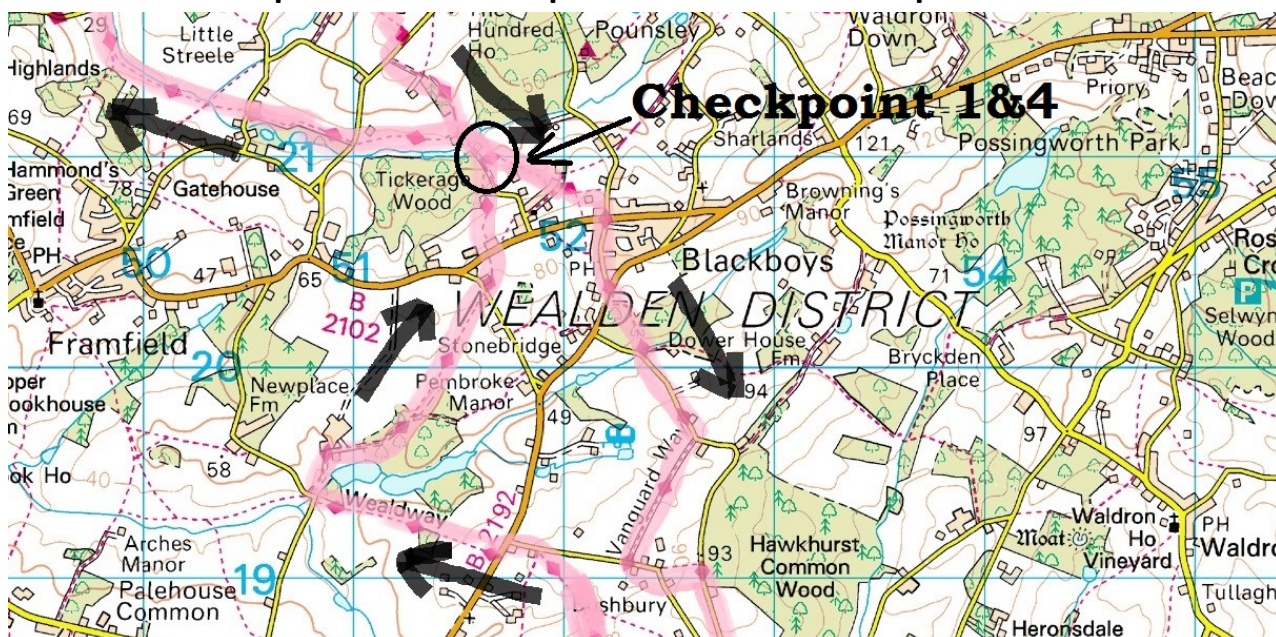
If any runners require more extensive FIRST AID treatment, **call Race HQ on 07484 612239** (Back-up Race HQ mobile number: 07884 253393 just in case!) or call the First Aid crew direct: 07703 262405.

Lastly, I would like to express HUGE thanks for your assistance in putting on the Weald Challenge Trail Races. I am sure that all of the runners participating today very much appreciated your commitment to the race, in helping to ensure that the race was a great success. On behalf of the runners and from myself as Race Director, THANK YOU.

Stuart Mills - Race Director: Weald Challenge Trail Races

Checkpoint 5 Ideal Location– Photo deleted to reduce files size

Marshal 17 Sweeper Runner Checkpoint 1 – 3. Meet Checkpoint 110:00 am



Blackboys Checkpoint (TN22 5LT) is located in Tickerage Lane, immediately opposite where the Wealdway leaves the woods and passes over a stile.

Distance running along race route – Ultra 6.8 miles to 18.0 miles, i.e. 11.2 miles

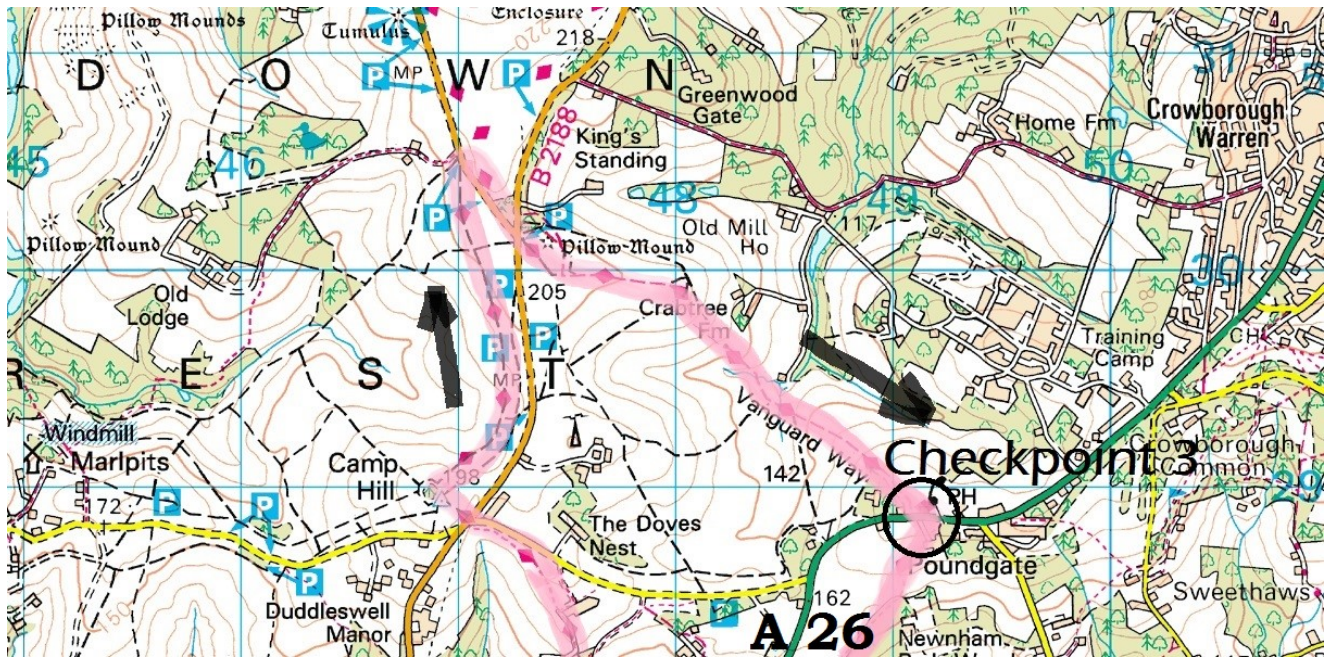
Checkpoint 1 - Blackboys– Last ultrarunner departure time - Marathon: 9:40am

Tasks

- If possible, drop off a car at checkpoint 3 – Poundgate.
- Pick up from **Checkpoint 1 – Blackboys, at 10:00am**: backpack, Stanley knife.
- Head out along the **ultra** route collecting all plastic barrier tape and A4 direction arrows. There will be minimal race route markings along the route as the majority of the route has no additional race day marking. In addition to collecting in race markings a role of the sweeper is to check for any injured runners.
- The sweeper can decide upon their departure time from checkpoint 1. Probably not ideal to follow close behind the last runner. Better to give the last runner a good head start, maybe 20 – 30 minutes, and gradually catch them up during the leg.
- Direction arrows on a stick, please carry to the next checkpoint, unless you have a reasonably large pile then place out of sight from the road but reasonably close to the road, and please remember the location, for later collection by race director.
- Upon reaching checkpoint 2 - Fairwarp, pass over the collected barrier tape and direction arrows to the checkpoint volunteers.
- Continue along the **ultra** route, collecting all plastic barrier tape and A4 direction arrows until reaching checkpoint 3 – Poundgate. Don't try to carry the large yellow Ultra Route sign at the turn point at the summit of Ashdown Forest, just leave it in its place.
- Upon reaching checkpoint 3, either drive to the finish if car had been left, or ring **Race HQ on 07484 612239** to arrange a pick up.
- Enjoy a well-deserved cup of coffee and some cake at Race HQ.

Lastly, I would like to express HUGE thanks for your assistance in putting on the Weald Challenge Trail Races. I am sure that all of the runners participating today very much appreciated your commitment to the race, in helping to ensure that the race was a great success. On behalf of the runners and from myself as Race Director, THANK YOU. **Stuart Mills** - Race Director: Weald Challenge Trail Races

Marshals 18& 19. Sweeper Runner Checkpoint 3 – End. Meet Checkpoint 3 1:00 pm



Poundgate Checkpoint(TN6 3TA) is located on the A26 road, near the bus stop layby area next to the telephone box, immediately before where the Vanguard Way leaves the road passing over a stile into a field.

Distance running along race route – Ultra 18.0 miles to 31.6 miles, i.e. 13.6 miles

Checkpoint 3 - Poundgate – Last ultra runner departure time - Ultra: 12:40pm

Tasks

- If possible, drop off a car at Race HQ – Chiddingly Primary School.
- Pick up from **Checkpoint 3 – Poundgate, at 1:00pm**: backpack, Stanley knife.
- Head out along the ultra route collecting all plastic barrier tape and A4 direction arrows. There will be minimal race route markings along the route between checkpoint 3 and checkpoint 4 as the majority of the route has no additional race day marking. In addition to collecting in race markings a role of the sweeper is to check for any injured runners.
- The sweeper can decide upon their departure time from checkpoint 3. Probably not ideal to follow close behind the last runner. Better to give the last runner a good head start, maybe 20 – 30 minutes, and gradually catch them up during the leg.
- Direction arrows on a stick, please carry to the next checkpoint unless you have a reasonably large pile then place out of sight from the road but reasonably close to the road, and please remember the location, for later collection by race director.
- Upon reaching checkpoint 4 - Blackboys, pass over the collected barrier tape and direction arrows to the checkpoint volunteers.
- Continue along the race route, collecting all plastic barrier tape and A4 direction arrows until reaching checkpoint 5 – Scallow Bridge, and then continue to the finish at Chiddingly School.
- Enjoy a well-deserved cup of coffee and some cake at Race HQ.

- If a car was unable to be dropped off at Race HQ, speak to the race director so a lift can be arranged to transport you back to checkpoint 3, in order to pick up your car.

Lastly, I would like to express HUGE thanks for your assistance in putting on the Weald Challenge Trail Races. I am sure that all of the runners participating today very much appreciated your commitment to the race, in helping to ensure that the race was a great success. On behalf of the runners and from myself as Race Director, THANK YOU. **Stuart Mills** - Race Director: Weald Challenge Trail Races