

Walesby Forest, Notts, Hog Dash! 22nd November 2009



The information contained in this document is essential event information.

The Walesby Forest, Hog Dash event is a multi discipline adventure event. Competitors will be following a 6 - 7 mile walking/running course which will include all manner of tasks and challenges. It's a tough event but lots of fun.

The event is in November and you should expect to get wet and muddy – dress accordingly!

The Walesby Forest venue will be replacing our Sheffield event which we have had to change due to building and regeneration work planned on the Hesley pit site. Walesby forest offers a great deal of versatility (and mud and water) and will be a great challenge for you!



Hog dash – 6 - 7 mile foot based adventure course – 22.11.09



A foot based event (off road) around the Walesby Forest site in Nottinghamshire. Be prepared for some surprises en route. A race like no other....

1 – 3 hours average course time.

Registration: 9.30 – 11.00 am
Briefing: 11.15pm
Start: 11.30pm

Booking

Each competitor needs to have filled in a valid booking form. These are available from Adventure Challenge Events (ACE) or, if you are a charity competitor, from your adopted charity. Visit www.acefundraising.co.uk to download a booking form. These booking forms must be returned to ACE either directly or via your charity. If you are uncertain post them back to ACE. Full payment is requested with each booking. You will receive your race number at registration on the day of the event.

Who can take part?

We have a minimum age of 16 but no maximum ages. The events are open to all levels of fitness but you should look for the average times (shown above) to get an idea of the actual fitness levels required. Needless to say the events will feel much easier if you have done some training before hand and you should always get checked out by your GP to make sure that you are 'fit enough'. Be prepared to get dirty... These aren't road races so bring a change of clothing with you.

What facilities will there be?

We will have food and drinks on site along with toilets and changing facilities. Showers may not be available so come prepared.

Parking

Parking is to be arranged on a car park 100m away from the main Walesby Forest (Scout campsite) entrance. Please follow the directions as listed below and you will then be marshalled to the parking area.

Directions:

Walesby Forest Scout activity camp is easily accessible from both the M1 and A1. Get on to the A614 (Blyth Road) then turn off in the direction of Walesby (Whitewater lane). Follow this road for 2 miles – go slightly past the main entrance for the camp site and the event parking will be signposted.

www.walesbyforest.org.uk

Walesby
Newark, NG22 9NG



Notes for charities

If charities wish to have an arrival desk and thank-you desk, please inform ACE prior to the event and a suitable location will be discussed.

Refreshments will be available in the same area as registration. Toilets will also be available in this area.

A first aid post will be available during the event.

Race Tips

The majority will be off road and we therefore recommend off road clothing and footwear. There will be also be lots of additional challenges. You will be best off in trainers for these. We suggest long sleeved tops and leggings to cover those knees. Gloves will also be a good idea. You may want to carry a small rucksack with spare water, food, waterproofs etc.

Make sure that you arrive with plenty of time to get organised, register and get to the starting area. The race briefing will be at the registration area which will be confirmed once you have booked. Toilets will also be available. Be prepared for a full day of activities – there will be refreshments available at the finish. Don't forget to bring a towel and a set of dry clothes (showers won't be available).

Get fit! It's a demanding course and the time spent on foot will be physically (and mentally) demanding too. Competitors are allowed to opt out of challenges. This is called taking the 'piglet option'. Taking the 'piglet' option on any challenge will cause a time penalty for each competitor.

IMPORTANT

The race will be for teams only (teams must be made up of three people). Prizes will be available for the following:

- 1st place for All Male Team (medals available for 2nd and 3rd places)
- 1st place for All Female Team (medals available for 2nd and 3rd places)
- 1st place for Mixed Team (medals available for 2nd and 3rd places)

Veterans Category – over 40's

- 1st place for All Male Team (medals available for 2nd and 3rd places)
- 1st place for All Female Team (medals available for 2nd and 3rd places)
- 1st place for Mixed Team (medals available for 2nd and 3rd places)

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