

Pre-Race Instructions: Please read these notes carefully as they contain important information you will need before the event and on the day.

Car Park and START:
Marlborough College
Post Code: SN8 1PA
Grid Ref: SU182686
First race starts at 9am

Registration, Changing, Baggage and FINISH:
Marlborough Leisure Centre
Post Code: SN8 1PB
Grid Ref: SU181689
Finish closes at 5:30pm

Helplines: 07584 423831

Directions: From Marlborough town centre take the A4, signposted to Calne. Passing under the brick arch, the entrance to the event car park in the grounds of Marlborough College is 200 yards along the A4 on the left. Alternatively, approaching from the west along the A4, the entrance to Marlborough College is on the right, ¼ mile after the 40mph speed limit signs.

Registration, changing and baggage drop are in the Leisure Centre, which is a ¼-mile walk from the car park and START. **There is NO PARKING at the Leisure Centre** due to difficulties with congestion in previous years.

Registration: After parking in the College grounds, you must go to the Small Hall in the Leisure Centre to collect your race number – you will not be able to start without it! Registration periods will be extremely busy so **please stick to the times shown below.**

Registration Times:	33-mile Trail Race	7:30am – 8:30am
	20-mile Challenge Walk	8:45am – 9:15am
	20-mile Trail Race	9:15am – 10:15am

You will not be able to collect your race number before the times shown.

When you have collected your race number, please fill in the information required on the back, including any medical condition(s) that you have and any medication(s) that you are taking. This information could be vital in an emergency.

Changes to your race entry. If you would like to transfer from either Trail Race to the Challenge Walk, please report to Registration between 8:45 and 9:15. If you have entered the 33-mile Trail Race and would like to transfer to the 20-mile Trail Race, please report to Registration between 9:15 and 10:15.

Please note: **there will be no entries available on the day.**

Start Times:	33-mile Trail Race	9:00am
	20-mile Challenge Walk	9:30am
	20-mile Trail Race	10:30am

There will be no early start times so please don't ask!!

Checkpoint opening times:

Checkpoint no.	Grid Ref	Event	Open	Close
CP1	SU165667	33 and 20 mile routes	9:00am	11:15am
CP2	SU116637	33 and 20 mile routes	9:30am	12:15pm
CP3	SU081652	33 and 20 mile routes	9:45am	1:00pm

Anyone on the 33 mile route arriving at CP3 (9.2 miles) after 11:15am will be directed to the 20 mile route

CP4	SU006618	33 mile route only	10:30am	12:45pm
CP5	SU027660	33 mile route only	11:00am	1:45pm
CP6	SU032694	33 mile route only	11:15am	2:30pm
CP7	SU089698	33 and 20 mile routes	11:30am	3:45pm
CP8	SU143714	33 and 20 mile routes	12:00pm	4:45pm
FINISH	SU182689	33 and 20 mile routes	12:30pm	5:30pm

Anyone arriving at a checkpoint after the closing time will be retired from the event and will be required to surrender their race number. If you continue on the route it will be at your own risk.

Anyone starting on the 33-mile Trail Race may switch to the 20-mile route at Checkpoint CP3 by informing the marshals there, who will mark your number with a large 'S' before you leave the checkpoint.

Your number will be recorded at all checkpoints – it must be displayed clearly on your front for the marshals to see.

Penalties: There will be time penalties for anyone missing a checkpoint and you will not be eligible for any prizes!

Facilities: The Leisure Centre has toilets, changing rooms and showers. A bag of clothes may be left in the Small Hall at the Leisure Centre; this room will be occupied for most of the day but the organisers will not be responsible for any loss or damage. The Leisure Centre café will be open from 8am for purchase of hot drinks and food. Remember, you are not permitted to park at the Leisure Centre.

Please respect Marlborough College grounds. There are no toilets at the START – toilets are available only in the Leisure Centre – and any inappropriate use of the College grounds may prevent this event from taking place in the future. Please note that the College has lessons on Saturday mornings.

Route descriptions: are available on the website – copies will also be available on the day. The routes are the same as in 2011; any late changes will be announced on the website and on the day. The route is on public rights of way except at the START in the grounds of Marlborough College and near the FINISH passing through Manton House Estate; these are on private land and may not be used at any other time. Much of the route is remote from public roads. Please follow the countryside code at all times, taking particular care to close all gates and avoid disturbing livestock. Report any accidental damage at the next checkpoint.

Direction signs on route: The Marlborough Downs Challenge routes are unmarked. Finding your way is part of the event and, therefore, is your responsibility. Do not assume that the person in front knows where they're going! Use the route description provided and/or map and compass; the best map is OS Explorer sheet 157. There will be arrow signs near the START and FINISH, plus at a few key points on the routes. Red/white tape may be used in places. As in all events, signs can be tampered with and are intended merely as an extra aid – at all times, the written route descriptions and OS map take precedence.

Retirement: If you need to retire, you ***MUST*** report to a checkpoint or give your name and race number to a marshal at the FINISH. We take your safety seriously and check all numbers to ensure everyone is accounted for; we will initiate a search if necessary! If you do not report your retirement, it can cause considerable difficulties and you will be banned from all future MRC events. If you get lost and fail to find a checkpoint for more than a few hours, please telephone one of the Helpline numbers on the front of this sheet – or the Leisure Centre on 01672 513161 – and report your position. You should be aware that there are some parts of the course without mobile phone reception.

Suitable footwear and clothing must be worn or carried. Parts of the route may be muddy. If the weather is wet and/or cold at the start then it will be very wet and muddy and/or very cold out on the Downs! People have got lost in the mist! If it is sunny then sunburn may be a problem.

Road crossings: Take great care at road crossings. The A4 and A4361 roads are straight and fast so be very, very careful. Marshals may be on hand but **they will not halt traffic.**

It is your responsibility to ensure your own safety.

Injuries: St. Johns Ambulance crews will be in attendance on the day. If you come across someone who is injured or ill then stay with them, keep them warm, note the name and number of the injured person and ask the next runner to seek help at the nearest checkpoint.

Race numbers: All runners and walkers must wear their race number **on their front** so that it is readily visible. All participants should keep their number with them when they are in the Leisure Centre as other people use the Centre and your number identifies you as an MDC participant. Your race number also entitles you to a shower and is your meal voucher for refreshments after the event. N.B. your race number does not entitle you to use other facilities at the Leisure Centre – e.g. the swimming pool.

Refreshments: There will be cold drinks at all checkpoints plus hot drinks at Checkpoint 7. There will be tea/coffee and a hot meal at the FINISH up to 5:30pm.

Prizes and awards: All finishers will receive a commemorative mug. Prizes will be awarded in both 33- and 20-mile Trail Races to the following: 1st, 2nd & 3rd men and ladies and 1st in age categories M40, M50, M60, M70, F35, F45, F55 and F65. (There must be at least three runners in any category for prizes to be awarded.) Category awards will also be made for the UK Athletics Trail Running Championship (20-mile event). The organisers reserve the right to change the awards depending on the number of entries.

Accommodation: Marlborough Tourist Information Centre – <http://www.marlboroughwiltshire.co.uk/>.

Dogs: Due to increased numbers of livestock around the 20-mile and 33-mile routes, **dogs will not be permitted in any of the Marlborough Downs Challenge events.**

Supporters: All are welcome! Note that cars and motorcycles are not permitted at CP3, CP8, in Calstone Wellington nor on the Ridgeway. There is no parking in Avebury other than in the National Trust 'pay & display' car park between Avebury and Beckhampton. Please be considerate of residents and other road users at all times. Wiltshire Police use speed camera vans and motorcycles – you have been warned!