



WHAT TO EXPECT ON THE DAY

Introduction

This section is intended to give a reasonably comprehensive view of what to expect on the day of the event. It assumes that you have come from out of the area and it is your first time participating in this event. It covers everything from your initial arrival prior to setting off on the event, to your eventual return, what you can expect along the way and after the event.

Please don't hesitate to contact me if you think I have forgotten anything!

Arriving on the day

Where: The Misbourne [school], Misbourne Drive, Great Missenden, Buckinghamshire, HP16 0BN

When: Your arrival time will be posted on this website a week before the event.

The school has a reasonably large car park, so you can leave your car or van here during the event. Please **DO NOT PARK ON THE DRIVEWAY**. This is used by marshalls and by the emergency vehicles that support this event.

Checks before departure

Before we will let you depart, there are checks that we have to perform:

- Medical forms: we need a medical form for each participant. These are used in case of emergency to brief the emergency services on any known medical conditions.
- Kit check: we need to make sure that you have the necessary minimum kit to be able to participate and that it is in good working order

Any participant failing to satisfy us on either of these two matters will not be allowed to participate.

Leaving things at The Misbourne

You are welcome to leave small scale items that you may need on your return in the participants hall at The

Misbourne. We recommend that you come with sleeping bags and possibly some clean comfortable socks for when you return. We cannot take in larger items. There won't be room

NOTE: the organisers will take no liability for anything left at The Misbourne, either inside the buildings or in cars.

What to bring with you

You need to come prepared for up to 24 hours walking. The kit list defines the minimum that you must bring with you. Please also consider

- **The weather:** there is a weather forecast on this site provided by the Met Office. But this is only a forecast and weather can change rapidly. Please come prepared with suitable clothing for a walk in early March.
- **Food and drink** (see also "food and drink"). Basic drink is provided around the course (cold drinks up to checkpoint 4 and hot or cold drinks thereafter). Food is not guaranteed and is not under our control round the course. So we recommend carrying enough water or other drink to get around at least two checkpoints and energy food to see you through the course
- **High visibility vest:** this is a requirement from the Thames Valley Police
- **Medicines or treatments for pre-existing conditions.** There are no formal first aid arrangements once you are on the course. Some of the marshalls at checkpoints may be first aid trained, but this is not guaranteed. Please make sure you have with you any medicines or treatments for pre-existing conditions that you might need.
- **Mobile phones,** in case of emergency whilst you are between checkpoints
- **Blister plasters** etc. Very useful!

You may want to consider also loading sleeping bags or similar for when you arrive back at The Misbourne. These can be left in the participants hall at The Misbourne.

Setting off

Once all the checks are done and you are ready to go, each team will be allocated a team number and each team member a letter (for example, "team 1", "team 2", etc; walker "1A", walker "1B" etc).

Each team member will receive a card on which progress around the course is recorded. This also has on it the emergency phone number to call should you get into trouble between checkpoints.

Teams are then dispatched in the order that they are ready and at 2 minute intervals starting at 7am.

Checkpoints

There are 26 checkpoints around the course. These are more spread out in the early miles and more close together in the later stages of the course.

The checkpoint serves three purposes:

- To record the progress of each walker around the course
- To offer some refreshment (see below)
- To provide a place where walkers who wish to stop can drop out of the event safely

Each checkpoint is manned by a number of marshalls and a radio car. The marshalls will

- greet you on arrival and record who you are
- discretely assess your physical condition. Marshalls are authorised to order a walker to drop out if they think that there is a risk of accident or exhaustion before the next checkpoint or that the walker is in no fit state to continue. This happens very rarely and when it has happened, the walker has always agreed!
- provide you any refreshment (see below)
- register your departure, both on the walker card (make sure you get this registered on your card) and on their own walker records.
- inform the control centre at The Misbourne of the time at which you left the checkpoint to continue your walk.

Should a walker drop out, the marshall will contact the control centre and arrange for the walker to be picked up. **NOTE that our duty of care requires that we return the walker to The Misbourne.** After that, and only after that, the walker is free to make any other arrangements for transport. See later for more details on dropping out.

Refreshments: each checkpoint will offer basic cold drinks. From checkpoint 5 onwards, basic hot drinks (coffee, tea, chocolate) are also available. Food is not provided by Endurance80. However in past years some checkpoints have provided food and a variety of drinks. This is done on a voluntary basis. We do not know before the day what might be found on the course. We recommend that no reliance is placed on the checkpoints to provide food. Any food encountered is a bonus!

Dropping out

It inevitable, I'm afraid, that people will drop out. It might be exhaustion, it might be painful blisters. No matter what the reason, we are here to support you.

At checkpoints

The best place to drop out is at a checkpoint. Mobile radio coverage is patchy around the course and there are blank spots. However each checkpoint is supported by a professional radio installation that can guarantee communication back to the control centre.

If you decide to drop out, please tell the marshall at the checkpoint. He will then report your request to central control, who will send a minibus out to the checkpoint to pick you up and bring you back to The Misbourne. **Our duty of care demands that we return you to The Misbourne.** Please do not accept lifts from supporters and spectators. This will cause confusion and may result in a search effort for an apparently missing person.

On the course

As stated above, cellular mobile coverage is patchy in the Chilterns. So dropping out between checkpoints should be avoided. If however there is no way of continuing to the next checkpoint, please find an area with mobile coverage and call the emergency number on your walker card. This will connect directly to the control centre who will then arrange with you for help to arrive.

If you do have to stop on the course, it is critical that we know your condition and where you are. It is critical that you stay in touch until we reach you.

Supporters

We have no objection to supporters meeting you at the checkpoints. However the following must be noted:

- Any transport of a walker by a supporter or spectator will result in immediate disqualification
- It is imperative that all walkers reach The Misbourne either on foot (having completed the course) or using Endurance80 transport. Supporters **MUST NOT** give lifts to walkers until they have registered as having returned at The Misbourne.

Emergencies

We have been fortunate that we have not had any major mishaps in the years that we have run this event. That does not leave any room for complacency.

To support walkers, we have the following:

- A professionally run radio network that guarantees communication from checkpoints back to the control centre
- A tracking system at the control centre that records graphically the last known position of each walker
- A set of minibuses that patrol the checkpoints, collect walkers who have dropped out and provide emergency support. They are connected to the radio network and are in constant communication

Should an emergency occur, it must be reported to the control centre. This can be done by the checkpoint marshall or, if there is no checkpoint nearby, by calling the control centre emergency number printed on your walker card. If it is serious and is reported at a checkpoint, then communications will continue on another radio channel to ensure privacy and availability of communications.

The control centre will co-ordinate the response to the emergency, including, if required, summoning the emergency services and communicating the details of the health form to the medical authorities. Normally, it is usually sufficient to dispatch a minibus to collect the casualty and return the person to The Misbourne.

It is essential that the control centre is notified of all walker activity, since lack of news about any walker will cause the control centre to start a search for a "missing person". If that person has already been removed from the course by other means and with control centre's knowledge, this could waste a lot of time and energy that could be better directed at keeping the event running smoothly.

Arriving back at The Misbourne

Naturally there are two ways in which you could return to The Misbourne - on foot since you have completed the course (congratulations!) or in a minibus. Either way, the same process will be applied:

- The registration desk will record your return
- After this you are free to get a drink (hot and cold drinks are provided), bed down in the participants hall.
- You can be collected by your supporters or leave under your own steam only after you have arrived at The Misbourne and been registered as having returned

In the morning, breakfast will be available.

Around 9am on the Sunday morning, presentations will be made (see further on for more details).

Food and drink

We provide drinks throughout the course.

- Cold drinks (squash and water) are available at all checkpoints
- Hot drinks (tea, coffee, chocolate, soup) are available from checkpoint 5 onwards

Endurance80 does not provide any food on the course. However, in previous years, many of the later checkpoints have provided varying levels of food voluntarily from their own resources. We cannot make any commitment as to what you will find out there, so we recommend that you come ready for the worst (no food at all at any checkpoint) and hope for the best!

Hot and cold drinks are freely available at The Misbourne at all times.

Breakfast will be provided to walkers free of charge from early on Sunday morning at The Misbourne.

Awards and presentations

We make a number of awards to winners in various categories:

- The fastest team to complete
- The youngest and fastest person to complete
- The oldest and fastest person to complete
- The fastest team up Combe Hill (!)
- The fastest team from outside Buckinghamshire

Certificates are also available:

- One for anyone who completed the course
- One for everyone else showing how much they completed

If you don't want to wait for your certificate and would like them sent on, please leave the address of your team manager at the registration desk.

Conclusion

I hope this gives you a comprehensive view of what to expect.

If you have comments or think we have not covered some important item, [please let me know](#).

GOOD LUCK on the day!