

EXMOOR 30:30 – 14th OCTOBER 2017

JOINING INSTRUCTIONS

Thank you for entering Exmoor 30:30. This document provides the information which you will need in order to participate in the event.

Date

The event will take place on Saturday 14th October 2017.

Race Control Location

Race control and registration will be Exford Green, Exford, Minehead, Somerset, TA24 7PY. This location is approximately 1 hour's drive from M5 Junction 25 (Taunton).

Race start and finish will also be from race control. Do not expect too many creature comforts at race control beyond basic toilet facilities. If you want food or drink before starting the race, you will need to arrange this.

The finishing arch can only be accessed via the south gate of the green (in between The Exford Bridge Tea Room and The Exmoor White Horse Hotel).

Registration

Teams must register between 20:00-22:00 on Friday 13th October 2017. All team members must attend team registration. Each team will be given a team briefing on registration. Each team member will also collect an emergency light-stick, a list of checkpoint grid references, a list of emergency telephone numbers for input to a fully charged mobile phone and a GPS tracker.

The only exception to the attendance-in-person requirement relates to junior teams who are unable to leave school before classes finish on Friday afternoon and risk arriving after 22:00. In these circumstances, a supervising adult will be required to register between 20:00-22:00 on behalf of the team and submit signed parental consent forms (see annex) where appropriate. The supervising adult will then assume responsibility for providing his/her team with an equivalent briefing and distribute the appropriate equipment.

Fundraising Commitment

A condition of starting the event is for each team to have raised at least £1,000. In the days preceding the event, the organisers will contact each team captain and request evidence of these funds having been raised. This may be in the form of a webpage on justgiving.com / virginmoneygiving.com etc or cash sent directly to The Royal British Legion.



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Start Times

02:30-06:00: Team departures at staggered at 10 minute intervals. On registration each team will be assigned a team number. This number will determine the team start time. Hence:

#1 will begin at 02:30

#2 will begin at 02:40

...

#40 will begin at 06:00

Please do not grumble about the start time which your team is given. What Team #40 misses in waiting time, it will gain in daylight and feeding time.

Parking

Parking is available in Exford car park. This will be clearly signposted but is not unlimited. The organisers therefore encourage each team to make the journey in as few vehicles as possible – getting hold of a minibus or a people carrier for the weekend would be a good idea.

Eligibility

Receipt of these joining instructions means that each team member:

1. Will attempt to raise £500 on behalf of The Royal British Legion (hence, each 4 person team will attempt to raise £2,000).
2. Has sufficient hill walking/running experience to provide evidence of his/her ability to carry a 30lb rucksack over the relevant distance and across rough terrain in the appropriate time.
3. Is an experienced user of map & compass, capable of setting & following a bearing across rough terrain and in poor visibility (including darkness).
4. Accepts full responsibility for any personal injury or loss sustained as a result of competing in Exmoor 30:30 and must arrange for his/her own insurance in relation to any such personal injury or loss.

Race Rules

Team members agree to abide by the following rules:

1. The journey between each checkpoint must be completed by all team members on foot. Use of bicycle, motorcycle, quad bike, car, tractor, van or any other type of vehicle is prohibited.
2. A team cannot receive any external assistance. In particular, the use of an 'admin' vehicle from which to re-supply with food & liquids at the designated checkpoints around the course is not permitted.
3. A team cannot substitute its members at any stage around the course.
4. All participants must carry a tracker unit provided at registration.



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5. Total combined weight carried by each team must average 30lbs per team member at all times. Clearly, this therefore means that not all team members must carry 30lbs. For example, it may suit a particular team dynamic for 2 team members in a team of 5 to carry 35lbs in order to enable the participation of another member who can reasonably be expected only to carry 20lbs.
6. **Teams will submit to the authority of Exmoor 30:30 stewards at all times. This authority allows stewards:**
 - a. **To conduct random weight checks to satisfy themselves that the total combined weight carried by the team averages at least 30lbs per team member at all times.**
 - b. **To withdraw any team on the grounds of safety, injury or slow average team speed. Please note that any team which is expected to take longer than 12 hours to complete its course or finish after 18:00 (whichever is later) is highly likely to be withdrawn.**
 - c. **To divert a team, originally intending to complete the 30 Mile course, onto the 30 Km course in the event that the team does not reach Checkpoint 2 within 3 hours of starting.**
 - d. **To disqualify any team due to breach of these race rules.**
7. In the event that a team arrives at a checkpoint and does not find a steward at that location, the team must stay at that checkpoint until a steward arrives. Race control will make the necessary adjustment to the team time by reference to data downloaded from team tracker.
8. Each team member must carry an appropriate compass (eg Silva), a map of the area and a light-stick. The organisers strongly suggest purchasing a bespoke 1:25,000 map from www.acqua3.com centred on the following 10 digit grid reference: SS7730839233.
9. The light-stick is for the purposes of making the team visible to traffic in poor visibility. It must be attached to clothing if/whenever the team walks along/on the edge of a road when visibility is under 500m.
10. Each team member must also carry:
 - a. 1 sleeping bag (in waterproof bag)
 - b. 1 full change of warm/dry clothes including shoes (in waterproof bag)
 - c. 1 survival blanket/bag
 - d. 1 torch with new batteries
 - e. 1 fully charged mobile phone
 - f. 1 personal first aid kit
11. In the event that a team member sustains an immobilising injury, 1 team member must stay with the casualty and the remaining 2 team members must make contact with stewards at the nearest checkpoint. Emergency recovery arrangements will then made via radio.
12. If a team wishes to withdraw from the event at any stage for any reason, the team must communicate this to stewards at the nearest checkpoint. This enables race control to be informed and removes the



risk of raising a false alarm over a 'lost' team which has merely decided to spend the rest of the day in the pub.

13. Before attempting to climb a fence always check to see whether a fence-line can be better negotiated through a gate. If your team damages a fence, the team must inform stewards at the next checkpoint – these things happen & your team will not be penalised.
14. The general principle to apply to a gate is “leave it how you found it”, however, please apply some common sense here. If a gate is swinging in the wind against its latch then, in all probability, the team ahead failed to close it properly and you should therefore do so. If a gate is wide open and prevented from swinging back due to a large stone or tether it probably means the farmer would prefer it to be kept open.
15. Exmoor 30:30 stewards and volunteers will take various photographs during the event. These photographs will be for public use and participation in the event grants permission for such use.
16. Official race times will be recorded in hours, minutes & seconds. In the event of a tie, the team with the higher cumulative age will win. All decisions taken by the organisers in relation to timings are final.

Emergency Telephone Numbers & Optimum Mobile Telephone Network

In the event of emergency and it is not possible to reach a checkpoint please call:

07970 269 760 or 07530 459 094 or 07528 204 570

These numbers will put you through to race control. The mobile telephone network with the best coverage on Exmoor is EE (Orange/T-Mobile).

Finish

After crossing the finishing line you will hopefully be offered a large mug of tea and lots of cake. There should be plenty of tea and cake for both participants as well as their supporters, however, we respectfully ask the latter to make whatever they consider is an appropriate contribution via an honesty box. In addition participants will also be offered a rub-down from a trained masseuse.

Accommodation

The organisers can guarantee that you will be in need of a good scrub by the end of the event – hence we strongly suggest that you arrange comfortable accommodation for at least Saturday night so that you can grab a hot bath before making your way to Exford Green for the evening meal and prize-giving.

We suggest that you arrange accommodation in Exford. The following link provides a comprehensive list of accommodation in the village: <http://www.exford.org/accommodation/index.php>

Prize-giving & Evening Meal



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The organisers should be delighted if all teams would join them for prize-giving and a free evening meal in a marquee on the village green on the Saturday evening (beginning 20:00).

This will be an informal but hopefully nourishing meal. There will be a paying bar and, perhaps more importantly, plenty of water. The meal is free to all race participants, however, there will be a charge of £20 per head for non-participants. If this has not been paid with entry fees, it will be collected on the door.



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