



FINAL RACE INFORMATION INDIVIDUAL & TEAM EVENT - SATURDAY 4th FEBRUARY 2012 STUBBERS ADVENTURE CENTRE, OCKENDON ROAD, UPMINSTER, ESSEX, RM14 2TY

PLEASE READ ALL OF THIS RACE INFORMATION

Welcome to the Mud N Madness Adventure Challenge. Mud N Madness is a mud crawling, heart pounding, adrenaline bursting, mind challenging, obstacle crazy event that will push you to your limits. But don't worry, no experience is necessary just an open mind & a sense of adventure with some guts thrown in for good measure. Enjoy this event either as an individual or in a team of 3.

7.5km doesn't sound like much of a challenge, does it... Do not be fooled this is a really tough event and all competitors will deserve their finisher's t-shirt and medal!

Confirmation of Entry

Competitors are requested to check on the list of entries / start list posted on the web site to confirm that they have been successful in their application. One Step Beyond cannot be held responsible for loss of entries in the post and strongly advises competitors to enter on line if possible as this is a more secure entry system.

Age Restrictions

Competitors must be at least 16 years old on or before the 4th February 2012.

What Will You Need?

Very basic – clothes you feel comfortable in and don't mind getting muddy – very muddy!!!

Car Parking

There will be adequate parking on site for all competitors.

Race Day Registration

After registering online or by post all competitors will need to register on the day of the race. Please register approx. 1 hour before your start time.

Race Registration will take place on the main field at Stubbers – Shelter No. 1. Please ensure that before registering you know your race number. This can be found either from the competitors entries list on our race website or on the board by the registration area. **Please note that all athletes will be required to show some form of photographic identification.** This is to stop people exchanging entries & ensures that all competitors are insured to compete in the event.

Continue forward and find the appropriate numbered table to collect your race envelope. This will contain 1 x race number, bag tag and your timing chip. Please keep these safe, as they are required to allow entry into the start pen.

Bag Storage

We will have a bag storage area set up at registration for you to store your bag during the event. Please attach your tag (given out at registration) to your bag and make sure you write your race number on it so we can make sure we give you the correct bag after the event.

Race Briefings – before each allocated time slot

There will be basic race briefings before each wave.

Race Start – Provisional Time 09:00 – 15:00

The first start time will be at 09:00, there will be 10 people at a time starting every 6 minutes until 13:00. After this we will be setting off the teams which will consist of 3 team members and they will be starting off at every 6 minutes 3 teams at a time.

Having collected your race pack you will be asked to head to the start pen approximately 10 minutes before your allocated start time.

Challenges

Challenge 1 – Heartbreak Hill

1,500 metres of army style challenges up and down Heartbreak Hill, this is definitely not a soft introduction to the event.

Challenge 2 – Take to the water

800, metres on the water, with a choice of different vessels available it is up to you to work out what is quickest and what best suits you!

Challenge 3 – Trail Run

1,400 metres to get your head right, but expect to meet some more challenges along the way!

Challenge 4 – River Crossing

When your body is tired this river crossing will test your mind, either that or you will end up in the wet stuff!

Challenge 5 – Assault Course & Beasting Session

As you reach challenge 5 you will be met by a purpose built assault course and workout area. Origin Boot Camp will be in place to make sure you don't take it too easy!

Challenge 6 – 4 x 4 Mud Alley

2,400 metres of 'Mud N Madness', this purpose built 4 x 4 track is great fun in an off road vehicle, well it's even more fun in your trainers,, those that make it through Mud Alley have done well!

Challenge 7 – River Dips

Once you are dirty from Mud Alley it is time to get clean and these two River dips will do the job, lakes in February – you better believe it's going to be cold!

Challenge 8 – Make it to the finish

We just couldn't let you cross the finish line easily so you will face some more adventure challenges before receiving a Hero's welcome!

Electronic Timing

Providing fast and accurate results is the most critical part of any race. At **One Step Beyond Timing** we use the latest RFID based timing system. Each athlete is given a "chip" that generates a unique signal when it crosses through an antenna field. By using a database to assign each participant's personal information to each chip, timing software can easily calculate each participant's time and finish place.

To maximise the success of getting your time there are a few things required:

Wear the chip!

When attached to the strap wear it just above your LEFT ankle with the chip arrow pointing upwards. Our antenna fields will be positioned about this height, if you wear it anywhere else it may not be read.





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When fitting your chip some people find it useful to smear a small amount of lubricant around that area to prevent any chaffing. We don't need you to run over bulky mats anymore and don't worry if you don't hear it make a noise. If you have run between the antenna and worn your chip correctly we will have a time for you.

Electronically capturing each finishers time allows us to continuously post preliminary provisional results on-site during the race in a number of ways.

At the moment these triathlon chips are re-usable and as such need to be handed back at the finish of the race or before if you have to retire early. If you forget, return your chip to our office within a week & there will be no repercussions. If not, then you will be charged £10 for losing the timing chip.

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Immediate Care Medical, a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of medics and paramedics plus Accident and Emergency ambulances equipped to NHS standard, with manual defibrillator / cardiac monitors and ventilators.

Medical Conditions

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident.

Prizes & Presentation

There will be prizes for the top male, female and team, prizes will be posted out to the winners within 7 days of the event.

Results

Times will be displayed on the plasma screen next to the finish. Provisional results will be available to download on www.onestepbeyond.org.uk the Monday following.

Refreshments

On the day refreshments will be available from the main building.

Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions Of Entry'. Please note that under no circumstances will any race credits be issued without following these guidelines. No race credits will be issued to those withdrawing after the withdrawal date of the 24th January. Please note that you are not allowed to give your entry away, if you are not going to take part, please follow the guidelines to withdraw from the event. All competitors will be asked to show some form of photographic identification before they are allowed to register.

Event Office Closure

The Event Office will be closed from Thursday 2nd January at 5pm. Please do not send emails regarding this event after this time, as we will be on site setting up and unable to answer your messages.

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event shirt, food & drink. If you would like further

information about becoming a race marshal please email mudnmadness@onestepbeyond.org.uk you do not require any previous experience or knowledge to become a race marshal; any training required will be given on race day.

Support our Charities

Saint Francis Hospice

Saint Francis Hospice provides care and support to people affected by a life limiting illness. As you take on this mighty 'Mud N Madness' challenge, we ask you to think of our patients and their families who have their own challenges to face.

You may know someone who has received hospice care and understand the important service we provide. The hospice cares for the whole person rather than simply treating the symptoms and so we look after their clinical, social and spiritual needs.

Our services are provided completely free of charge, covering an area of 1 million people, those living Havering, Brentwood, Barking, Dagenham and Redbridge. We care for adults over the age of 18 and support not only patients but also their families including young children - helping them to come to terms with what is happening.

The majority of patients receive care at home with our nurses making over 5,000 home visits each year. Saint Francis Hospice is an important local charity that provides vital support to the local community.

By choosing Saint Francis Hospice as your charity to support, you are enabling us to continue to provide care to people who need our help. We look forward to hearing from you and sending out a sponsor pack.

To find out more about what Saint Francis Hospice do visit: www.sfh.org.uk/
For a pack please contact: 01708 771405 - email: events@sfh.org.uk

Reg Charity No. 275913

Cancer Research UK

By joining our team at one of One Step Beyond's events in 2012 you can help Cancer Research UK fund ground-breaking work into beating cancer, a disease that will affect one in three of us. Contact us on 0871 641 2403 or email sportsteam@cancer.org.uk to join us.

How we can help

- We'll support you every step of the way to make sure you have a truly memorable experience.

- Before the triathlon you'll get a t-shirt or vest to wear on the day - add our iron on letters to the front of your top so we can cheer you on all the way round.

- You can also request a fundraising pack stuffed full of ideas to help boost your fundraising target.

- We can also help you get ready for the triathlon with our training advice and help your family and friends support you on the day by requesting a cheering pack, full of goodies to help make a real racket.

How you will help us

By supporting Cancer Research UK you will be helping us find new ways to prevent, diagnose and treat cancer. Cancer Research UK is at the heart of cancer research, funding the work of more than 4,500 researchers, doctors and nurses throughout the UK.



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•Prevention - we are at the forefront of raising national awareness on the issue of cancer. Campaigns such as the Smokefree Workplaces campaign has helped to save an estimated 600 lives a year. By promoting a healthy and active lifestyle, we can help significantly reduce cancer rates in the UK.

•Diagnosis - your money helps us to fund our three national screening programmes for bowel, breast and cervical cancers. Screening for cancer aims to find cancers as early as possible - when the chance of cure is highest. Sometimes screening programmes can find changes that would lead to cancer if they were not treated.

•Treatment - Cancer Research UK is at the heart of pioneering new clinical trials, aiming to find safe treatments with fewer side effects, to help patients feel better quicker. Our website CancerHelp UK also allows us to provide helpful information to cancer patients and their families, allowing them access to all the information and support they need.

We can't wait to welcome you on to the team. Together we will beat cancer.

Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials that help to organise all of our events, the National Trust for allowing the event to take place, all of our sponsors & finally you the athlete.

Further Information

Any questions related to the event can be answered by emailing mudnmadness@onestepbeyond.org.uk

All the information here is believed to be true at the time of going to press. Changes maybe required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision.

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