



## Ridgeway 200 - Challenge Instructions

*ONE EPIC WEEKEND | ONE GREAT CAUSE | 200KM OF HISTORIC ROADWAY*

We can't wait to welcome you to the Ridgeway 200. Here's a run-down of everything you need to know...

**Start** John Colet School, Wharf Rd, Wendover HP22 6HF  
**Finish** Ridgeway School, Inverary Rd, Wroughton SN4 9DJ

### Locations

		Day 1	Day 2
Start	Post code	HP22 6HF	SN4 9DJ
	Grid Ref	SP 870083	SU 144813
Finish	Post code	SN4 9DJ	HP22 6HF
	Grid Ref	SU 144813	SP 870083
CP 1	Post code	OX49 5TH	OX21 9XB
	Grid Ref	SU720968	SU343850
CP 2	Post code	RG8 9AT	RG8 9AT
	Grid Ref	SU599807	SU599807
CP 3	Post code	OX12	OX49 5LG
	Grid Ref	SU417841	SU681922
CP 4	Post code	SN6 8LN	HP27 9PD
	Grid Ref	SU273843	SU783011



## Timings

	Day 1	Day 2
Breakfast	N/A	0600
Registration Open	0630	0630
Briefing	0730	0730
First Starters	0800	0800
Last Starters	0930	0930
Evening Meal	1830	N/A

On Day 2, riders will start in reverse order of finishing.

## Registration

All riders (single day and full weekend entrants) must register at the start of Day 1. You'll be given your event number at registration.

## Getting to and from the start

### Parking

Parking is available at the start (the John Colet School, Wendover). Single day competitors can book a shuttle back to the start at the end of Day 1.





## Required Kit

The list below includes recommended and compulsory kit (in red) for the event. Weather-dependent, the Race Director may make more kit compulsory. For your overnight bag, please bring what you need to be comfortable. As a minimum, we'd suggest the kit below in a reasonable-sized overnight bag.

## Kit List

### Cycling

**Cycling helmet (no hat, no ride)**

Cycling shoes or equivalent training shoes.

Cycling clothing, including waterproof

Cycle repair kit – as listed below

Thermal top

Whistle

Rucksack

**Water bottles or bladder**

Emergency silver blanket

**Mobile phone - fully charged and switched on**

Long trousers / leggings

Optional – Ridgeway Map

### Overnight

Sleeping bag

Sleeping mat

Comfortable clothing for the evening

Wash kit, including towel

Ear plugs

Eye covers

Book / music for relaxation

A few quid for refreshments and snacks

Change of clothing for each days' cycling

Blister plasters / iodine / antiseptic – foot care kit

Mobile phone charger

GPS watch charger

## Cycle Repair Kit - to be carried

- Spare inner tubes
- Puncture repair kit
- Chain quick-links
- A derailleur hangar (recommended, if you have one)
- A tool kit or multi-tool (chain tool, zip ties, etc)
- Pump (or CO2 inflator, plus spare cartridges)

There will be full mechanical support on hand each day, and generic spare parts will be available from Otec Bikes. Each checkpoint will also hold an emergency repair kit and remote mechanics.





## Route Information

- The route mostly follows the Ridgeway National Trail, which is well-marked with National Trail signs. Where the route deviates from the Ridgeway, it will be marked.
- You can view the route on our Race Space event page.
- You will be given a route card with a description of the route and sections to be cautious.
- You can download GPS data from the website to load directly onto your GPS.

## Event Safety

**The following information is important.** Please read it carefully. This information will also be covered in the compulsory briefing before you set off.

### *Route Hazards*

- Slippery uneven terrain, covered with roots and leaves. Cycle with care.
- Be aware and take caution crossing all roads – some are busy. None are marshalled.
- Be aware of other route users especially where it is narrow. Dogs off the lead, horses, and walkers are all potential hazards.

### *Medical Incidents*

- Any incidents will be dealt with as part of our medical emergency procedures.
- Ensure you understand the risks of taking part in a challenging event by reading our partner [XNRG's medical page](#).
- Please let us know in advance of the event if you have any medical problems that might be relevant to your participation.
- There will be medical support at the finish on Day 1.





## ***What to do if you are...***

### **Injured**

- Try to get to a checkpoint, where we will be able to recover you or treat you.
- Get to a recognisable location where you can report your position and call the course manager or Race Director to be recovered (**numbers given out at registration**)
- Tell another competitor where you are and ask them to inform the next CP - we will then plan your recovery.

In the event of a serious emergency (i.e. someone is knocked down), ring 999 first, then ring one of the mobile numbers on the route card.

Medical Emergencies will be taken to A&E, who are aware of the event.

### **Lost**

- Keep looking for signs – look for the acorns on National Trail signs (they are very regular)
- Use your GPS download
- Look for fellow competitors behind or in front
- Retrace your route to your last known location
- Ask a local for help
- If you're still lost, try to get to a road or town, and ask at a pub or shop to help locate your position on the map
- Or, find a road with a name or a town and ring the course manager or Race Director (**numbers given out at registration**) to help guide you in.

### **Withdrawing**

Only withdraw at a checkpoint and make sure the CP staff know you are withdrawing. We will get you to the finish when the CP closes, or as soon as possible.





## Missing checkpoint time

- Checkpoint open and close times are on the route card
- If you are too fast and the CP is not set up, you will need to decide whether to keep going or wait
- If you are too late for a CP, we will keep it open till you arrive; if you are late for 2 CPs we may ask you to withdraw for the day and save your energy for the next day.

## In the dark

You will not be allowed past CP4 each day if you cannot finish in daylight.

