

Isla and Holly's Assault Course Challenge

Participant Information

- ~ Individuals and Team Captains. to report to Registration desk from 10am
- ~ All participants are to attend pre-start Safety Briefing 30 mins before their start time
- ~ Participants are to get to Start area no less than 20 mins before their start time.
- ~ ALL Team members to attend Warm-up at approx 10.45am
- ~ Individuals and Teams will be called to the Start line by team number

OKEHAMPTON CAMP

The camp can be found at EX20 1QP, just South of Okehampton and near Tavistock, Devon. Routes to the event will be signposted from Tavistock and Okehampton. A map can be found on our website.

START TIMES

Teams and individuals will leave at 2 minute intervals from 11am. You will be given an allocated start time when you register in the morning.

YOUR PARTICIPANT NUMBER

Your team number will be given to you on event day (please bring 4 small safety pins to attach your number) which must be worn on your FRONT as they can get torn off in the tunnels if fixed on the back of your running top.

CHARITY T-SHIRTS

We are designing t-shirts to be printed with the charity logos. Please see our website for more info on these as they become available!

FUNDRAISING

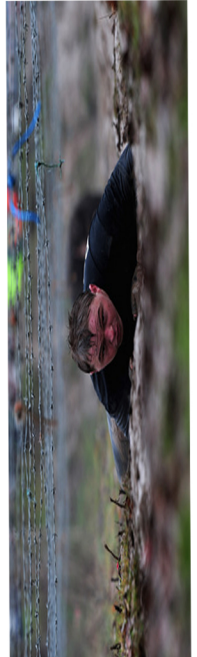
Fundraising is either via your sponsor form which you can print from our website. Please ensure your sponsors GiftAid their donation if possible - they must include their house number and a postcode for GiftAid to be valid.

You can also pay in sponsorship by PayPal to snowdrop.retts@gmail.com

You can also join our Fundraising team on JustGiving and receive online donations. See the separate info sheet on our website for details!

SPEEDY SHOWERING!

With lots of people heading for the showers following their race, please ensure you only stay in the showers long enough to wash off the lumpy bits!



So who wins?

Well - ultimately the charities do!

All individuals and teams are eligible to win a medal for 1st, 2nd & 3rd There will also be a trophy for the best Fundraising Team.

To decide on winning participants, points are awarded for the amount of Sponsor Money each team hands in on event day - so raise as much as you can and bring it with you.

Don't forget - this is a charity event first & foremost.

Points are also awarded for the time it takes each team or individual to negotiate the assault course. The two sets of points (Sponsorship and Time on Course) are then added together to decide winning participants.

For all the latest information go to our website at isla-and-holly.weebly.com