

**Longhirst Hall, Newcastle – Hog Trot!
18th May 2008**



The information contained in this document is essential event information.

The Longhirst Hall, 'Hog Trot' event is a multi discipline adventure event. Competitors will be following a 5 - 7 mile running course through various diverse and exciting event areas. The event areas will include all manner of tasks and challenges. It's a tough event but lots of fun.

You should expect to get wet and muddy – dress accordingly!



Longhirst Hall 5 - 7 mile adventure course – 18.05.08



A fantastic course around Longhirst Hall and the surrounding countryside. Around 5 – 7 miles of running/walking with a few 'added extras'.

1 – 2 1/2 hours average course time.



Registration: 10.00 – 11.30 am
Briefing: 12am
Start: 12.15 pm.

Booking

Each competitor needs to have filled in a valid booking form. These are available from Adventure Challenge Events (ACE) or, if you are a charity competitor, from your adopted charity. Visit www.acefundraising.co.uk to download a booking form. These booking forms must be returned to ACE either directly or via your charity. If you are uncertain post them back to ACE. Full payment is requested with each booking.

You will receive your race number at registration on the day of the event.

Who can take part?

We have a minimum age of 16 but no maximum ages. The events are open to all levels of fitness but you should look for the average times (shown below) to get an idea of the actual fitness levels required. Needless to say the events will feel much easier if you have done some training before hand and you should always get checked out by your GP to make sure that you are 'fit enough'.

Be prepared to get dirty... These aren't road races so bring a change of clothing with you.

What facilities will there be?

We will have food and drinks on site along with toilets and changing facilities. Showers will not be available so come prepared.

Parking

Parking is to be arranged in the main parking area of Longhirst Hall. Please navigate to Longhirst Hall and you will then pick up signs for the Whole Hog event once in the grounds.

Directions:

From the North

From Alnwick, travel south down the A1 for approximately 14 miles. Take the left turning signposted Hebron and Longhirst Hall. Follow local roads for approximately 3 miles, continuing through Hebron following signposts to Longhirst and Pegswood. Turn left at the T junction signposted Longhirst Hall and Widdrington. Continue along this road (B1337) for 1 mile, taking the left turn signposted Longhirst Hall arriving at your destination.

From the South

Travel North up the A1 passing Newcastle and Morpeth. After passing Morpeth continue for a further 2 miles up the A1. Take the right turning signposted Hebron and Longhirst Hall. Follow the local roads for approximately 3 miles, continuing through Hebron following signposts to Longhirst and Pegswood. Turn left at the T junction signposted Longhirst Hall and Widdrington. Continue along this road (B1337) for 1 mile, taking the left turn signposted Longhirst Hall arriving at your destination.

Notes for charities

If charities wish to have an arrival desk and thank-you desk, please inform ACE prior to the event and a suitable location will be discussed.

Refreshments will be available in the same area as registration. Toilets will also be available in this area.

A first aid post will be available during the event.

Race Tips

The majority of the race will be off road and we therefore recommend off road clothing and footwear. There will be also be lots of additional challenges. You will be best off in trainers for these. We suggest long sleeved tops and leggings to cover those knees. Gloves will also be a good idea. You may want to carry a small rucksack with spare water, food, waterproofs etc.

Make sure that you arrive with plenty of time to get organised, register and get to the starting area. The race briefing will be at the registration area in Longhirst Hall. Toilets will also be available. There will be refreshments available at the finish. Don't forget to bring a towel and a set of dry clothes (showers won't be available).

Get fit! It's a demanding course and the time spent on foot will be physically (and mentally) demanding too. Competitors are allowed to opt out of challenges. This is called taking the 'piglet option'. Taking the 'piglet' option on any challenge will cause a time penalty for each competitor.

IMPORTANT

The race will be for individuals and teams (teams must be made up of three people). Prizes will be available for the following;

1st, 2nd and 3rd places individual male

1st, 2nd and 3rd places individual female

1st place for All Male Teams (medals available for 2nd and 3rd places)

1st place for All Female Team (medals available for 2nd and 3rd places)

1st place for Mixed Team (medals available for 2nd and 3rd places)

YOU CAN ONLY WIN PRIZES IN YOUR CATEGORY – so if you enter as part of a team you cannot win the individual race and vice versa.

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