



Dear Challenger,

As I am sure you are well aware there are now only a few weeks to go until the start of the Atlantic Coast Challenge 2011.

The main purpose of this document is to explain the timings, logistical arrangements and safety points that have all been put in place to make the event a wonderfully smooth running and safe experience for you.

We are aiming to get all of you to arrive at the finish line at approximately the same time each day. To this end we would request your full co-operation in adhering to your designated start times and locations.

It is appreciated that there is a lot of detail to understand in the following document. Take your time and read the instructions thoroughly in order to avoid any misunderstandings.

If after reading the details below you have any questions or problems, please email ben@votwo.co.uk

By the way, It s not too late to go the extra mile and join Mencap's extreme team at no extra cost to you. Everyday Mencap challenges prejudice and helps thousands of people with a learning disability live life the way they want. You can use this event to support its work and make a real difference. There is no minimum sponsorship target and you could even get your costs covered! Just contact Andrea on 020 7696 5566 or andrea.matias@mencap.org.uk to find out more.

I look forward to seeing you at the event.

Ben Mason

Votwo Events Director

Votwo Events & Adventure Ltd

Registered in England and Wales No. 5986260

Registered address: 3 Hill House, Tehidy Park, Camborne, Cornwall TR14 0TH

Director: Ben Mason
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email: ben@votwo.co.uk



Atlantic Coast Challenge 2011 joining instructions

Please read and understand all of the following:

- 1. Daily Timings**
- 2. Challenge Registration and Daily Briefing**
- 3. Transportation**
- 4. Car Parking Arrangements**
- 5. Event HQ and Facilities**
- 6. Running Groups / Walking Groups**
- 7. Accommodation**
- 8. Food**
- 9. The Course / route**
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- 12. Kit List**
- 13. Actions on a Casualty, Lost, Early Retirement and Late Runner.**
- 14. HQ location maps and postcode**
- 15. General Notes**

Appendix A. Accommodation List



1. Daily Timings (see section 6 for explanation of groups).

Day 1	G1	G2	Day 2	G1	G2	G3	Day 3	G1	G2	G3
Friday 30 th September			Saturday 1 st October				Sunday 2 nd October			
Breakfast opens	06:15	06:30	Breakfast opens	07:00	07:30	08:00	Breakfast opens	07:00	07:30	08:00
Breakfast shuts	07:00	08:30	Breakfast shuts	08:00	08:30	09:30	Breakfast shuts	08:00	08:30	09:30
Registration opens	06:00	07:05	Registration opens	06:30	07:30	09:00	Registration opens	06:30	07:30	09:00
Registration shuts	07:00	08:30	Registration shuts	07:25	08:35	10:00	Registration shuts	07:25	08:35	10:00
Challenge briefing	07:00	09:00	Challenge briefing	07:30	08:40	09:50	Challenge briefing	07:30	08:40	09:50
Transport leaves for start point	07:15	09:20	Transport leave for start point	07:45	08:55	10:05	Transport leave for start point	07:45	08:55	10:05
Transport arrives at start point (approx)	08:15	10:20	Transport arrives at start point (approx)	08:15	09:25	10:35	Transport arrives at start point (approx)	08:15	09:25	10:35
Evening meal starts	18:30	18:30	Evening meal starts	18:30	18:30	18:30	Evening meal starts	18:30	18:30	18:30
Evening meal finish	20:30	20:30	Evening meal finish	20:30	20:30	20:30	Evening meal finish	20:30	20:30	20:30

Registration area: St Ives Bay Holiday Park.

Note: any changes to the published timings will be displayed on the event notice board in the registration area.

See notes on groups for more details on day 1.



2. Challenge Registration and Daily Briefing

On each day you will be required to register your attendance on the event at race registration. You will need to arrive at registration in your running/walking kit (with warm kit over it) with your kit bag packed ready to be transported to the start.

Each day Challenge Registration takes place at the Event HQ, St Ives Bay Holiday Park. This is also where the event accommodation is based.

All you need to do is report your name to the registration desk and receive your challenge number and timing chip. Route maps and emergency note card will be issued on your first day. If you have pre-booked any event clothing this will also be issued to you on your first day of registration.

Once you have registered please move to the kit check desk. You will be asked to prove you have certain items of the compulsory kit list packed in your kit bag. See **Section 12 Kit List** for an explanation. If you **do not** have the compulsory kit you **will not** be running as part of the event. Your challenge number will be marked each day to show your kit has been checked.

Free teas, coffee and biscuits are available each day at challenge registration.

Your actual challenge number will be allocated to you at challenge registration. You will be identified by the same number for all 3 days. Your number will be collected from you at the end of each day and re issued the at registration the next day. Do not lose your number. You only have one and it is used for all 3 days.

Numbers come with 4 safety pins and can be displayed anywhere on your person or equipment. They must be visible at all times, front or back is acceptable.

Each day a mandatory challenge briefing will take place at the registration tents. This will cover daily route updates, weather forecasts, other matters arising and safety points.

The Votwo medic will be available each morning to dress blisters and look after feet. There is no charge for this service just a request from the medic that you are wearing clean socks!

3. Transportation

Once you arrive at the event registration Votwo will look after all your required transportation whilst participating in that day. We have a fleet of mini buses and drivers that will provide:

- Daily transport from the challenge registration to the start point
- Return transport from the finish line to the official event accommodation, event car park at the St Ives Bay Holiday Park.
- Act as a 'meat wagon' on route. Ideal for runners or walkers who can no longer continue and need a lift!
- Special transport requirements. If you are arriving by train or other means and you require a lift then please email events@votwo.co.uk with the title 'Special JCC transport request'. Give us as much detail as you can on timings, location and number of people and your mobile telephone numbers. The cut off time to request this from us is Wednesday 28th September after this we may not be able to fulfil your requests.
- The nearest train station to the event HQ is **Hayle**. Please don't go to Penzance or St Ives. **Hayle** is good place to stop if you would like a lift from votwo! **Hayle** train station is only about 3 miles away from the event HQ.

Note: With regards to your warm kit that is worn over your running kit each day this will be collected at the start and transported to the finish for you. It's advisable to use a rucksack or similar bag to store this kit in. **Make sure you label this bag very clearly with your name and mobile number on the outside** so if you forget it we can get hold of you. You may leave these bags on the mini bus that transports you to the start. They will be gathered up from each bus and taken to the finish.



4. Parking Arrangements

The event car park will be clearly signed from the entrance of St Ives Bay Holiday Park. If you have booked event accommodation you are able to park your car next to the accommodation. Please use the event car park until you have been issued your accommodation.

On day 1 a car park marshal will be in position at the entrance to the holiday park.

5. Event HQ and Facilities

Event HQ is the name for the Votwo tented administration area at the St Ives Bay Holiday Park. This will be made up of several signed areas:

- **Registration** - area to register your attendance on each days run. Daily challenge numbers issued and kit check here.
- **Reception** - next desk along from registration, manned from Thursday morning until Sunday night, area to collect/leave accommodation keys, make any enquires regarding the accommodation or the event and pay for and collect meal tokens, massage tokens. The event notice board will live here.
- **Kit check area** - your kit will be checked daily here to ensure you have the right equipment with you whilst on the challenge route.
- **Event shop** - manned by reception, selling Atlantic Coast Challenge branded clothing and other Votwo events merchandise.
- **Massage tent** - Only £12 for 15 minutes to sort out those aching limbs! Tokens to be brought from challenge reception/shop.
- **Catering marquee** - manned by the caterers'. Breakfast and evening meals served from here. Tokens to be brought/collected from the reception/shop. **Bring your own plates and KFS (knife, fork, spoon)**. Teas and coffees are free to anyone, any time from inside the marquee.
- **Swimming Pool** – the holiday park has a large indoor swimming pool. Perfect way to relax after your run. Open/shut timings will be promulgated on the event notice board at reception.
- **Beer / drink area** - Skinners brewery have donated a large amount of beer to the event. Help yourself if over 18! Located in the catering marquee.
- **Sea and beach** - less than a stone's throw away!



6. Running / Walking Groups

There are three 'group' options for the ACC 2011 on day two and three. The onus is on you to choose which group suits you best. On day two and three you just simply adhere to the group timings for the group you wish to be in. You may change groups between days two and three.

On day one there are only two group choices. It is the longest transfer from HQ to start point and in recent years the traffic on route has meant that group 3 leaves late. Extra buses have been hired for day one in order to accommodate two larger sized groups.

You must fill in the online ACC group registration form ASAP. There is a limited carry capacity on the event mini buses of 96 people. There for group size is limited to 96 challengers. The online group registration system will close groups when full. If you are too late to get the group you want don't worry, just choose the other group.

Link for online group registration: <http://regonline.activeeurope.com/Register/Checkin.aspx?EventID=1015771>

On days two and three:

Group 1 will be leaving on transport considerably earlier in the mornings than the two running groups. It is advised that walkers and slow joggers sign up for group 1.

Group 2 is for faster joggers and slower runners.

Group 3 is for runners of all abilities.

Please refer to the daily timings sheet at the top of this document for group timings.

7. Accommodation

For those of you that have made use of the official event accommodation your instructions are:

- If you have booked for the Thursday night then you are to arrive at the St Ives Bay Holiday Park to receive your key and accommodation briefing between 17:00 – 22:00. If you are going to arrive later than 22:00 please call or text Ben (on the day) on 07855272414 and advise him what time you are arriving. Accommodation will not available before 17:00 on the Thursday.
- If you have event accommodation booked from Friday night onwards, then you will be issued keys on Friday afternoon after your run / walk.
- **YOU MUST REPORT TO VOTWO RECEPTION IN THE VOTWO MARQUEE. DO NOT GO STRAIGHT TO THE HOILDAY PARK RECEPTION. THIS WILL CREATE LARGE SCALE CONFUSION AS VOTWO IS MANAGING ITS OWN ACCOMMODATION BOOKINGS FROM ITS OWN RECEPTION IN THE BLACK VOTWO MARQUEE.**
- **ACCOMODATION KEYS ARE TO BE STORED AT THE VOTWO RECEPTION ONCE ISSUED BY VOTWO. DO NOT KEEP THEM IN YOUR POCKET OR BAG. YOU MAY BE SHARING THE ACCOMDATION WITH OTHERS. THEY WILL NOT BE ABLE TO ACCESS THE ACCOMMODATION IF YOU HAVE THE KEY. LAST PERSON OUT IS TO LEAVE THE KEY AT THE VOTWO RECEPTION ON THE KEY BOARD ON THE APPROPRIATE HOOK. NO EXCUSES!**
- If you have not booked for the Sunday night then you must vacate your accommodation on the Sunday morning before you are transported to the start point. Please ensure all your plates and cutlery are returned before you hand your key in to the Votwo reception.
- There are still some rooms available. Please contact events@votwo.co.uk if you feel you require one. It is advisable to get a good rest before driving any distance home.
- The accommodation comes equipped for self catering, complete with bedding. It's advised you bring your own towels and a sleeping bag (in case you are cold) just in case. You may use the plates and cutlery from the accommodation in the catering marquee. You must return them though!



- Please see Appendix 1, Accommodation List. This shows who is in what room in what chalet/caravan. If you believe you have accommodation with us but are not on the list then please email or phone events@votwo.co.uk (07855500149). If you are not happy with whom you are sharing with then again please contact Pete ASAP. Official changes cannot be made to the below list once the event starts. What you choose to change amongst your friends is up to you. Please be aware there might be a small delay in any response to enquiries due to the team being at other events.

8. Food

Votwo have hired a professional chef who's instruction has been simple. 'PLENTY OF GOOD QUALITY FOOD WITH 2nds!'

Meals will be served in the 'Catering Marquee' Please note the following points

- Tea and coffee are complimentary and will be available throughout the day from the catering marquee. Complimentary cake will also be served after each days run
- Evening and breakfast meals will require each individual to hand over a meal ticket for each meal. If you have booked official event accommodation then you will receive your meal tickets with your accommodation pack on arrival at the event. For those who have block booked caravans the amount of meal vouchers is relevant to the amount of bed spaces in your accommodation
- If you would like to join us for meals then tickets can be purchased at event reception at £12 per day. This is open to friends and family as well as challengers. If you intend to purchase meal tickets at the event please email events@votwo.co.uk just to advise us which nights and how many. This will greatly help with the catering planning.
- Breakfast is served as per the daily timings. Please only arrive for breakfast in your specified group timing, this is to minimise any crowds and queues. Breakfast will consist of a bacon , egg and potato Frittata (a cross between a omelette and a flan) and /or cereals, bread, jam, honey etc. Fresh filter coffee and orange juice will also be served.
- Evening meal is served from 18:30 until 20:30 each day (if runners are still out on route then food will be kept warm past 20:30)
- You are required to bring your own plates, bowls, knives, spoons and forks. Disposable spares will be available at a cost of £1 per meal. You can use the eating equipment from the accommodation as a long as it is returned at the end of your stay
- Skinners Brewery have supplied the event with free Ale. This will be available at evening meals and if requested , at breakfast.....
- Chilled beer and wine will be available with evening meals. A small contribution to the 'honesty box' would help cover the cost of the canned beer and bottled wine. You are more than welcome to bring your own.
- If you have any special dietary requests then please email ben@votwo.co.uk . We will make every effort to accommodate your needs.



The Menu

Each night has been themed. Vegetarians have been catered for each night. Don't worry if you don't like the themed food as an alternative dish will be supplied each night.



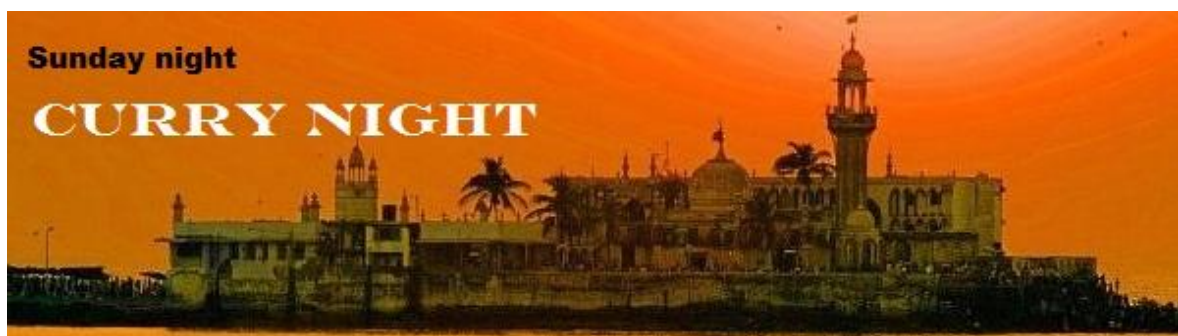
Lasagne alla Bolognese - Roast Vegetable and Brie Lasagne – Coleslaw salad - Garlic Bread



Bolognese beef sauce and pasta bake – Chicken and green pea risotto – Vegetable pasta bake – Coleslaw salad - Jam sponge cake and custard



Roast Lamb with Rosemary and garlic – Sun dried Tomato Burgers – BBQ Salmon - Jacket Potatoes – Oven roast vegetables - Coleslaw salad – Chocolate Sponge cake



Lamb , chicken or vegetable curry – Basmati rice – Nan bread – Chutney



9. The Course / Route. **Please note that you will be issued with your route maps at race registration.**

The route follows the Cornish section of the South West Coast Path. It is marked on signs by an Acorn symbol and is a well worn track for the majority of the way. At some points it will pass through built up areas but is still generally well marked. Remember the basic principle of 'keep the sea on your right and the land on your left' and you will not go far wrong. **The route will have no specific markers relevant to the Atlantic Coast Challenge.** This is to ensure that we have the minimum possible impact on what is a beautiful and natural environment along the way. **You are expected to navigate the route yourself.** We are aware that some parts of the coast path have suffered erosion and could be shut. Diversions are in place and these will be covered in the daily briefings.

There are a number of areas of the route where you could take a short cut or miss out a hill. Do not knowingly deviate from the marked route on the map. Taking short cuts is not in the spirit of the event and is not acceptable. Snap check points may be in place every day to ensure there is no cheating. Time penalties or disqualification will apply to any one reported to have taken a short cut.

ABOVE ALL ELSE PLEASE ENSURE THAT YOU FOLLOW THE ROUTE AS MARKED ON YOUR CHALLENGE MAPS.

GENERAL ROUTE WARNING

The nature of the coast path means you will be walking/running close to the edge of the cliff face at certain points. Take extra care on these sections especially in high winds. Keep a sensible distance from the edge at all times and proceed with the up most caution if the ground is loose and slippery.

10. The Checkpoint system

The main safety device in place on the route is the checkpoint system. **You must pass through every checkpoint.** Failure to do so after a certain time will activate our search procedure unless you phone in to register that you will be late. Late arrival to any checkpoint will result in you being disqualified from the event that day and no official finishing time will be recorded.

Checkpoint locations are shown on your issued maps. They are spaced approximately 10 km apart. On arriving at the checkpoint it is very important that you make your challenge number and name known to the checkpoint staff. This is a safety point so we can make sure you are on route. It also means you will receive your split times. **It is your responsibility to communicate with the CP staff to ensure you have been registered at that point, had have 'dibbed' your timing chip. Simply passing though and expecting them to record your presence is not acceptable.**

Checkpoint timings

As part of the issued maps (available at challenge registration) you will find the location of the checkpoints and a further sheet stating the closed times **(you must carry this sheet whilst on route)**. The checkpoint close time is a safety cut off. This timing is calculated on you maintaining a minimal average pace of approximately 6km/h for runners and 5km/h for walkers. If you move any slower than this on average you will not make the next checkpoint or complete the day. If you are not going to make the cut off time please follow points 3 and 4 of the lost procedure. **If you fail to report to a checkpoint and do not phone to indicate that you are late you will be deemed 'Lost' and a search will be initiated for you.**

A sweeper runner will maintain a last man position over the whole course. Their job will be to sweep up any straying or broken runners on route. If you do not make the cut off time for a checkpoint or cannot maintain a pace of 5km/h with the last man sweeper runner then your number will be removed and you will be withdrawn from that day of the event. If this occurs on day 1 or 2 you are still able to start the next day if you wish.

Snap Checkpoints

On the course each day there may be a Snap Check point (an unscheduled 'surprise' check point). This will be placed in an area where an obvious short cut could be taken. It will not be a feeding station or a timing point. It is purely there to take numbers and names as runners pass through it.

Checkpoint food/water

The first check point of each day will offer cold food and drinks. Drinks on offer are water, squash and coke. Every subsequent checkpoint will also offer hot drinks, soup and rolls, sandwiches, cereal bars, fruit and other snacks. The finish point of each day will offer the same plus a hot bowl of the Votwo Mother's homemade soup (well worth 26 miles of running !) and at the finish of the last day you will be presented with your very own piping hot Cornish Pasty!

There is plenty of food at the checkpoints. Make sure you eat and drink plenty on route to keep you going.



11. Weather

The weather on the coastline can change very, very quickly. Make sure that you adhere to the kit list and are adequately clothed. A weather forecast will be published at the registration tent at the start of each day. If the weather is extremely adverse and deemed to be dangerous on the coast path the event will be cancelled or re-routed inland as appropriate. Possible scenarios for this include high winds or thick fog. The event director's decision is final on this matter and will be based entirely on keeping you alive and safe.

12. Kit list

Whilst taking part on the challenge it is compulsory for you to carry the following equipment. Each day at challenge registration you will be asked to prove you have certain pieces of kit on the list. If you don't have this kit you will not be allowed to participate in the event. Due to the recent situation with the OMM (Original Mountain Marathon) and the severe weather they encountered, Votwo events are not prepared to take the risk of under prepared participants at our events. **We will be enforcing the policy of: no kit, no run.** If the worst happens to you any of the below kit could really make the difference to your survival and wellbeing.

There will be random spot checks. Essential kit:

- a) Issued maps for that day in an easily accessible place. (Make sure these maps are tied in some way to your kit, one gust of wind and they're gone!)
- b) Useful numbers, check point timings, and actions on lost / casualty
- c) Whistle
- d) Compass (make sure your compass is attached to you or your kit)
- e) Waterproof top
- f) Long trousers or tights
- g) Gloves (water proofed in plastic freezer bag)
- h) Hat (water proofed in plastic freezer bag)
- i) Chocolate bar or similar
- j) Small torch with spare batteries
- k) More than 400ml of water or other drink
- l) A light weight piece of warm clothing (water proofed)
- m) A fully charged working mobile phone (water proofed)
- n) A note pad and pencil with your name and your mobile number written on it (water proofed)



13. Actions On:

Actions on Casualty

There are two types of casualty, minor and major. A minor casualty constitutes a non life-threatening injury such as a cut, abrasion or twisted ankle. The casualty will be able to walk and medical attention will be needed but not urgently. A major casualty will require urgent medical attention and will not be able to walk. Injuries such as broken legs, severe bleeding, heart attack etc fall into this category. There are 2 paramedics employed specially to deal with any medical situation.

If you become or find a conscious/unconscious major casualty follow this procedure:

1. Apply any known first aid.
2. Phone the event HQ on 07540902612 or 07855272414 (have these numbers pre-entered in to you phone) or call the emergency services directly. If you have no signal go to point 3
3. Inform the next person you see on route and hand them the casualty's note pad (if possible, should be in their rucksack as per the kit list) with their details and the useful phone numbers. Write your location and nature of the injury, instruct that person to get to the next phone or area of signal and phone event HQ or the emergency services and give your details.

If you become/find a minor casualty:

1. Continue or assist the casualty to the closest checkpoint (bear in mind this may be backwards on the route) and ask to see the event medic.

Actions on Lost

If at any time you become lost follow this procedure:

1. Stop. If possible make your way back to your last know position on your map.
2. If you cannot find your last know position on the map head West using your compass until you hit the coast path. You should pick up the coast path before you reach the cliff line/beach. Follow the path South West and you will be back on route.
3. If you are still lost phone event HQ on 07540902612 (or any of the numbers on the contact list) and inform him of your name, race number, approximate location and the last check point you passed through. We will then formulate a plan to either find you and pick you up or describe how to get back on the route. If you have no phone reception then keep moving until you do.
4. If you miss the checkpoint opening and closing times a search will be initiated for you. It is very important that you notify the event HQ if you think you are going to miss it or you are late. HQ will then know you are safe and not lost or injured.

Actions on early retirement

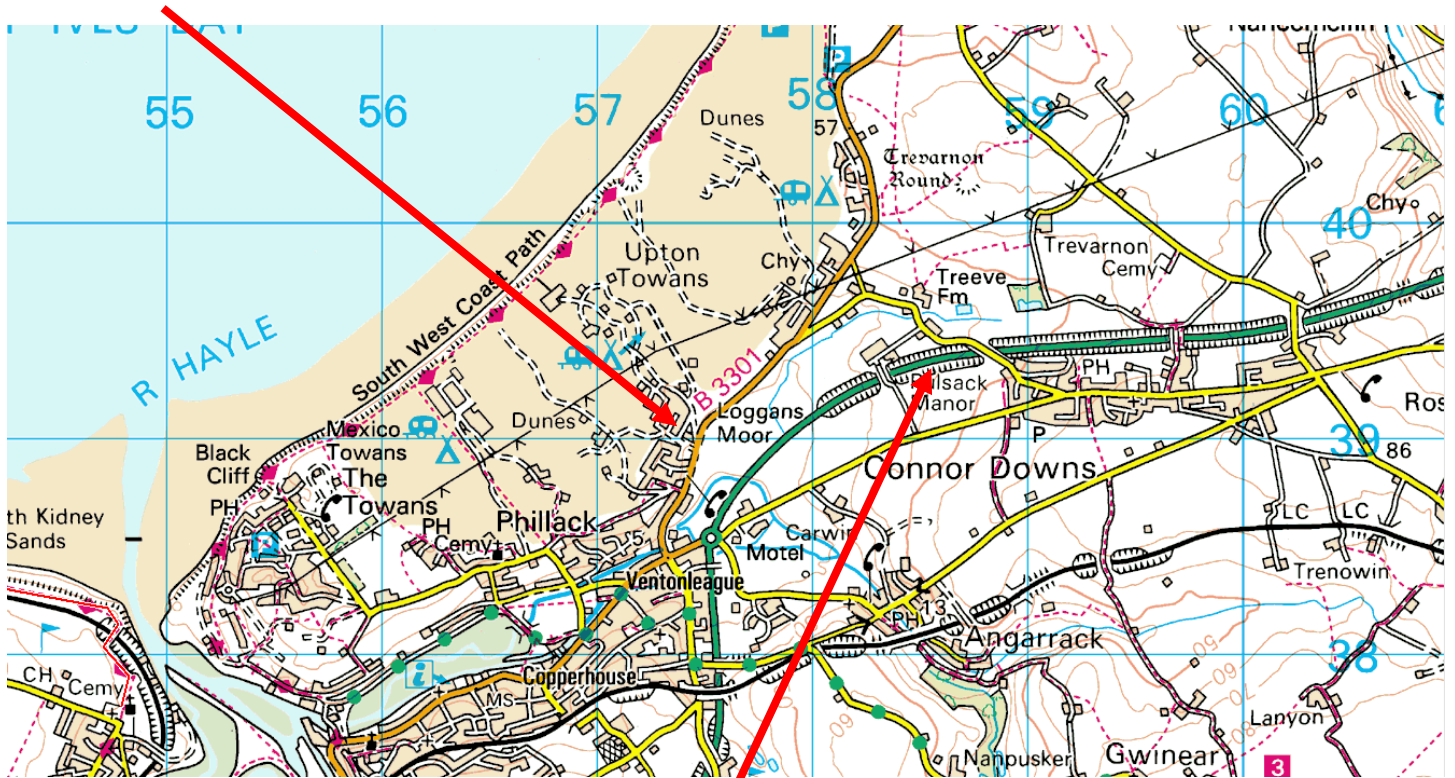
Inform any staff on the list of contact numbers if you feel that you cannot complete the route and want to retire at any checkpoint. We will arrange to pick you up from that checkpoint. **Do not under any circumstances leave the challenge without informing a member of the event staff.** A full search will be initiated if you miss checkpoints and we cannot contact you. We can then only assume you are lost or injured on route.

Actions on late runner (this is what the Votwo team will be doing if you are late)

1. Runners are briefed to phone race HQ if they are going to be late for a check point.
2. Last man sweeper is informed and asked for the location of 'last man'.
3. If lost runner is not last man then race HQ will call runner on mobile number.
4. If no response staff from last previous know check point will search along the route towards next check point. Staff from the 'late check point' will search back along the route until they meet other check point staff.
5. If no runner found then coast guard is called and informed of details.
6. It is anticipated that this process will take no longer then 1 hour after the lost runner is late for the check point.

14. HQ location maps and postcode

EVENT HQ. St Ives Bay Holiday Park, Upton Towans, Hayle, Cornwall, TR27 5BH



A30





15. General notes

- **Notice board**

There will be a large notice board placed outside Challenge Registration. Please make sure you read any notices here as, after the daily briefings, this is how we will communicate any information to you. Please pass any details on that are promulgated on this notice board.

- **Votwo long sleeve running top, T-shirts and hooded tops.**

If you have pre purchased one of the above then a copy of the booking order and the item of clothing will be in your event goody bag awaiting your collection at race registration. There will be a couple of items available for you to purchase on the day. T-shirts at £15 , Long sleeve running tops at £30 and hooded tops at £25.

- **Blisters**

Consider taping your feet up before the day starts. This way you can avoid the blisters before they happen. A good pair of worn in cross country running trainers is recommended. The Votwo Medics will be on hand in the morning at Challenge Registration to help out with any hot spots or blisters.

- **Recorded Times**

These will be displayed on the notice board at the end of each day. They will show your splits between each check point and your overall time.

Full times will also be published on the www.votwo.co.uk web site after the Challenge. We hide it under 'results' on the events and adventure pages.

Useful numbers

Challenge Director (IC): Ben Mason - 07855 272 414

2nd in charge of Challenge (2IC): Andy Blow - 07968 058 596

Event HQ: - 07540902612

Accommodation co-ordinator: Peter Mason - 07855 500149

Appendix A. Accommodation list

ACC Accommodation 2011 Listings

(Please note that the listings are confirmed bookings as at time of print



11/09/2011). All enquires to be emailed to events@votwo.co.uk

Accommodation booked

	Thur	Fri	Sat	Sun
Chris Linney	x	x	x	x
TBA				
Michael Preece	x	x	x	x
TBA				
David Forster	x	x	x	
TBA				
TBA				
Victoria Bales	x	x	x	
Ian Malclom	x	x	x	
Lai Men Yapp	x	x	x	x
Jamaludin Munning	x	x	x	x
William Fox	x	x	x	
TBA				
Nick Battersby	x	x	x	
Mark Mades	x	x	x	x
Liz Crocker	x	x	x	x
Micheal Luxmore	x	x	x	
Nick Foster	x	x	x	
Karen Robinson	x	x	x	
Gill Judge	x	x	x	
Bridget Turnbull	x	x	x	
Katie Jennings	x	x	x	
Nicola Thomson	x	x	x	
Peter Whelvell	x	x	x	x
Richard Kibrya	x	x	x	x
Suezanne Houghton/ Catherine Abbot	xx x	xx x	xx x	



Gemma Astley	x	x	x	x
Chris Sampson				
Benjamin Lyons	x	x	x	
TBA				
TBA				
Yolande Macke	x	x	x	x
TBA				
Adam Stainton	x	x	x	x
TBA				
Victoria Endean	x	x	x	
TBA				
Stephen Knell	x	x	x	
TBA				
Helen Shellabea	x	x	x	
Melanie Edge	x	x	x	
Michael Brock	x	x	x	
TBA				
David Jackson	x	x	x	x
Philip Honeywood	x	x	x	x
Hilary Stokes	x	x	x	
TBA				
Duncan Adams	x	x	x	
TBA				
Mike Hutton	x	x	x	x
TBA				
Kate Mason	x	x	x	
Paul Mason	x	x	x	
Penny Southern	x	x	x	x



Caroline Curtis	x	x	x	x
Scott Parfitt	xx	xx	xx	
TBA				
Colin Freeman	x	x	x	x
Martin Scadden	x	x	x	x
Anna Roberts/ Rebecca Lowman	xx	xx	xx	xx
Carla Lowman/Kerry Atack	xx	xx	xx	xx
Roz Edwards/Amy Appleby	xx	xx	xx	xx
John Clarke	x	x	x	
Lewis Tulley / Roland Strobl	xx	xx	xx	
Rebecca Clark	x	x	x	x
Sarah Jackson	x	x	x	x
Martin Scadden	x	x	x	x
Noel Cheseldin	x	x	x	x
Okke Engelsma	x	x	x	x
Richard Gentry	x	x	x	x
John Walker	x	x	x	x
Nicholas Marshall	x	x	x	x
Antonie De Klerk	x	x	x	x
Ross Leibbrandt	x	x	x	x
Tom Ford	x	x	x	
USN	x	x	x	
USN	x	x	x	
USN	x	x	x	
Simon Whittle	x	x	x	
Judith Chubb-Whittle	x	x	x	



Penny Mallory	X	X	X	
Steve Bottomly	X	X	X	
TBA				
Lyn Beaumont	X	X	X	X
Maria McConchie	X	X	X	X
Henry Williams	X	X	X	
John Walker	X	X	X	
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Weatherby	X	X	X	X
Noel Bresland				



Keith Butterworth	x	x	x	x
Louise Gould	x	x	x	x
TBA				
Edward Charles	x	x	x	x
TBA				
TBA				
Go Commando	x	x	x	
Go Commando	x	x	x	
Go Commando	x	x	x	
Go Commando	x	x	x	
Go Commando	x	x	x	
Go Commando	x	x	x	
Go Commando	x	x	x	
Go Commando	x	x	x	
Pete Cross	x	x	x	x
Graham Titcombe	x	x	x	x
Matthew Smart	x	x	x	
Mathew Murgatroyd	x	x	x	
Jon Shacklock/Sue Shacklock	x	x	x	x
Nick Hooper	x	x	x	x
Teri Thompson	x	x	x	x
David Grant	x	x	x	
TBA				
Zoe Grimes	x	x	x	x
TBA				
Ivon Whitmore	x	x	x	x
TBA				
Jonathan White	x	x	x	
TBA				



Terry Beard	X	X	X	X
Benjamin Reed	X	X	X	X
Mark Forster	X	X	X	
Max Woods /Sacha Kendal Woods		X	X	
Anthony Chadd			X	X

Congratulations for reading this far down the document.

Enjoy your challenge!

Ben Mason

Director

Votwo Events