

# INFORMATION SHEET

## The Wight Challenge

Saturday 19th September 2009  
Jersey Camp in Porchfield, Isle of Wight

Looking for fun loving, adventurous and fit teams of 3 from all over the UK to take part in the sixth Wight Challenge.  
By raising sponsorship, teams will help support the good work of **Wessex Heartbeat** [www.heartbeat.co.uk](http://www.heartbeat.co.uk)

### What is the Wight Challenge?

- When:** Saturday 19<sup>th</sup> September 2009, **9.30am** (registration 8.30am)
- Where:** Jersey Camp, Porchfield, Isle of Wight - thanks to the support of SERFCA (South East Reserve Forces and Cadets' Association) - Watch out of the amended cycle route!
- What:** A **20m** mountain bike ride, **3m** open canoeing, and **8m** running challenge, each team member must complete all three challenges
- How:** Teams of three
- Why:** To have fun and raise money for **Wessex Heartbeat** [www.heartbeat.co.uk](http://www.heartbeat.co.uk)
- Where:** On the Isle of Wight, Jersey Camp in Porchfield
- When:** 19th September 2009, part of the Isle of Wight Council's Cycling Festival.
- Sponsorship:** Aim to raise a minimum of **£300** per team (£100 per team member).

## **Wessex Heartbeat:**

*[www.heartbeat.org.uk](http://www.heartbeat.org.uk)*

Wessex Heartbeat was founded in 1992 to support the work of the Wessex Cardiac Centre and since then have raised £11million thanks to the generosity of many individuals and organisations.

The money has been utilised to improve cardiac care for the 20,000 people, including over 1,000 children who visit the Cardiac Centre each year and some examples of what have been achieved include:

- Over £2 million of specialist equipment
- The refurbishment of Ocean Ward at a cost of £1 million
- The provision of a paediatric ambulance and revolutionary Babypod

The need is always to do more and we need your help to continue our vital work in the community with us seeking to provide new developments such as New Facilities for teenagers and young adults and a new theatre with specialist equipment for new born babies and vulnerable young people.

*Your help, no matter how small will improve cardiac care, will help us to continue Heartbeat House and will save lives.*

## **The Wight Challenge 2009:**

### **Venue**

The event will be based at Jersey Camp in Porchfield, thanks to the invaluable support of SERFCA (South East Reserve Forces' and Cadets' Association).  
Grid Ref: SZ44359085.

### **Mountain biking – 20 miles **NEW ROUTE****

At 30s intervals, teams head south to join the bridleway which joins the scenic Tennyson Trail up on the Downs and leads on to the Freshwater Golf Course, and on to the Freshwater Causeway. New for 2009, the route stops short of the River Yar cycle track and heads east along a bridleway to Wilmingham Lane (a marshal will be in situ).

Then on to Thorley, Wellow, Shalfleet and back to Jersey Camp in Porchfield. Exchange your bikes, re-hydrate and head for the canoeing.

### **Open Canoeing - 3 miles**

In Canadian open canoes, your team of three now paddles up the Clamerkin Lake on the Newtown River, following marker buoys to complete a circuit. This route will be altered to match the weather, if conditions are calm, then the length of the canoe will be 3 miles, if windy it will be much shorter. The open canoes are easily handled and safe and will be under the guidance of instructors afloat in safety boats and kayaks.

Whilst previous experience is not required, we do recommend that you have a practice. Practice evenings can be arranged directly with the Island Youth Water Activities Centre in Cowes, ("IYWAC") in the weeks running up to the Wight Challenge. Tel 01983 293073.

### **Running - 8 miles**

The run route follows is on the road and off road, it crosses fields, beach and forest. Follow the coastal path from Porchfield, via Thorness to Gurnard, returning through farmland past the northern tip of the Parkhurst Forest and back to Jersey Camp in Porchfield. Water stops and marshals are along the route.

### **Teams of Three**

Participants should enter as a team of three, and stay together throughout the event, i.e. every member of the team will participate in all 3 sections of the challenge. Please give yourselves a **TEAM NAME** and identify a **TEAM LEADER**. This team leader will be the main point of contact for the organisers and the charity.

### **Map Reading**

New for 2009: once Reservation Forms and Entry Fees have been received, sponsorship packs will be sent to the team leader and the maps will be emailed out to everyone. On the day, a route guide and map book will be issued per team for the cycle and the run.

Accurate map reading is essential and you may use a GPS if you wish as there is minimal road signage

### **Refreshments**

Water is available at the checkpoints, refreshments and water are available at both transitions, and a meal will be served at the finish. Space is available for spectators who are most welcome to join in with supper at £10 p/p. Please indicate this on the Reservation Form and send money in with the Entry Fee.

### **Equipment**

Bikes: participants can use their own mountain bikes or bikes are available for hire. Cycling helmets are essential - sorry, no helmet no Wight Challenge! Please carry a puncture repair kit and basic first aid kit.

Canoes: all canoe equipment is provided but participants will be liable for any damage caused by misuse. You may wish to bring kneepads for your own comfort.

### **The Challenge**

Each team is timed on each individual discipline with time being taken from the last competitor in the team crossing the line, or when the canoe is carried over the finish.

THE CLOCK STOPS DURING THE TRANSITION PERIODS.

### **Prize Giving**

Goodie bags, souvenirs and certificates are awarded to all those who finish.

### **Fitness**

An adequate standard of fitness is essential. Those not used to such events should start planning a training programme. Wessex Heartbeat and the Wight Challenge organisers will not carry out any pre-event health or fitness checks. If in doubt please take appropriate professional advice now before returning the form. If a problem occurs on the day of the event, let the Wight Challenge First Aider know immediately.

### **Canoe training**

For those wishing to practice their canoeing, practice sessions will take place on Thursday evenings 6pm - 8pm running up to the event at the Island Youth Water Activities Centre in Cowes. The cost is £20 per person per session. Please contact IYWAC direct on 01983 293073 to book. Booking Forms will need to be completed. Those who practiced last year benefited greatly.

### **Who can take part?**

Anyone 18 or over.

### **How to Enter and what to do next**

- Form a team of three
- Complete a Reservation Form per person
- Post your Reservation Form with Entry Fee of £40 per person made payable to "Wight Challenge", to: Wessex Heartbeat, PO Box 270 , Southampton General Hospital, Southampton, SO16 6GE
- Start practising, and
- Start fundraising.

### **Insurance**

The Wight Challenge is organised with the support of the IW Council, and is therefore covered by the IW Council's third party public liability insurance. However, it is recommended that you take out Personal Insurance for the event.

### **Event Organiser**

The Wight Challenge 2008 is organised by Joanna Minchin, with the support of the Isle of Wight Council.

Contact details: Mobile: 07790 401 036.

Address: Kingsmead, Cooper's Lane, Wellow, Isle of Wight, PO41 0UJ

### **Minimum Sponsorship Request**

A minimum sponsorship of £300 per team is requested. All the funds raised through this sponsorship will go to Wessex Heartbeat and should be sent to the charity 28 days after the event.

### **Just Giving**

A very easy way to collect sponsorship money is by creating yourselves a "Team" sponsorship page via Justgiving.com:

- Log onto: [www.justgiving.com/wessexheartbeat/raisemoney](http://www.justgiving.com/wessexheartbeat/raisemoney)
- Click on the orange tab "Create your Page"
- Select the "Wight Challenge" tab
- Upload a photo of all 3 of you and add a personal message, the more personal you make your page the easier it will be to raise money.
- Email your page to all of your friends/enemies/contacts and happy fundraising!

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We sincerely hope that after reading through this Information Sheet and the inspirational HEARTBEAT article you will enter your team of three into the Wight Challenge 2009.

Bookings will be taken from early 2009, and we look forward to seeing you on Saturday 19th September 2009, where registration starts at 0830.

Joanna Minchin  
Wight Challenge  
&  
D'Arcy Myers  
Wessex Heartbeat