

www.forcesmarch.org.uk



20 – 24 May 2020

An epic recreation of a legendary 135-mile WW2 training march from Ilfracombe to Bulford



Registered Charity No.1123149

**“The Rapid
Reaction Force
of Military
Charities!”**

WWW.VETERANSCHARITY.ORG.UK

The Veterans Charity is registered in England and Wales as a charitable company no. 6484880
Registered charity number 1123149



The Veterans Charity created this incredible challenge to raise funds to continue its work in supporting veterans of the British armed forces.

We are extending invitations to the entirety of Her Majesty's armed forces, emergency services and civilians to enter teams into the march or to enter as individuals.

Teams consist of a minimum of 4 persons and each team must have their own support crew and vehicle to assist with transportation and equipment supplies.

Individual participants will have their tents and baggage transported to the overnight stops.

The Forces March is run over 5 days in late May with four overnight camp stops along the route.

The course is very challenging with many hills and valleys along the way. Spectacular scenery is very much a part of the route!



20th – 24th May 2020

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ENTRY CONDITIONS

REGISTRATION FEE:

Full 5-day entry - £169-00 per person – Direct Debit installment options available

Single day entry - £45-00 per person

All participants are required to be at the assembly area in Ilfracombe by 08:30 on day 1 of the march. Transportation to and from the start and finish is the responsibility of the participants. You will be required to supply your own bedding, clothing, footwear and additional refreshments for the march. The safety of these belongings is entirely the responsibility of the participants and their support crews. We cannot accept liability for any damage or loss to any personal belongings.

All teams of 4 or more persons are required to have their own support crew. The support vehicle used must be capable of transporting all team members and personal equipment. Individual participant's baggage and tents will be transported to the next campsite each day by one of our logistics vehicles.

Participants must be fit and healthy at the time of the event and capable of completing the distances within the required time each day. Any pre-existing medical condition MUST be disclosed upon registration.

This is a particularly challenging event with a very demanding all-road route which undulates throughout, and careful consideration should be given before applications are submitted. The Veterans Charity cannot be held responsible for any injury or death as a result of participation in this event. Extensive training is required to complete this event.

If you have any concerns, please contact andrew@face2facemedical.net prior to registering.

All participants MUST follow the precise route set out by the organisers. Any deviation from the route will result in disqualification from the event. In the event of disqualification or withdrawal, entry fees and donations will not be refunded.

Each participant is required to raise sponsorship as part of their entry into the event. ALL funds raised as part of participation in The Forces March MUST be for The Veterans Charity.

The fundraising target for the full 5 days challenge is £1000 per person. Reach £1000, and your full entry fee will be refunded to you!

For single day participants, the target is £200 per person, per day entered.

Sponsorship can be raised online via Just Giving as well as using the manual sponsorship form which is available to download from the event website at www.forcesmarch.org.uk

The entry fee is payable upon registration, but instalment options are available. Please email us at contact@veteranscharity.org.uk to arrange to pay your entry fee by instalments.

The deadline for fundraising is 31st August 2020. Participants are asked to ensure that they have reached their target and have all monies paid to the charity no later than this date.

ENTRY INTO THE FORCES MARCH INCLUDES:

- Entry into all five days of the event
- Live GPS tracking throughout the event
- Daily safety and route briefing
- Hi viz lightweight vest
- Breakfast on days 2-5
- Evening meals on days 1-5
- Baggage transfers
- On-site entertainment and activities
- Professional medical support along the entire route and on site
- Professional sports therapy support on site
- Commemorative medal and Trophies for category winners
- Stocked water points throughout the route
- Professional escort/safety vehicles
- Camping facilities with showers and toilets (no showers at Bulford)
- On site entertainment/activities
- Fundraising support, kit and guidance
- A lifetime of amazing memories!

All for
just £169!



www.forcesmarch.org.uk

FUNDRAISING

The Forces March is a unique and challenging adventure which is hosted by and in aid of The Veterans Charity. Every pound raised by the participants will enable us to improve the quality of life for Veterans who find themselves in hardship.

ALL funds raised as a result of participation in The Forces March must be for The Veterans Charity, there are a number of ways that you can fundraise, and full support will be given to help you maximise your efforts.

Step 1:

Create your own fundraising page for THE FORCES MARCH 2020 using JustGiving.

Search for www.justgiving.com/theveteranscharity Click on 'Start Fundraising/Make your page' and follow the instructions on screen.

Please ensure you select THE FORCES MARCH 2020 as the event. This will ensure that all donations given to your page are sent to The Veterans Charity and credited to your fundraising efforts. Make your page inspiring. Tell your story of why you are setting yourself the challenge and what the funds raised will do for those who deserve and need our help. Regular training updates and photos will help to keep your page fresh and informative.

Step 2:

Send an email to all your family, friends and contacts telling them about your participation in the march and how the money you raise will directly help Veterans who are facing hardship and distress. Then ask them to donate by visiting your page.

Step 3:

Post your page address on your social media account pages (Facebook, Twitter, LinkedIn, Instagram etc) and ask people to donate to help your reach your target. Remember to add the page link to you email signature as well!

Step 4:

Ask your colleagues at work and family/friends to sponsor you. Sponsorship forms can be downloaded from www.forcesmarch.org.uk

You can even ask a local pub or shop to display a sponsorship form for you.

Step 5:

Create your own fundraising event like a cake sale, fitness challenge or gala evening. Many participants have had great success with their own events in the past and many thousands of pounds have been raised. You can also take part in other events to raise funds so keep an eye out for opportunities – great training too!

THE FORCES MARCH



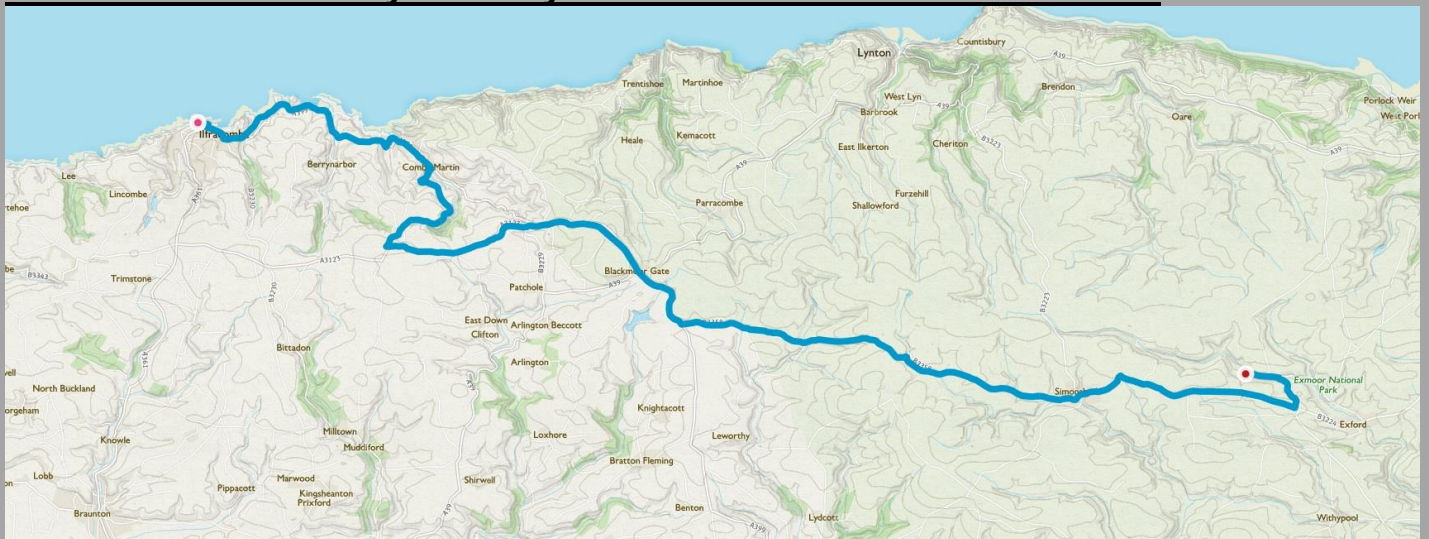
THE ROUTE

The route of The Forces March is very challenging. There are many steep climbs and drops as well as adverse surface camber on some sections of the route. Extensive, well-structured training is a must if you want to complete all five days!

The all-road route passes through some of the UK's most spectacular and beautiful scenery including Exmoor, the Quantock Hills, Somerset Levels and Salisbury Plain and takes in many beautiful towns and villages along the way.

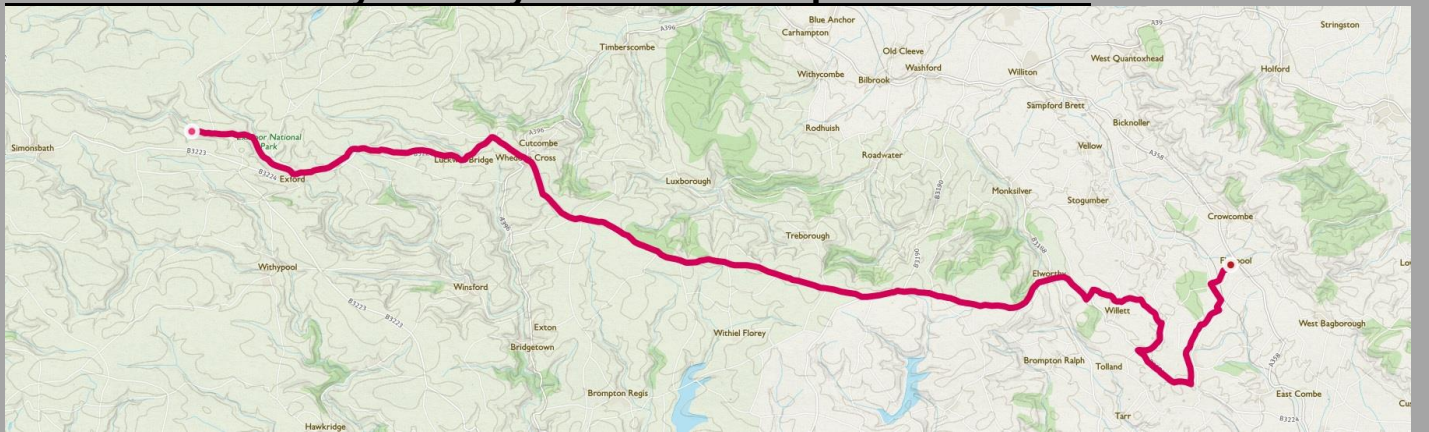
Days one and two feature the greatest undulations and day 3 begins with the awe-inspiring Crowcombe Hill but, all five days are very challenging in their own way.

DAY ONE: Wednesday 20th May - Ilfracombe to Exford: 27.5 miles



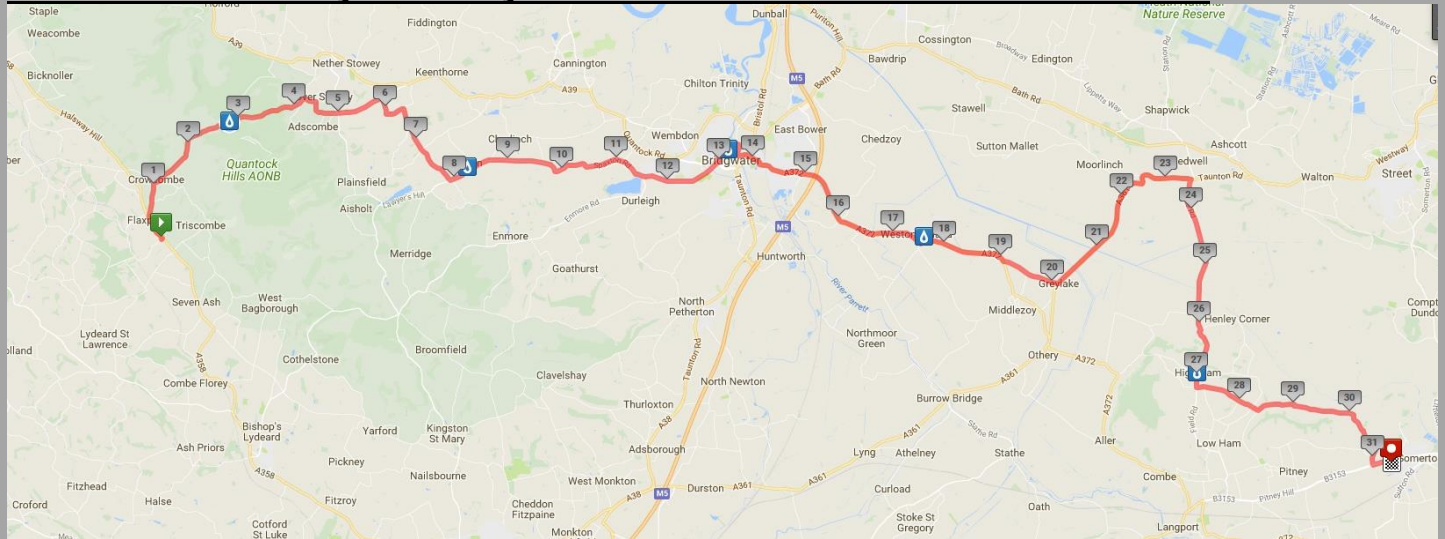
WATER POINTS: COMBE MARTIN – LONG LANE - BLACKMOOR GATE - CHALLACOMBE – SIMONSBATH

DAY TWO: Thursday 21st May - Exford to Flaxpool: 26.4 miles



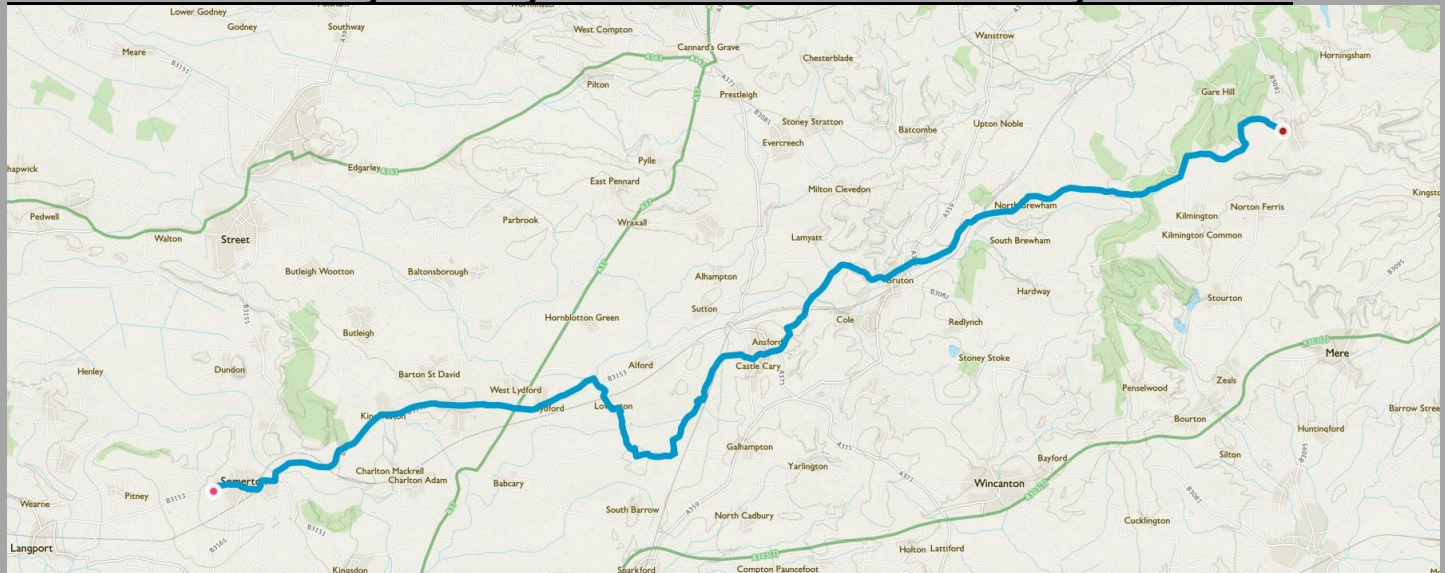
WATER POINTS: WHEDDON CROSS – RALEIGH'S CROSS – LYDEARD ST LAWRENCE – CROWCOMBE HEATHFIELD

DAY THREE: Friday 22nd May – Crowcombe to Somerton: 30.8 miles



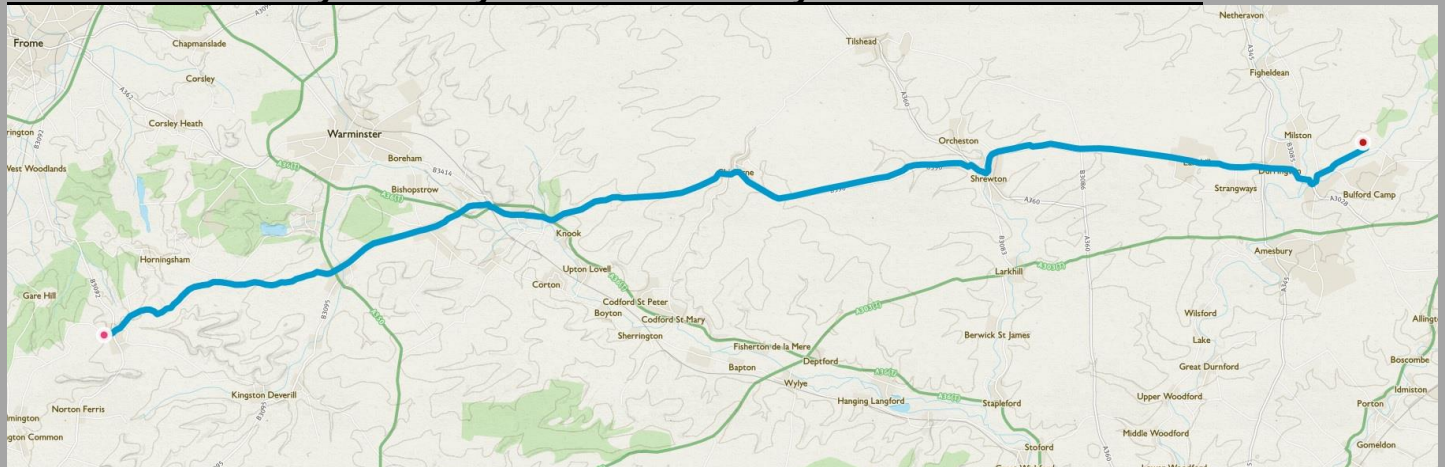
WATER POINTS: SPAXTON – BRIDGWATER – WESTONZOYLAND – HIGH HAM

DAY FOUR: Saturday 23rd May – Somerton to Maiden Bradley: 26.3 miles



WATER POINTS: SOMERTON – KEINTON MANDEVILLE – NORTH BARROW - CASTLE CARY – NORTH BREWHAM

DAY FIVE: Sunday 24th May – Maiden Bradley to Bulford: 26.2 miles



WATER POINTS: LONGBRIDGE DEVERILL – HEYTESBURY – CHITTERNE – SHREWTON - LARKHILL

➤ Please note that for safety reasons, the route may be subject to change

TRAVEL & TRANSPORT

Each participant or team is required to arrange their own transport to and from the start and finish points in Ilfracombe and Bulford although we are looking to provide a shuttle bus service to Ilfracombe from Barnstaple Rail Station on the afternoon of Tuesday 19th May and to Salisbury Rail Station from the finish location on the evening of Sunday 24th May.

Ilfracombe is very well connected via road links. The nearest train station is at Barnstaple approximately 12 miles away. There is a regular bus service from Barnstaple to Ilfracombe.

There is a mainline train service from London Waterloo to Exeter with coach connections to Tiverton and Ilfracombe as well as national coach services to North Devon from many parts of the UK.

Ilfracombe has over 120 hotels and B&Bs so you should have little problem in finding overnight accommodation however, the May Bank Holiday period can be a very busy tourist time in North Devon, so we strongly advise you to book early!

The Larkstone Lookout Café and Pleasure Grounds (Larkstone Gardens, Ilfracombe EX34 9QG 01271 268536) very kindly provide camping space at their beautiful site for those who wish to use it on Tuesday 19th May. They also offer a superb menu for evening meals and breakfasts, especially for The Forces March but please give them plenty of notice if you intend to eat there.

We strongly advise you to travel to Ilfracombe on Tuesday 19th May and stay overnight to ensure that you are at the starting point in plenty of time for the briefing at 08:30. You MUST be at the start location by 08:30 on Weds 20th May!

Once the march has reached its finish in Bulford you are welcome to stay overnight at the finish location and we would like all participant and crew members to attend the trophy/medal presentation exclusively for participants, support crews and their families. You are responsible for arranging return transport home. Nearby Salisbury is well connected with rail and bus connections.

Unfortunately, due to the nature of the location, vehicles cannot be left at the finish point during The Forces March. We strongly recommend that you travel by public transport or arrange for someone to drop you off and collect you at the start and finish points.



EQUIPMENT LIST

You will need:

A tent(s) and sleeping bag/pillow

Spare running shoes/walking boots and socks

Spare AND Wet weather clothing

Specialist medical supplies (if required)

Water bottles/pack (water will be provided at points)

Energy drinks/gels/sweets

Suitable rucksack/suitcase (clearly labelled!)

Support vehicle (Teams only)

Support crew (Teams only)

Personal Insurance (recommended)

➤ You may wish to bring food/snacks for during each stage although water points are stocked with snacks. Breakfasts and evening meals are provided for all participants and support crew members.





CONTACT US

General Enquiries:

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Sponsorship Enquiries:

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www.forcesmarch.org.uk



**I support
our Veterans!**

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