



# BOGSTACLE

CAN YOU BEAT THE BOG?

**SATURDAY  
27 OCTOBER**

Pippingford Park,  
East Sussex



# HELLO!

Thank you for taking part in Bogstacle – we hope you are ready to get your hands (and everything else) dirty on Saturday 27 October.

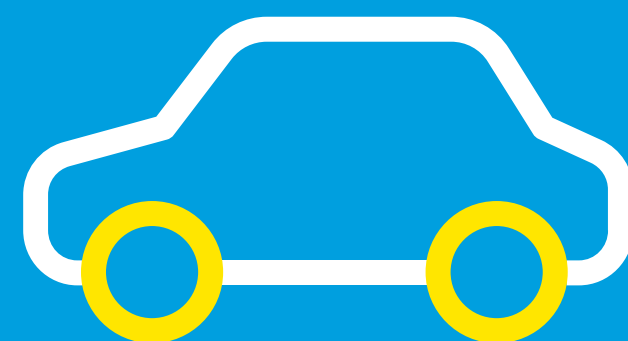
In this guide we'll give you tips on what to expect on the day, instructions on how to get to the venue, and a reminder about why toilets (or 'bogs') are very important to us!



## LOCATION

Pippingford Park  
Nutley  
East Sussex  
TN22 3HW

Look out for the  
'Event parking' signs



## TRAVEL TIME

East Grinstead – 15 mins  
Royal Tunbridge Wells – 30 mins  
Brighton – 45 mins  
Croydon – 1 hour  
Central London – 1 hour 45 mins





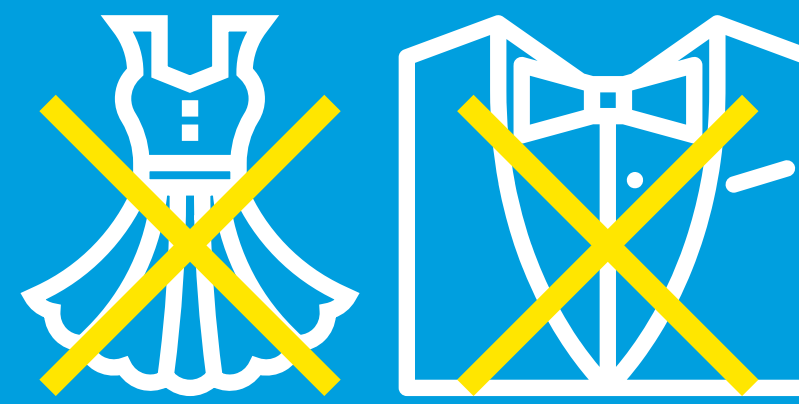
# TOP FIVE TIPS TO HAVE A GREAT BOGSTACLE



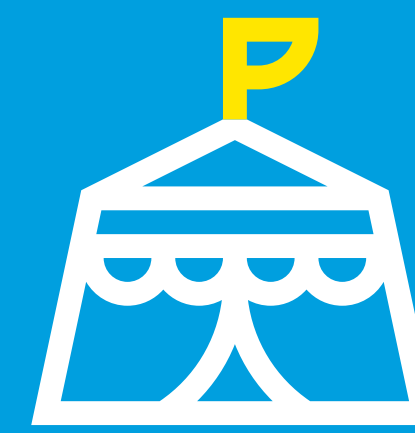
**1 Don't get caught short!**  
Aim to arrive at around 10am (remember all runners start at 11am). There are travel tips on page 3.



**2 Head straight over to registration**  
and collect your event pack.



**3 Make sure you're wearing suitable clothes!**  
Check out our 'what to wear' guide on page 3.



**4 Spend some time in our event village.**  
Drop off your stuff at bag drop, grab a pre-run snack, get your face painted, take some awesome photos and find a great spot for your friends and family to watch you on the course.



**5 Have a great time!** You deserve it, as you'll be helping to make sure everyone everywhere has access to a decent toilet within a generation. Find out more about WaterAid's work on page 6.



# WHAT TO EXPECT

Bogstacle will take place in the beautiful grounds of Pippingford Park. You'll be running through woodland, grassy fields and scrubland, encountering boggy areas, crossing streams and taking on a few hills.

Our course is designed to be a fun challenge and the terrain will be uneven, slippery and, of course, muddy at times.

When you arrive please go straight to our registration area to sign in and receive your event pack – including your Bogstacle event t-shirt, runner number and bag drop bands.

You can then explore the event village, grab a drink or snack, use the changing rooms and toilets, get your face painted and then don some of our dress up props for an awesome photo.

You must then attend the pre-run briefing and warm up near the start line at 10.45am.



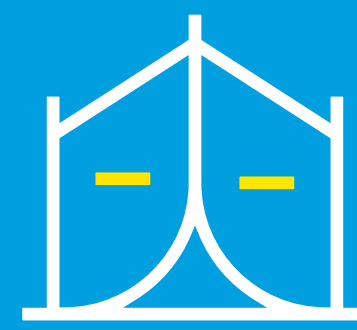


# THE EVENT VILLAGE



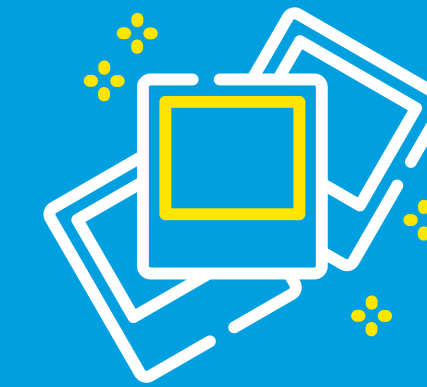
## REGISTRATION

Visit our registration desk to collect your event pack and have your last minute questions answered.



## CHANGING ROOM TENTS

Your place to prep before and dry off after your run. Make sure to bring fresh clothes to change into!



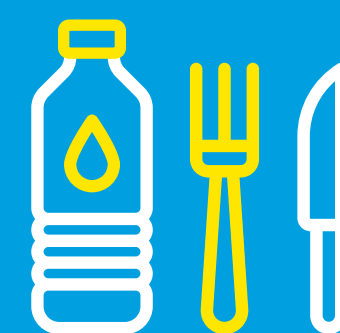
## FUN'N'PHOTOS

Face paints, temporary tattoos and crazy photo op props. Share your pics with @bogstacle using #bogstacle



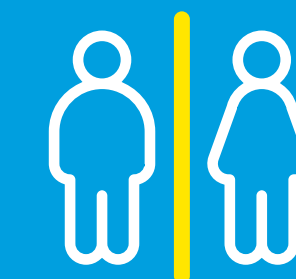
## BAG (AND VALUABLES) DROP

A free, safe place to leave your belongings. You will be given a bag drop band at registration. Alternatively, if you prefer to leave your stuff in the car, we can hold onto your keys or valuables in an envelope.



## FOOD AND DRINK

The team from 'Good Food on the Move' will be on-site to provide you with everything you could want, from hot and cold drinks and snacks to meaty burgers and great pizza (including veggie options).



## TOILETS

One of the most important areas of any WaterAid event – featuring portaloos (including an accessible one)!



# USEFUL INFORMATION



## TIMINGS

**09.30** Car park opens

**10.00** Event village and registration opens

**10.45** Pre-run briefing and warm up

**11.00** Bogstacle starts!

**15.00** Event ends



## WHAT TO WEAR

✿ **Trail running shoes** – or normal running shoes. Shoes with spikes, cleats or studs are not allowed.

✿ **Tight-fitting synthetic sporty clothing** – loose-fitting clothes could get caught on obstacles and cotton clothes will get heavy when wet.

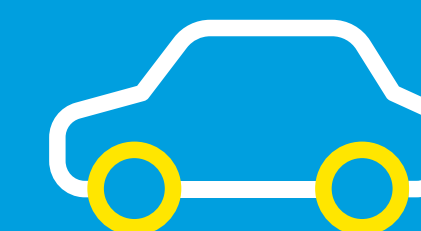
✿ **Gloves** – especially useful for climbing obstacles and monkey bars.

✿ **Bogstacle technical t-shirt** – this will be given to you when you sign in at the event, make sure you wear it with pride!

✿ Don't forget to bring **warm, dry clothing, shoes and socks** to change into (and maybe a towel). You can store these in our bag drop area.

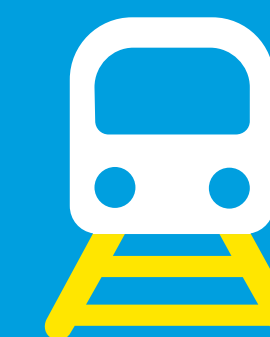


## HOW TO GET TO THE VENUE



### By car

Pippingford Park is just off the A22, about 1 mile north of Nutley, and 3 miles south of Forest Row. Enter the postcode TN22 3HW in your sat nav or smartphone and follow the 'Event parking' and 'Bogstacle' signs.



### By train

The nearest station is East Grinstead and from there it is a 15 minute journey by car or taxi. Make sure you've changed into clean clothes before getting your taxi back!



# THE COURSE

A great collection of fun and challenging obstacles, whether you're doing the **easier Bog Buddy** or the **harder Bog Baddy**

Each obstacle is designed to challenge and test you in different ways. Some will require balance and concentration, others strength and possibly a helpful hand from a fellow Bogger. But all are designed to be fun!

There will be marshals at each obstacle giving you encouragement and advice to help you take them on successfully. If you don't feel comfortable completing any obstacle, please don't feel you have to – just move on to the next one.

You will get wet and there are some obstacles that will involve wading in water, but you will not have to swim.

There is a drinking water station for 10k runners at around the 5k mark. If you need a bit more assistance, all of our route marshals will be in direct contact with our first aid team.



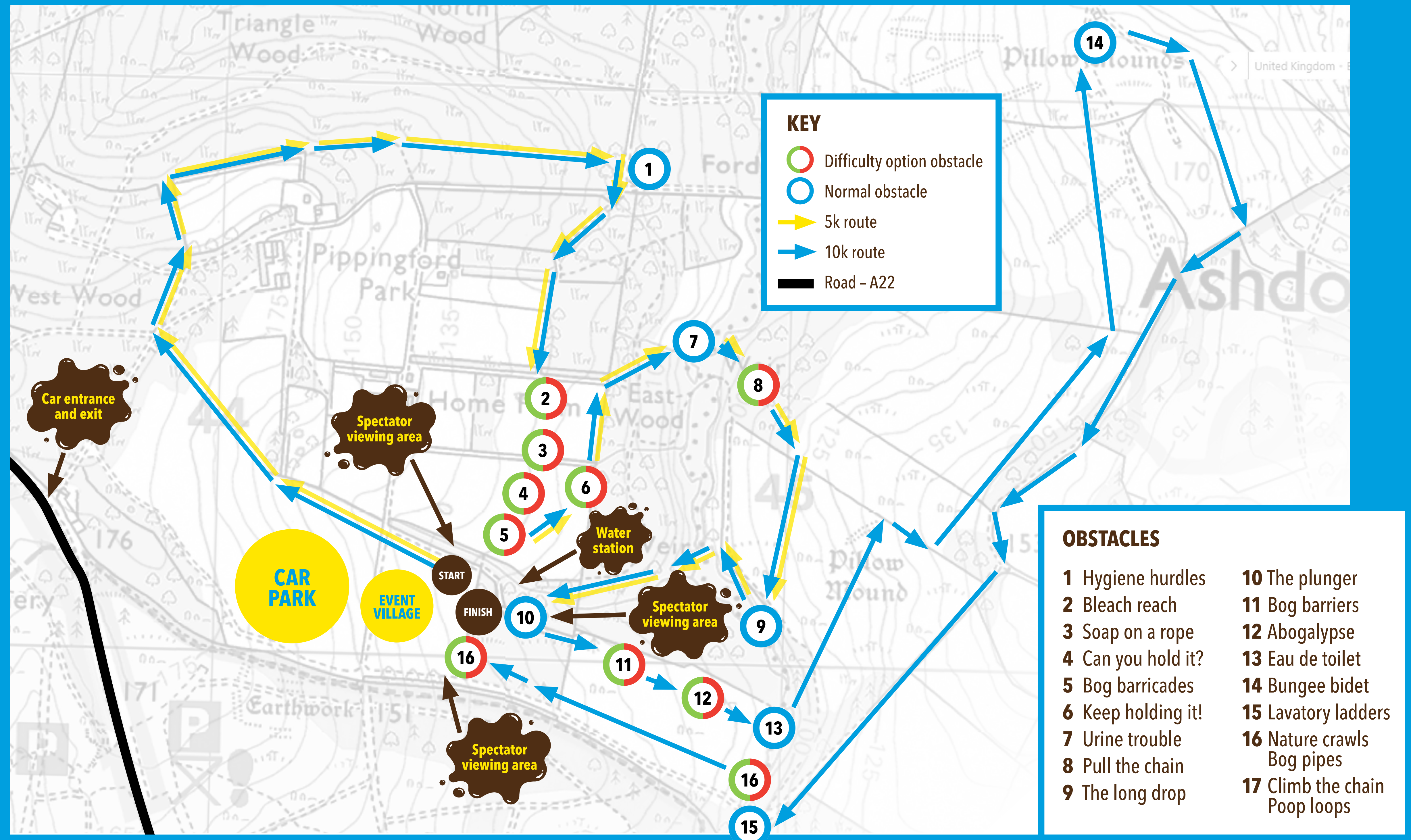
## Remember

Look out for the **green Bog Buddy** and **red Bog Baddy** signs on some obstacles to make sure you get the right difficulty!



# COURSE MAP

Obstacle locations may vary slightly due to ground conditions and landowner restrictions





# WHY BOGSTACLE? WHY TOILETS?

**Did you know 2.3 billion people worldwide don't have decent toilet of their own?**

Many don't have a choice but to go in the open – which can be especially embarrassing and risky for girls. Not disposing of faeces properly spreads diseases fast – diarrhoea caused by dirty water and poor toilets kills a child under 5 every 2 minutes. So loos are actually lifesavers! By taking part in Bogstacle, you can help raise awareness and funds to make change happen.

✓ **£10** could pay for building a latrine slab in Mali.

✓ **£46** could pay for a community tap in Nepal.

✓ **£100** could pay to train a craftsman to build toilets in Tanzania.

WaterAid works in the world's poorest communities, like the Antohobe commune in Madagascar. Previously, life there was hard and illness was common, as people had nowhere to go to the toilet. Now they have a safe and hygienic toilet block with handwashing facilities.

WaterAid is determined to make clean water, decent toilets and good hygiene normal for everyone, everywhere within a generation. Only by tackling these three essentials in ways that last can people change their lives for good.



**You could change the lives of people like Solo and her family**

(Shown here building their new toilet in Antohobe, Madagascar)



# THREE SIMPLE THINGS YOU CAN DO TO CHANGE LIVES

**1** Set up a JustGiving online fundraising page to collect sponsorship. Remember – your sponsors can decide which difficulty obstacles you do!



**2** Ask your employer to contribute to your fundraising – many workplaces will match your efforts pound for pound.

**3** Share your #bogstacle experience with your friends and family by posting photos on social media of you training, getting ready on the day and posing post-race with your shiny Bogstacle medal. Make sure you mention @bogstacle and @wateraiduk



Please check our social media accounts for last-minute event updates and information

f  @BOGSTACLE

**THANK YOU AND  
GOOD LUCK BEATING  
THE BOG!**

**REMEMBER –  
DON'T FINISH FIRST.  
FINISH FILTHY!**