

Dear Remembrance Day Runner,

Please find below a summary of the final instructions for the 'Remembrance Day Marathon & Half Marathon' on Sunday 13th November 2022.

Please have a read through – in particular the start process as we're offering two different start options.

PHOENIX World - Please set up your Phoenix World account to access all your future events / past results / Digital BIB's / Finishers Certificates and much, much more – you only set this up once, so simply go to this link and press the orange button at the bottom, 'First Time Here? Sign up Now', and follow the instructions - <https://world.phoenixrunning.co.uk/>

If you are not in our **Phoenix Running Community Facebook Chat Group**, please consider joining as final info is also posted there as well as any last minute updates and other information - <https://www.facebook.com/groups/500321893480620/> and come and find us on Twitter @PhoenixRunning2

If you are not in our Phoenix Running Strava Club then please also consider joining as we have lots of fun in there too - <https://www.strava.com/clubs/PhoenixRunnersClub>

(Please NOTE - we absolutely cannot make ANY changes to any entries – the deadline for race changes was midnight on 24th October 2022)

SAFETY PLAN & FINAL RACE INSTRUCTIONS

We continue to recommend a number of safety precautions in line with good practice and an ongoing Covid-19 secure environment to keep everyone safe.

We recommend that each participant bring a running buff or appropriate face covering with them and keep this item with them at all times (see SOCIAL DISTANCING recommendations whilst running below).

REGISTRATION AREA – Opens at 7.30am

Xcel SPORTS HUB STADIUM – inside the main doors and upstairs (NOT the leisure centre).

**Waterside Drive (1st turning right off Waterside Drive)
Walton-on-Thames
Surrey
KT12 2JG**

RACE Numbers

All race numbers will be given out at registration on the day from the SPORTS HUB Stadium (upstairs). Race numbers must be displayed clearly on the front of your apparel at all times during the event.

CHIP TIMING

This event has chip timing – you will be given a chip. Secure this to your ankle using the Velcro strap provided and please return this into the collection bins once you finish.

Please ensure you return this chip at the end of your run into the green buckets provided.

START TIMES

‘Rock up and Run’ start times between 07.45am and 9.00am (see detailed process below in the ‘Start Options’ section)

‘Mass Start’ - 09.30am – For those electing the mass start - there will be a mandatory race brief 20 minutes before the start time at the Sports Hub and then we all walk down to the start TOGETHER (see detailed process below in the ‘Start Options’ section)

There is a **7 hour** cut off time for our marathon distance events and a **5 hour** cut off for our half marathon events.

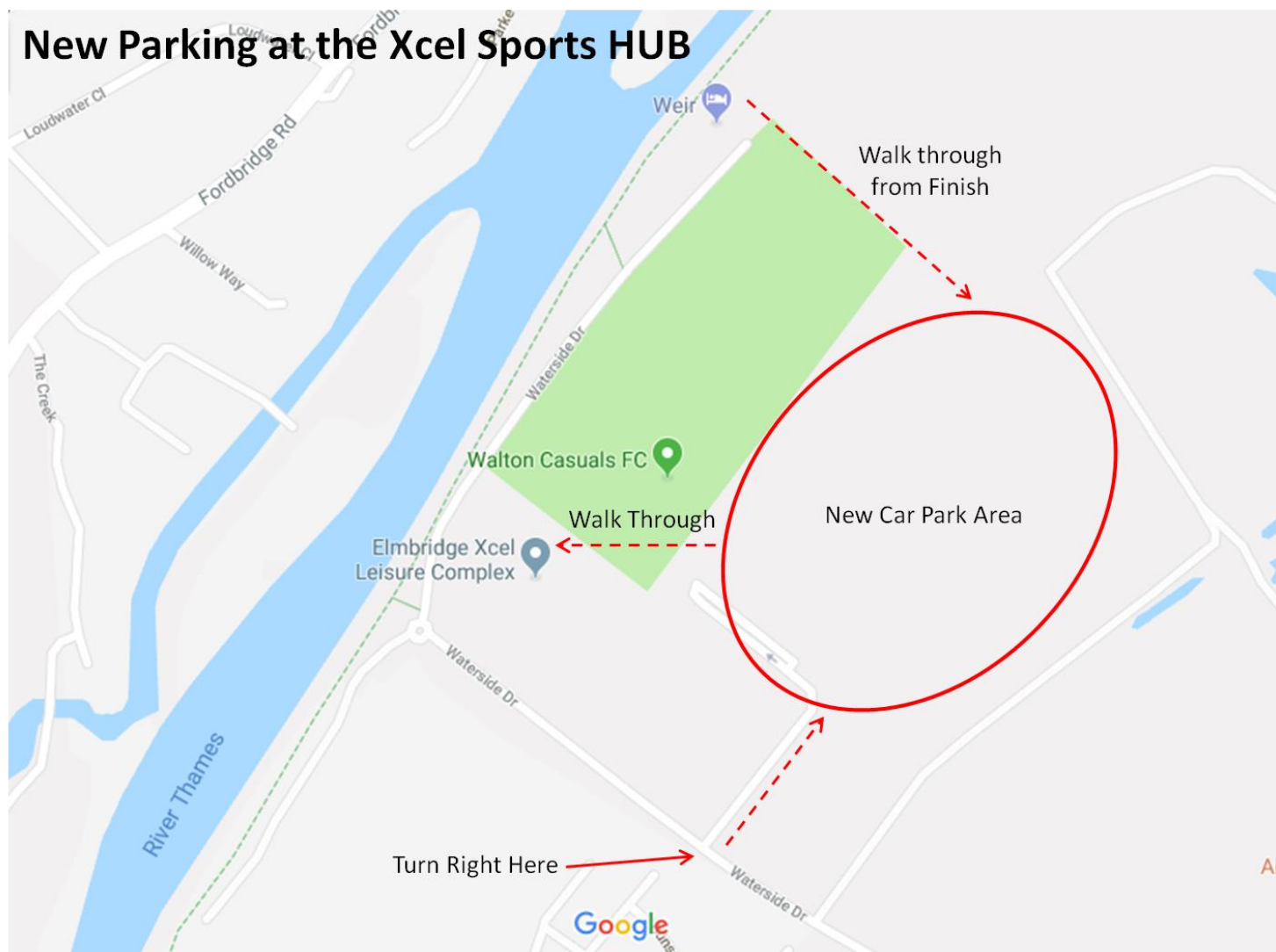
PARKING – we have the large SportsHUB car park for our use - sat navigation, use KT12 2JG

There is plenty of parking in the SportsHUB car park and some parking on Waterside Drive, before the mini roundabout.

Please park in the SportsHUB **FIRST** (the barriers will be up from 6.30am) – this is the first turning on the right as you come down Waterside Drive – look for the yellow sign that says ‘Race HQ’ with a black arrow pointing right.

It’s unlikely the SportsHUB car park will get completely full, but if it does you can then park in the leisure centre car park (second turning on the right). Please help us if you are parking in the leisure centre by parking on the far side of the car park away from the front of the centre – Thanks.

All parking in the area is **FREE** of charge.



Please, please **DO NOT** park in the small Weir Hotel (pub) car park or anywhere on the access road after the small mini roundabout at the end of Waterside Drive. The Weir Pub car park is reserved for hotel residents only and the access road **MUST** be kept completely clear for emergency vehicles. This is a strict stipulation and the area is checked after the start of each event.

START OPTIONS

The START AREA – The PHOENIX VILLAGE

The start / finish area, also known as the 'PHOENIX Village' is on a small grass area near the Weir Pub on the towpath.

We're using BOTH a flexible 'rock up and run' start process AND having a mass start at 09.30am for this event. This process worked really well when we pioneered it last year in 2021.

ROCK UP AND RUN Start Process – 7.45am to 9.00am

You can register and start at any time **between 7:45am and 9.00am**. Simply come to the registration in the Sports Hub (which opens at 7.30am), collect your race number BIB and walk down to the start area ready to run. Please just check in with the start marshal (Karen Webber) who manages the chip timing system and will be at the start line and then off you go. No fuss and no waiting around.

Please come early if you're planning on taking a little longer to run your chosen distance. We suggest that you come as early within the start time window as possible.

MASS START Process – 9.30am

We are offering a mass start at **9.30am**. If you'd prefer to be part of the mass start then simply register at the Sports Hub by picking up your race number BIB and then wait for the race brief which will be held at the Sports HUB at 9.10am.

We all walk to the start area together from the Sports Hub after the mandatory race brief. We ask you to follow the Race Director to the start and congregate on the grass area slightly away from the towpath and we will 'filter' you out through the start. Please don't rush! We have chip timing so if it takes you a few minutes to cross the start line, you won't lose out on time. Relax.... chill..... take your time. It's not like it's a race....OK, so it is technically a race, but safety, enjoyment and fun comes first!

SPORTS HUB - TOILETS & FACILITIES, BAGGAGE

Registration Area - There are plenty of toilet facilities both upstairs and downstairs in the SPORTS HUB which will be open for our use. There are also changing rooms which will be open for us to use and hot showers for afterwards (or before if you like) which are completely FREE to us. **Note** – these are the SPORTS HUB showers and not the showers in the Leisure centre – those cost £5.50.

Lockers - These are the only thing that are located in the actual Xcel Leisure Centre, so if you do need lockers just wander over and flash you race number at reception and they will direct you to the lockers - **you will need to bring your own small padlock** – you can leave small bags and valuables here.

IMPORTANT – Once we leave the registration area at the SPORTS HUB you can still come back to the toilets and facilities here at any point during the day and use the showers for FREE after your run. As regards toilets in the Xcel leisure centre, you can also use those but access to the centre can **ONLY** be made through the **FRONT OF THE BUILDING**. Please, please **DO NOT** try and gain access through the rear doors as these are linked to the alarm system. Even if you think these doors are open – please go around to the front – its only a little bit further to walk (or run)!

Toilets

We recommend using the Sports Hub toilets before you walk down to the start. You can also walk back and use these at any point during the event.

The Weir Pub will be providing additional toilet facilities from **7.30am**.

Turnaround Point – There are good public toilets (signed) about 50 meters before the turnaround point water station at the far end of the towpath (so 5.3km from the start) by the Molesey Lock. This is right next to the run route.

There are further toilets 1 km before the turnaround point (so 4.3km from the start) located at the Café at Molesey cricket club, also right near the run route. These are in the cricket club behind the café.

We recommend that you continue to exercise social distancing measures at all times when using toilet facilities.

Baggage

We have no 'official' baggage check in facility; however you can leave small bags and your own items in the grassy area nearby at your own risk – these will be easily accessible to you during and throughout the event.

SOCIAL DISTANCING recommendations whilst running – we recommend that you run on the left hand side of the path at all times

In line with our ongoing Covid 19 safety precautions we highly recommend that social distancing practices are maintained both between other runners and other path users.

We recommend that you observe a socially distanced 'one-way, two lane system' using the maximum width of the towpath at all times. Ideally run in single file on the **LEFT HAND SIDE**. The only exception to running on the left side of the path is when you need to manoeuvre around other users to maintain a safe passing distance. Once the required manoeuvre has been completed simply return to running on the left side of the towpath.

Please, please give right-of-way at all times to other users and we recommend that you observe social distances whilst passing or being passed by other users. We are asking each and every one of you to take the moral high ground here and to be the one who yields to other users.

RACE HQ – Start & Finish Area & Aid Station

Our epic aid station and race headquarters, also known as 'the tuck shop' will be in the grassy area to the right of the pub next to the towpath, where there will be a well stocked aid station with lots of water, various squash flavours and chocolate, sweets, savouries, crisps and general fun. We have a significant section for Vegan runners, so if in doubt then please ask because we have more vegan options than you might think. If you want you can leave your own drinks and supplies nearby too (in the grass area near the aid station – we recommend social distancing when placing your own items). You will never be more than 1.65 miles from an aid station as you run, (as long as you stay on the correct route that is; see route description below).

DRINKS at the far end aid station

The far away aid station is a water only aid station which, of course, also uses our bio fully biodegradable and compostable Planet X 7oz paper cups.

Race Timing - LAP RULES and Etiquette

This is a fixed distance event where you can run a half marathon or marathon distance. For a half marathon distance it's 2 laps and for the marathon distance it's 4 laps (please note, you can't run 1 lap or 3 laps and still be a finisher - this would be counted as a DNF). With that being said, you can change your distance on the day, so if you entered the half and are feeling good then you can continue to complete a marathon and get a finish in that category. If you entered the marathon and you're not feeling it, you can stop at 2 laps and still get a half marathon finish time and medal. **Please TELL us at the finish if you have changed distances so we can put you in the correct results table.**

The laps are measured and certified and are 10.55km, 6.55 miles in distance.

Complete 2 laps for a half marathon distance
Complete 4 laps for a marathon distance

The ROUTE & WEATHER – sections of the route on which to be particularly careful

Please do have a look at the weather forecast in the days preceding the event and come prepared.

Either trail shoes or road shoes are suitable options and personally I only ever wear road shoes on this route.

Please note that the towpath is a public right of way, so we would ask that you give due consideration to all other users. In particular, take extra care at the start / finish area, where there is a 100 meter section of towpath which is occasionally accessed by vehicles, please be vigilant. As the route is an 'out and back' you will be passing other runners coming in the opposite direction, so please give care and attention to this and have a safe run. Use the opportunity to hurl encouragement, amongst other things, at your fellow runners. ***Personally, I've found that every single time I wish another runner well I run just a tiny bit faster myself!***

All runners begin with the River Thames on their left hand side and run through Sunbury Lock. Navigation is about as easy as it can get – just follow the river! There is a short, 200m section near the start, which is the only time the river is not completely visible. If you can't see the river, then somehow you are lost. Retrace your steps until you can see the river and you are found.

Please take extra care in the first 200m of the event as there is a new access gate we may not be able to open, so please have a relaxed start and take care – the initial throng will soon spread out.

At 5.3km or 3.3 miles runners will reach the turning point at the Molesey Lock Cafe, postcode **KT8 9AF** where a water station and good public toilet facilities are located. There will be a yellow sign and bollard – please go all the way to the bollard before turning back on each lap. The aid station will be manned, as always, by our epic Phoenix Marshals who many of you know. At the start area we'll have other familiar faces too and you'll be in safe hands with our marshals. Don't forget they have volunteered and have given up their time to support you, so please give them a jaunty smile as you blast past.

The overall course has no elevation gain / drop making this a flat and fast route.

OUR UNIQUE MID-RACE 'FREEZE'

This whole event is essentially built around the 2 minute silence and we ask everyone to please, please participate.

In 2017 we pioneered the first ever mid race-freeze lasting exactly 2 minutes. It was a real goose-bump moment with the general public stopping and cyclists dismounting to show their respects and even the rowers out on the river went oars up – it was amazing and it's been amazing every year since!

Here's the carefully laid plan;

- The mass start is at 9.30am sharp, on our 2 lap half marathon route / 4 lap marathon route.

- At around 9.45am we will dispatch additional marshals onto the route, watches synchronised (well OK, maybe we'll use mobile phone clocks).
- These marshals will have air horns.
- These marshals will position themselves at approximately 0.5km to 1km intervals along the route.
- At around 10.50am we will aim to be in position.
- At precisely, exactly, approximately, as near as possible to 11am we will sound the air horns with one long blast
- You will stop in your tracks and freeze for 2 minutes of motionless silence as a show of respect for those who gave so much!
- You will be part of our sixth ever mid-marathon & half marathon 'Respectful Race Freeze', and the largest annual race freeze in history and you might even get towpath dust in your eye.
- At 11.02am we will sound the air horns with three short blasts.
- You will resume running.
- At the end of the event we will deduct exactly two minutes of time from the results of everyone who finishes after 11.00am.

What could possibly go wrong.

EMERGENCY CONTACT DETAILS for your phone

In the event of a medical emergency call the emergency services on 999 **AND** contact the Race Director, Rik Vercoe, directly on 07949 273732 **AND** always pass a message onto the next available runner (in case you do not have a mobile phone, this step is particularly important as the message is then relayed back to Race HQ). If you are that next available runner, come directly to race HQ and inform the Race Director or one of the Marshals.

Whilst it is not compulsory to carry a mobile phone during this event we do highly recommend it. Regardless, please program this mobile number into your phone – **not later, do it right now!**

Race Director: **Rik Vercoe**
 Mobile: **07949 273732**
 Email: PhoenixRunningUK@gmail.com

FIRST AID / DEFIBRILLATOR & Medical

We will have an onsite paramedic with blue light facility

A first aid kit is located at the race HQ.

A fully automatic CPR Cardiac Science **G5 DEFIBRILLATOR** is located to the right side at the rear of the race HQ. Look for the AED signage. In an emergency this can be accessed by anyone. Open the case, open the defibrillator and follow the voice commands.

A Medical, Emergency & Ambulance Evacuation Plan is located at Race HQ in a red waterproof folder.

Foil blankets are kept at Race HQ for both emergency purposes and can be requested at any time.

And FINALLY

We hope you have a great day out with us and we look forward to welcoming you!!

PHOENIX Running Ltd

For our full terms & conditions, we ask all participants to go to www.phoenixrunning.co.uk and familiarise yourself with our T&C's and general race rules.

PHOENIX Running Ltd – Thames Path Eastbound – Marathon & Half – Route Map V2.0

Route Length
3.3 miles / 5.3 km

