

Dear PHOENIX Track Runner,

Please find below a summary of the final instructions for the Excalibur Three – Track Wars, 6 hour timed event, on Friday 1st March 2019.

(Please note, we absolutely cannot make ANY changes to entries at this late stage)

If you're not already in our **Phoenix Running UK 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 have run with us before, please **do still have a read through** and familiarise yourself with the points below as these will cover off any questions you may have and should ensure things go well on the day.

REGISTRATION AREA – Opens at 8.30am

Elmbridge XCEL SPORTS HUB

**Waterside Drive
Walton-on-Thames
Surrey
KT12 2JG**

RACE Numbers & Timing Chip

All race numbers and timing chips will be given out at registration on the day from the Sports Hub Stadium. Race numbers must be displayed clearly on the front of your apparel and timing chips worn on your ankle at all times during the event.

START TIME

9.30am – this is a 6 hour timed event where everyone starts together.

There will be a mandatory pre-run race brief 10 minutes before the start time at the side of the track and then everyone starts together.

Parking

There is ample parking in the Sports HUB centre car park and on both sides of Waterside Drive, before the mini roundabout. All parking in the area is **FREE** of charge.

New Parking at the Xcel Sports HUB



Please help us with this as the leisure centre has been awesome in accommodating our runs!

The VENUES

The REGISTRATION VENUE

The Elmbridge Xcel Sports Hub will be opening their doors to us from 8.15am and giving us the use of their facilities. There is a café in the nearby Leisure centre which will open at 8.30am for teas, coffees and other refreshments

TOILETS & FACILITIES, BAGGAGE

Registration Area - There are toilets in the Sports Hub which will be open for our use throughout. There are also hot showers for afterwards in the nearby leisure centre, which you can use for just £1 if you show your race number (these are usually £5).

Start Area - The start / finish area is on the track in the stadium.

Baggage - We'll have a designated area trackside, which will be carefully positioned to be in our view at all times, where you can leave baggage or extra clothes at your own risk. I would strongly urge you **not** to leave any valuables in bags.

RACE HQ – Start & Finish Area & Aid Station

Race headquarters, also known as 'the tuck shop' will be on the side of the track, where there will be a well stocked aid station with lots of water, various squash flavours and chocolate, sweets, crisps and general fun. We have a significant section for Vegan runners, so if in doubt then please ask because we have a lot more vegan options than you might think! If you want you can leave your own drinks and supplies here too. Please label and place them on the tables provided or you can even set up your own small table.

DRINKS SYSTEM – your very own watering hole!

We're very proud of our drinks system. It's taken a lot of trial and error, but now it couldn't be simpler. At our main start / finish aid station you'll find one or two large drinks holders. These have numbered holes which match your race number. That's basically it - find your watering hole and drink from it all day!

We actively encourage you to bring your own reusable cup if you have one, but if you don't then don't worry because we have fully biodegradable and compostable Planet X 7oz paper cups for those who don't like the squashy reusable ones. The choice is yours!

At the start we recommend that you glance across to see roughly where your numbered watering hole is and pop your own cup in there if you have one. That spot is yours all day long. Then just start running and we'll do the rest. Any reusable cups placed in the drinks holder get filled with water for the first lap. If you haven't got your own cup then by the time you get back one of our Planet X cups will have magically appeared in your hole, also with water in it. After each lap you can let us know what you want next (more water or a variety of squash flavours are available) and when you get back after each lap your drink choice will be waiting for you. How's that for service!

We do ask you not to force water bottles or other oversized bottles into your hole as it's specially designed for the cups, but rather pop these on the left side of the tables where you can just as easily access them after each lap.

If you're using one of our Planet X paper cups and you want to be super-efficient then help us at the end of your run by taking your cup out when you finish and pop it in the bin! These all go into our composters later.

Race Timing - LAP RULES and Etiquette

This event has electronic timing and you will be given a chip to wear on your ankle during the event.

This is a **six-hour** timed event. You can complete as many or as few 400m laps in this time as you want. You need to complete one lap to qualify for the finishers' medal. After each lap you will pass across the timing matt.

Please note, the chip timing is done in whole laps, so where for example and exact marathon distance is 105.5 laps, you will need to run 106 laps.

Complete 1 lap and you're both a finisher and a winner in our eyes!

Complete 12.5 laps for a 5k distance

Complete 25 laps for a 10k distance

Complete 53 laps for a half marathon distance

Complete 105.5 laps (106 full laps) for a full marathon distance, recognised by the 100 Marathon Club

Complete 108+ laps for an ultra marathon distance

When you no longer want to run you must **RING THE BELL** (an old 1920's antique school-bell) which will be located at the race HQ. This is the signal that you have finished. At this point your distance and race time will be recorded, to be published in the results section on our website. You will then be presented with your finisher's medal.

The ROUTE

It's a running track and it's a kind of big oval shape with 9 lanes – a bit like a squashed ring-doughnut.

You are going to get to know every square centimetre pretty well.

HEADPHONES / Personal Music Devices

You are allowed to wear music devices and headphones during this event.

EMERGENCY CONTACT DETAILS for your phone

In the event of a medical emergency contact the Race Director, Rik Vercoe, directly on 07949 273732 **AND** speak to a marshal immediately.

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

FIRST AID / DEFIBRILLATOR & Medical

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

Our races are generally small and designed to be low key and FUN!

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 – Xcel Sports Hub Running Track – Route Map V1.0

Route Length
400m

Leisure Centre

Start / Finish

Car Park

Sports Stadium

Entrance to Parking
KT12 2JG

! Emergency Vehicle Access Points

