

Dear PHOENIX Runner,

Please find below a summary of the final instructions for our Excalibur Seven, 6 hour timed event, in Nonsuch Park on Friday 19<sup>th</sup> July 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

Please **do 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**

**Nonsuch Park - Mansion House, near the Cafe – at the REAR of the Mansion House.**

**Nonsuch Park  
Sutton  
Surrey  
SM3 8AJ**

### **RACE Numbers**

All race numbers will be given out at registration on the day from a gazebo about 75m to the rear of the mansion house. Race numbers must be displayed clearly on the front of your apparel at all times during the event.

### **START TIME**

**9.30am** – this is a 6 hour timed event and we do not do early starts.

There will be a mandatory race brief at the gazebo to the rear of the mansion house 10 minutes before the start time.

### **PARKING – for your sat navigation, use SM3 8AJ, or KT17 2BT, or KT17 2DE**

**Entrances / Parking** - Nonsuch Park is situated between Cheam and Ewell Village in the north of Epsom and Ewell. There are three options for parking within the park. There are a number of access points to the park; one off Ewell Road with two car parks and there are a further two car parks, both off the London Road entrances. The London Road entrances are a slightly longer walk to the rear of the mansion House but perfectly usable. Option 1 is probably the closest to the start / finish for however there's not much between all three choices.

**Option 1:** Use the SM3 8AJ postcode which will bring you to the Ewell Road entrance where there are two car parks just inside the entry gates. Please park here and walk (about 2 – 3 minutes) straight into the park and right along the access road to the rear of the Mansion House, where registration will be situated near to the cafe. All parking in the park is **FREE** of charge.

**Option 2:** From London Road there is a car park at KT17 2BT which is about a 10 minute walk to the start.

**Option 3:** Also from London Road (further north) there is a third car park at KT17 2DE which is also about a 10 minute walk to the start.

**Pedestrians** - can enter Nonsuch Park from either of the main entrances off London Road and from Ewell Road. In addition there are footpaths from Blue Gates, Beaufort Way and Ewell By-Pass. A public footpath from Holmwood Road leads across Warren Farm into Nonsuch Park.

## **The VENUES**

### **The REGISTRATION VENUE**

We will be registering runners at the rear of the mansion house. Look for a black support vehicle and a gazebo which will be about 75m to the rear of the mansion house.

This time of year the café will open from 9.30am for teas, coffees and other refreshments, so the run will have already started, but you could always enjoy a coffee, tea and cake afterwards or even during your run!

### **TOILETS & FACILITIES, BAGGAGE**

**Registration Area** - There are good public toilets next to the cafe and very close to the start / finish area aid station which will be open for our use both before and for the duration of the event.

**Baggage** - We'll also have a tent or baggage area at the start, 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.

### **RACE HQ – Start & Finish Area & Aid Station**

Race headquarters, also known as 'the tuck shop' will be about 75m directly behind the mansion house, 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 left side of the tables). You will never be more than 1.65 miles from the race HQ as you run, (as long as you stay on the correct route that is; see route description below).

### **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!

When you head to 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 is a **six-hour** timed event. You can complete as many or as few full 3.28 mile (5.3km) 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 behind the mansion house, through the Race HQ and collect a coloured wrist band. You **MUST** get a wrist band for every lap you complete. When you finish running the wrist bands will be counted and verified to give you a final distance and time. Please do not just leave without ensuring we have captured your finish time and counted your laps.

We reserve the right to ask you **not** to go out for another lap, towards the end of the **6 hour** time limit. This is only if there is no chance you will complete another full lap in the remaining time – please work with us on this – it's for safety!

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

Complete 4 laps for a half marathon distance

Complete 8 laps for a full marathon distance, recognised by the 100 Marathon Club

Complete 9+ 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 manually recorded, to be published in the results section on our website. You will then be presented with your finisher's medal.

**The PB GONG** – we also have a 'Personal Best' gong (located near the finisher's bell), so if you run a PB time with us, then feel free to dong that gong as loudly as you can!

## **The ROUTE & WEATHER**

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 perfectly suitable options – personally I only ever wear road shoes on this route.

Please note that the park 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 cafe and a proliferation of other park users. As the route is a 'looped' course with some out and back sections you will be passing other runners, 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!*

## **ROUTE MAKERS & DESCRIPTION**

The route will be well marked with yellow / black route signs (at foot level) and red and white barrier tape (at head height or above) tied in the trees and hedges. Additionally we will have a runner who is very familiar with the route running at the front / near the front for the first few laps. There will be marshals on the course for the first few hours at key intersections. Please familiarise yourself with the route instructions below and take mental notes as you run on the first few laps – we know some of you like extra mileage, but we'd prefer it if you stay on the route and don't get too lost.

**Route Description** – All runners begin on a tarmac path behind the mansion house and head for 300 meters in a northerly direction before turning east onto a grass trail. Following the tree line, the route turns north again and heads into a small wooded area, where runners follow the middle path through woodland trails before popping back out into the open park at the 1km point. Following the tree line in a north east direction runners will then turn west at 1.2km and head right across the park following a central grass trail, before crossing a small wooden bridge, heading south at 2km. Runners cut across the corner of the park following the well defined grass trail around the boundary to the west until runners join the tarmac path next to one of the London Road Entrance car parks. Join up with the tarmac path and follow this around and then east onto The Avenue. At 3.5km turn hard right and right again onto a tarmac path which takes you back for 0.5km parallel to the Avenue, the turn left and left again to come back in the same direction as the Avenue another 0.5km (this is effectively an out-and-back, dog-leg). At the end of the tarmac path runners turn left at the very edge of a car park and then head back along a short section of the Avenue in an easterly direction. The finally head north again along behind the mansion house where you'll return to the 'tuck shop' at Race HQ.

Sound complicated? Well, it really isn't, but just to look after you, we'll have the signage out and we'll also have a few marshals at key points, but they won't be there for the full duration of the event, just the first few laps, so please do pay attention as you run.

The course is about 50% grass rails and 50% tarmac and does have some undulations but over elevation gain or drop is minimal.

### **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 my mobile number into your phone – **not later, do it right now!**

Race Director: **Rik Vercoe**  
Mobile: **07949 273732**  
Email: [PhoenixRunningUK@gmail.com](mailto: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](http://www.phoenixrunning.co.uk) and familiarise yourself with our T&C's and general race rules.*

PHOENIX Running Ltd – Nonsuch Park 6 Hour Timed Events – Route Map V1.1

Route Length  
3.3 miles / 5.3 km

ROUTE 1

2 KT17 2BT

3 KT17 2DE

Start / Finish

Mansion House

Car Parks

SM3 8AJ – Entrance 1

Tarmac Path

Grass Track

! Emergency Vehicle Access Points

