

Dear PHOENIX Runner,

Please find below a summary of the final instructions for the next two events in the Excalibur Series – Excalibur Eight and Nine, our 6 hour timed events, on Saturday 31<sup>st</sup> August and Sunday 1<sup>st</sup> September 2019. These instructions cover both days as the race formats and routes are the same.

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

If you are not 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/>

For our regular runners – Please note – this our West Byfleet location – **I.E NOT on the THAMES TOWPATH!**

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 each day**

**Fullbrook School – in the refectory / food hall (building diagonally to the right of the entry gates).**

**Fullbrook Sports Centre  
Fullbrook School Grounds  
Selsdon Road  
New Haw, Addlestone  
Surrey  
KT15 3HW**

### **RACE Numbers – you get a new number each day**

All race numbers will be given out at registration on the day from the school food hall  
Race numbers must be displayed clearly on the front of your apparel at all times during the event(s).

### **START TIME**

**9.30am** – these are 6 hour timed event(s) where everyone starts together.

There will be a mandatory pre-run race brief 15 minutes before the start time in the food hall and then we all walk to the start together.

### **PARKING – for your sat navigation, use KT15 3HW**

There is ample parking within the Fullbrook School grounds. Turn right as you enter through the main gates and you will drive right past the registration hall. All parking in the school is **FREE** of charge.

### **The VENUE**

### **The REGISTRATION VENUE**

Fullbrook School will be opening their doors to us from 8.15am and giving us the use of their facilities. Please come to registration which will be in the main food hall or refectory. This is located in the building just inside the main school gates (located diagonally to the right of the main entry gates). The race briefing will also be done here at 9.15am.

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

**Registration Area** - There are toilets in the school buildings which will be open for our use. There are also hot showers for afterwards located in the Fullbrook leisure centre right at the finish line. There is a short walk from the registration building to the start line (approx. 2 minutes) which we will all make together after the mandatory briefing.

**Start Area** - The start / finish area is directly behind the Fullbrook Sports Centre. The toilets and showers within the Sports Centre will be open throughout the event for our use. The pathway behind the centre is not very wide, so we will minimise any congestion by conducting the race briefing at the registration location and walking down just before the start time and getting you underway as quickly as possible. We would ask that faster runners try and position themselves at the front and those less concerned with times a little further back to ease any congestion just for the first few hundred metres.

**Baggage** - We'll also have a tent 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 behind the Sports Centre to the side of the pathway, 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 descriptions 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**

These are **six-hour** timed event(s). You can complete as many or as few full 3.28 mile 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 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, road shoes are preferable.

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 150 meter section of pathway which is not very wide. Also – please take care at each of the road underpasses, where some of the bridges have a **LOW HEAD CLEARANCE**. As the route is an 'out and back' you will be passing other runners coming in the opposite direction, so please take extra care, especially when you cross the small wooden bridges - 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!***

**PLEASE NOTE:** At no point should you be crossing any roads on these routes – if you do come to a roadside, the chances are there is an underpass where the towpath goes underneath the road within just a few meters of your position! Please look for it and do NOT cross the roads.

**The Route** – All runners begin on the pathway behind the Sports Centre and run approximately 150 meters down to the canal towpath. Here you will cross over a small wooden lock bridge (take extra care here) and turn immediately **RIGHT**.

Navigation is about as easy as it can get – just follow the path with the canal on your right hand side. If you can't see the canal, then somehow you are lost. Retrace your steps until you can see the canal and you are found.

At 2.65km, or 1.65 miles you will reach the **turning point**. There will be a large yellow sign on the left of the path telling you to 'turn around' – please go all the way to the turn point before turning back on each lap.

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

### **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 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.

### **Route Map - Westbound**



