

Dear PHOENIX Marathon Runner,

Please find below a summary of the final instructions for one or both of our Numbers Game Marathons on 6th and 7th of October 2018.

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

If you are 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/>

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 – Opens at 8.00am

Elmbridge XCEL LEISURE CENTRE – at the FRONT of the centre.

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

RACE Numbers

All race numbers will be given out at registration on the day from the Leisure Centre. Race numbers must be displayed clearly on the front of your apparel at all times during the event.

Please note: If you are doing the double - you will use the same race number for both days and we will give you a spare to keep pristine so you can peel it off and stick it on the centre of your medal at the end of day 2.

START TIME

09.00am – we do not do early starts I'm afraid.

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

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

PARKING – for your sat navigation, use KT12 2JG

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

Please, please **DO NOT** park in the small Weir Hotel (pub) car park as it is reserved for hotel residents only. This is a strict stipulation from the landlords and I'm keen that we can come back.

The VENUES

The REGISTRATION VENUE

The Elmbridge Xcel Leisure Centre will be opening their doors to us from 7.45am and giving us the use of their facilities. The café will open at 8.30am for teas, coffees and other refreshments.

TOILETS & FACILITIES, BAGGAGE

Registration Area - There are toilets in the Leisure Centre which will be open for our use. There are also hot showers for afterwards, which you can use for just £1 if you show your race number (these are usually £5). There are lockers in the leisure centre which **require you to bring a small padlock** where you can leave small bags and valuables. There is then a short walk to the start line (approx. 2-3 minutes) which we will all make together after the mandatory briefing.

VERY IMPORTANT – Once we leave the registration area at the Leisure Centre all access to the toilets at 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)!

Start Area - The start / finish area is in front of the Weir Pub on the towpath. The pub opens from 11.30ish and does allow us use of their toilets during our events and they also have an excellent menu and start serving hot food from late morning so you may want to stay on after the event for a spot of lunch.

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.

Day 1 – 6th October – Route Weir Pub to Hampton Court – 4 laps.

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 Molesey cricket club, also right near the run route. These are in the cricket club itself behind the café.

Day 2 – 7th October – Route Weir Pub to Walton Bridge (Covey Sale) – 8 laps.

Turnaround Point – There is a public toilet block about 150 meters away from the turnaround point. You will need to cross the road next to the towpath, so please take care here. These toilets are sporadically closed due to some ongoing plumbing issues, so if you do need to pre-plan toilet stops into your run, best to plan these around the leisure centre and / or Weir pub, near the start / finish end of the route.

RACE HQ – Start & Finish Area & Aid Station

Race headquarters, also known as 'the tuck shop' will be near the Weir Pub on the Thames towpath, where there will be a well stocked aid station with lots of water (both in 150ml cups and 500ml bottles) and chocolate, sweets and general fun. If you want you can leave your own drinks and supplies here too (please label them). You will never be more than 3.3 miles from the race HQ on day 1 and 1.65 miles from race HQ on day 2, (as long as you stay on the correct route that is; see route descriptions below). There is a second aid station (day 1 route only) at the turnaround point 3.3 miles from race HQ on day 1, so you will never be more than 1.65 miles from an aid station and chocolate Freddos on either day.

Race Timing - LAP RULES and Etiquette

As these are marathon only distance events we will record and count your laps for you (there are no wrist bands to collect)

The ROUTE & WEATHER

We will be watching the forecast closely. At present, the week leading up to the event looks mostly dry, with only the odd shower. The towpath is still in good shape, despite a few days of rain, and is expected to be fairly firm underfoot. On race

days the forecast is showing some sunny spells with some cloud cover, temperature highs of 14 degrees; with a morning low of 6 degrees, so please prepare for a colder start and bring some extra clothes for afterwards and make sure you are well hydrated.

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

Please note that the towpath is a public right of way, so I 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 access 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!***

Day 1 - 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're found.

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. This time the aid station will be manned by Neil Jones (as always) and the effervescent David Davidson 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 smile as you blast past.

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

Day 2 - All runners begin with the River Thames on their right hand side and run towards and under Walton Bridge. Navigation is about as easy as it can get – just follow the river! 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.

At 2.65km, or 1.64 miles you will reach the **turning point**, which is past Walton Bridge at the far end of an area called Cowey Sale.

There will be a marshal here for the first few laps of the race who will make sure you turn back and are familiar with this turning point. The marshal **will not** be there for the duration of the race, so please take note of this area and take care not to miss this, particularly when running after dark. There will also be a large yellow reflective 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. Well, except for the small blue bridge you go over at the Marina, but that is sure to get easier and easier on each lap.

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 & Medical

A first aid kit is located at the race HQ and a second kit at the Molesey Lock Cafe Aid Station.

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

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

And FINALLY

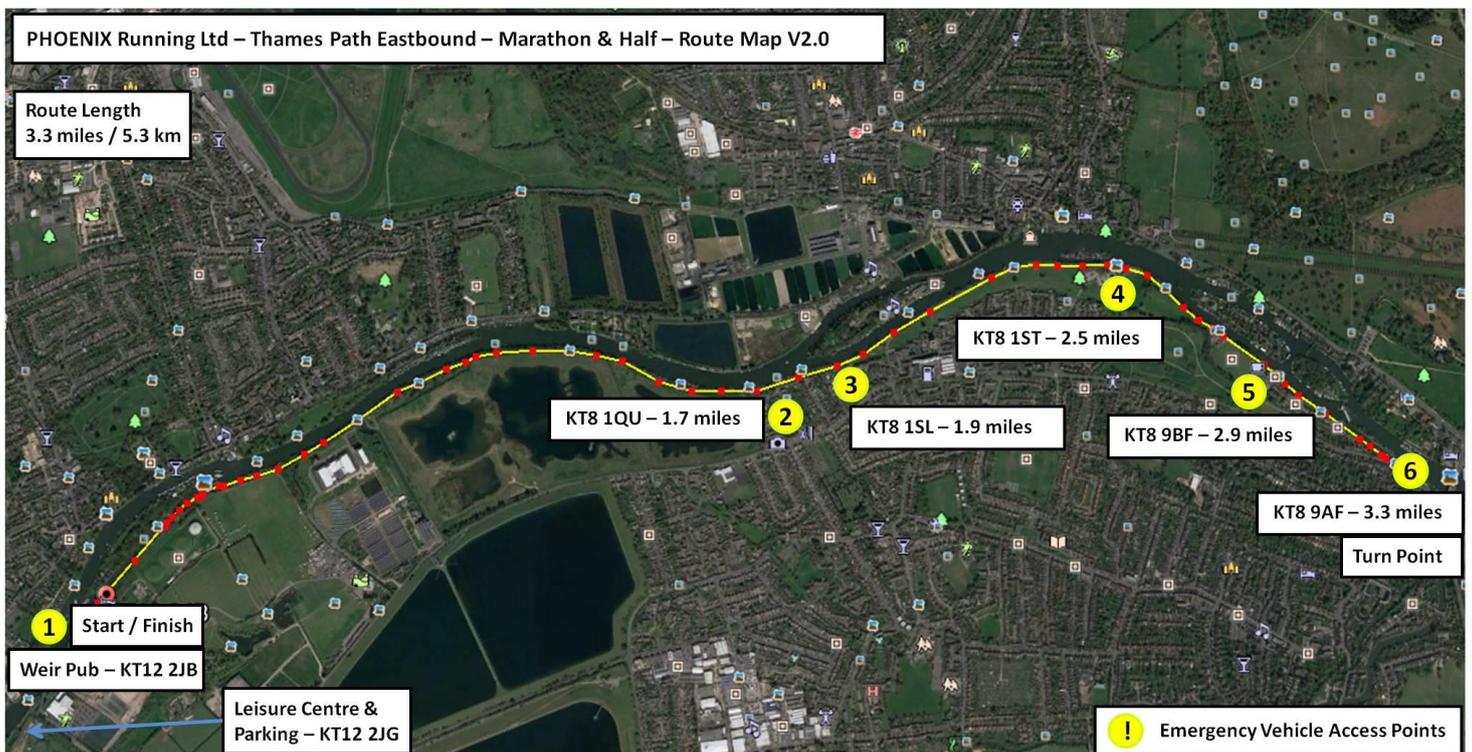
Our races are generally small and designed to be low key and FUN!

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.

DAY 1 ROUTE MAP



DAY 2 ROUTE MAP

