

Dear PHOENIX Remembrance Day Runner,

Please find below a summary of the final instructions for the Remembrance Day Marathon & Half Marathon on Sunday 10th November 2019.

Please note, the transfer deadline was midnight on October 26th and the final race list has now gone off for chip programming. We absolutely cannot make ANY changes to entries at this 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/> 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 8.00am

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 and will be arranged in surname alphabetical order, so please come to the right collection table.

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 – the timing chip is built into the rear of your race number so you don't need to hand a chip in once you finish.

START TIME

09.30am – this is a marathon and half marathon distance event(s) where everyone starts together.

There will be a mandatory race brief 20 minutes before the start time and then we all walk down to the start TOGETHER.

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 – for your sat navigation, use KT12 2JG

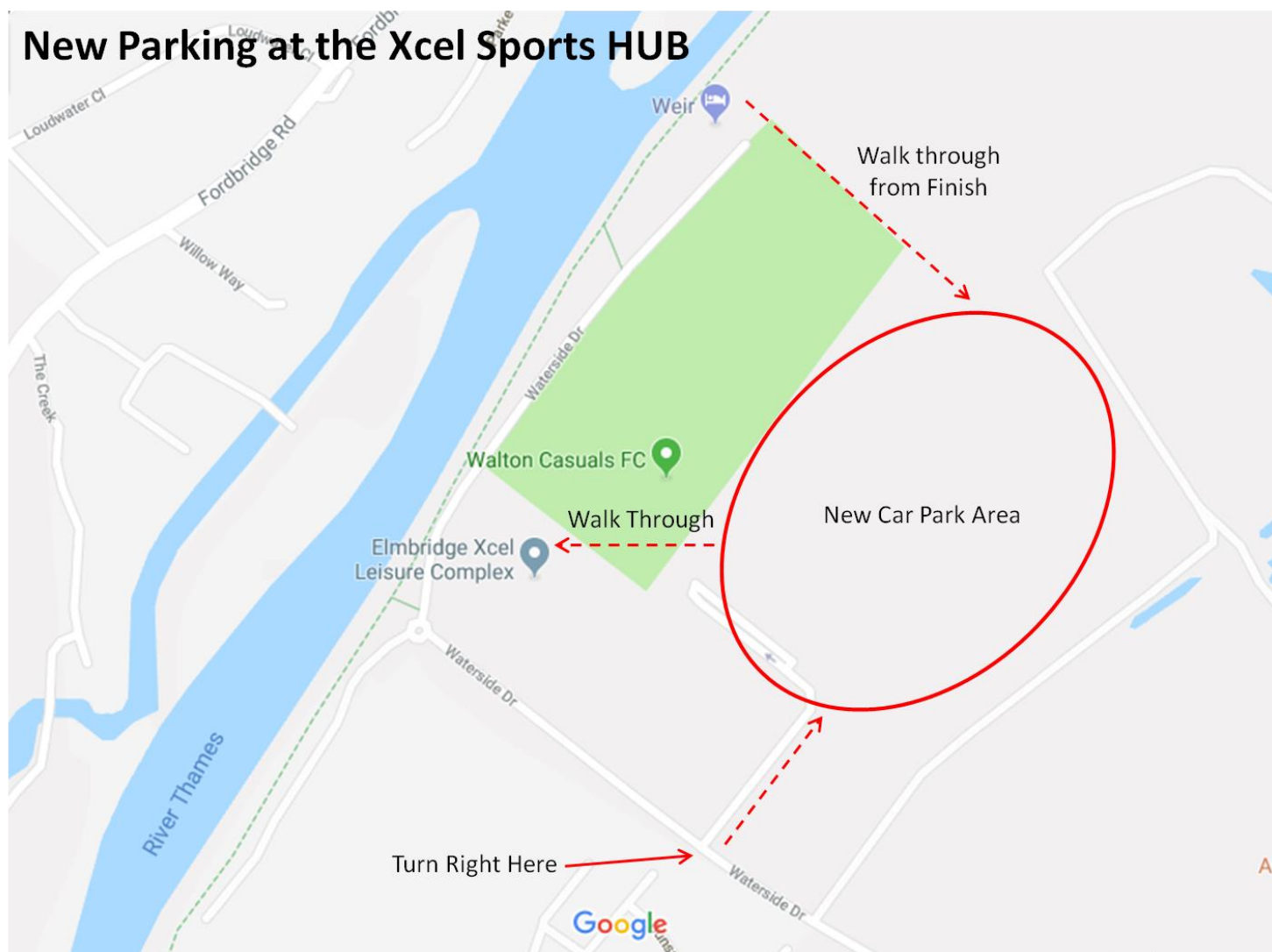
Please try and car share if you can.

If you arrive between 7.30am and 8.30am - There is good parking in the all new Sports HUB centre car park and on both sides of Waterside Drive, before the mini roundabout.

Please park in the SportsHUB **FIRST** (the barriers will be up from 7.30am) – this is the first turning on the right as you come down Waterside Drive.

If you arrive after 8.30am or the SportsHUB car park is full then park in the leisure centre car park. Please help us with 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.

The VENUES

The REGISTRATION VENUE

Please come to the registration area first. The Elmbridge Xcel Leisure Centre will be opening their doors to us from 7.30am and giving us the use of their facilities.

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. 3-4 minutes) which we will all make together after the mandatory briefing.

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)!

The START AREA – The PHOENIX VILLAGE

The start / finish area, henceforth to be known as the 'PHOENIX Village' is on a small green near the Weir Pub on the towpath.

We all walk to the start area together from the leisure centre after the mandatory race brief. We ask you to 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 a race, but safety, enjoyment and fun comes first!

There will be additional portaloos in the Phoenix village for use during the event. The pub will be open from approximately 11.30am and also allows us use of their toilets during our events and they have an excellent food menu. You may want to stay on after the event for a bit of food and a drink or two.

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.

BAGGAGE

There are lockers at the registration venue in the Xcel Leisure Centre where you can leave any valuables – **you need to bring your own padlock to secure these**. We'll have a baggage tent at the start area by the towpath, 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 here.

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, various squash flavours and chocolate, sweets, crisps and general fun. We going to make this the 'best' aid station you have ever laid eyes on – trust me! If you want you can leave your own drinks and supplies here too (please label them) on the left side of the tables. You will never be more than 3.3 miles from the race HQ as you run, (as long as you stay on the correct route that is - see route description below). There is a second aid station, primarily stocked with water, at the turnaround point 3.3 miles from race HQ, so you will never be more than 1.65 miles from an aid station.

The ROUTE & WEATHER

We'll provide an update on the weather around a week prior to the event.

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 Neil Jones 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 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 respectful 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!

Here's the carefully laid plan;

- The event starts 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 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 third ever mid-marathon 'Respectful Race Freeze', and the largest race freeze in history – you will make history and you might 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 & Medical Team

We have an onsite fast response medical team who will be located at the Start / Finish line with an ambulance and blue light capabilities

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

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!!

PLEASE, PLEASE VOTE!

We have one favour to ask – this event has been nominated for the National Running Awards, best marathon under 5,000 entrants – please do vote for us as we think there is nothing quite like it out there, here's the link;

<https://therunningawards.com/vote/>

Thank 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

