

Dear PHOENIX Sharkrunner,

Please find below a summary of the final instructions for the Sharkruns, 6 hour timed events, on Friday 13th, Saturday 14th and Sunday 15th July 2018.

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

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(s).

The format is the same each day.

REGISTRATION AREA – Opens at 8.30am

Whoosh CANOE CLUB

Redricks Lane
Sawbridgeworth
Essex
CM21 ORL

RACE Numbers

All race numbers will be given out at registration on each day from the Canoe Club Cafe. Race numbers must be displayed clearly on the front of your apparel at all times during the event and you will get a new race number each day if doing more than one day.

START TIME

9.30am – these are a 6 hour timed events and we do not do early starts. The clock starts at 9.30am and stops at 3.30pm.

There will be a mandatory pre-run race brief 15 minutes before the start time in front of the Canoe Club Cafe and then we all walk around the corner to the start line.

PARKING – for your sat navigation, use CM21 ORL, off Redricks Lane

There is parking onsite at the Whoosh Canoe Club, accessed off Redricks Lane. Please drive down the track to the canoe club and park in the grassy area to the left. All parking is **FREE** of charge.

The VENUE

The REGISTRATION VENUE

The Canoe Club cafe will be opening their doors to us from 8.30am and giving us the use of their facilities. The café will be open for teas, coffees, bacon butties, breakfast and other refreshments.

TOILETS & FACILITIES, BAGGAGE

Registration Area - There are toilets at the canoe club which will be open for our use both during registration and throughout the event. These are located next to the cafe. We then walk; literally around the corner to the start area. We will also provide some extra portaloos in the aid station area.

Start Area - The start / finish area is adjacent to the cafe on the Canoe Club site.

Baggage - We'll also have a tent at the start area, 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. If it is warm and there is no chance of rain – this may be a 'virtual' tent. We 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 in the start area, adjacent to the cafe and easily accessible from the towpath. Here there will be a well stocked aid station with lots of water (both in 7oz cups and 500ml bottles) and chocolate, sweets, crisps and general fun. 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).

Race Timing - LAP RULES and Etiquette

These are a **six-hour** timed events. You can complete as many or as few full 3.28 mile looped laps in this time as you want. You need to complete one lap to qualify for the finishers' medal. After each lap you will come off the towpath, through a large gate and 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

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 ROUTE & WEATHER

At present, the week leading up to the events look hot, really hot and so do race days! The route is in great shape and very dry and the towpath sections are solid underfoot and the trail sections are very firm. Temperature highs of 30 degrees are forecast with a morning low of 15 degrees, so please, please prepare for a warm start and a very hot day(s). Bring a cap or buff for head cover and to wet as you run and make sure you have plenty of sun cream!

Either trail shoes or road shoes are suitable options.

Please note that the trails & towpaths are 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 0.8 mile mark where there is a busy road – you **DO NOT** cross this road; however please be mindful of other road users here and take care at the road entrance to the Beefeater, Harlow Mill . Also, take extra care on the 'bridge' at the 2.4 mile point as it can be slippery.

All runners begin in the grounds of the Whoosh Canoe Club and head out through two metal gates onto the towpath with the waterways on their right hand side. Follow the towpath towards the A1184, then at the A1184 turn right, taking care at the entrance to the Beefeater and then turn right again (there are two large white signs with red lettering that say 'Run Trail'). Follow the signs back onto the trails that lead west, broadly following the River Stort. **Note:** you will not be able to see the river at all times so we have marked the route with black arrows on a yellow background and red & white barrier tape at key turn points. Follow the pathways to a junction at 1.8miles and turn right and then at a grassy section at 2.2 miles stay right until you reach the bridge at 2.4 miles – cross the bridge and turn immediate right following the towpath with the waterway on your right back to the Whoosh Canoe Club and you have completed a loop.

Once you are out of the canoe club grounds, the trick with this route is - if any real doubt – TURN RIGHT!

The overall course has very little elevation gain or drop, well, except for our customary small bridge – we do love a bridge!

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

FIRST AID & Medical

A first aid kit is located at the race HQ.

A Medical, Emergency and 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 – Redricks 6 Hour Timed Events – Looped Route Map V1.0

Total Lap Length
3.3 miles / 5.3 km

Whoosh Explore
Canoe Club

Car Parking

Start / Finish

CM21 ORL – Entrance 1

CM20 2EP – 0.9 miles 2

CM20 2DW – 1.6 miles 3

CM20 2SE – 2.1 miles 4

Small Bridge

! Emergency Vehicle Access Points

