

## **Race Location**

The race starts and finishes at the London Hyde Park, **London, Post Code W2 2UH**, near The Bandstand area the map below. This is also race HQ and where the registration area is located.

## **Travel**

Please, wherever possible walk, jog, cycle or use public transport when attending the event. The park is easily accessible by both foot and cycle. Cycle parking is available in the park. If you do have to drive, please consider car-sharing to reduce our impact on both the environment and other park users. Please also watch out for other park users when arriving and leaving. Parking is limited; however, since the event is on a Sunday, you can arrange your own parking in a number of places

The nearest Tube stations are Marble Arch and Hyde Park Corner.

Other stations nearby include:

**Green Park** (Victoria, Jubilee and Piccadilly lines)

**Victoria** (Victoria, District & Circle lines and National Rail)

**Paddington** (Bakerloo, Metropolitan, Circle & District lines and National Rail)

## **Buses from:**

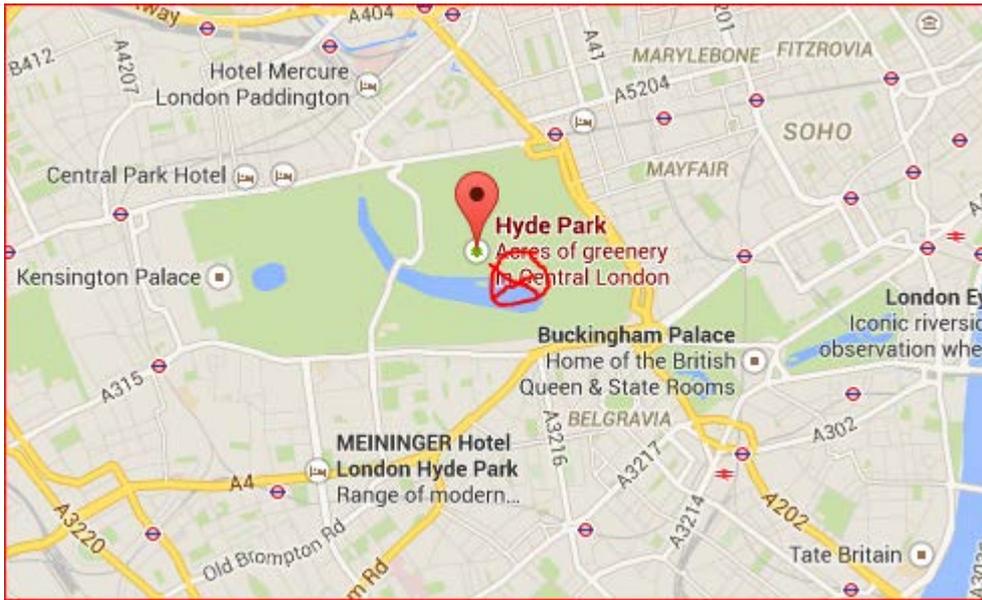
**North :** C2, 6, 7, 10, 16, 19, 23, 36, 52, 73, 82, 98, 113, 274, 390, 414

**South :** 2, 36, 137, 148, 159, 436

**West :** 9, 10, 14, 19, 22, 52, 74, 94, 148, 414

**East :** 23, 30, 38

For full details on public transport, walking and cycling routes to Hyde Park, visit [www.tfl.gov.uk](http://www.tfl.gov.uk). For train information into London, visit [www.thetrainline.com](http://www.thetrainline.com)



### **Medical Team:**

We will have The Response Group Medical Team in attendance and we will have Medical Cyclists cycling with the runners to enhance response time in case of injury. If you need assistance during the run please alert the Marshals en-route who will be able to communicate back to the Medics.

### **Start:**

The start of the race is 09:15. Competitors should allow time for Parking, collecting race numbers, using the toilets, and dropping of baggage. There will also be a warm up scheduled 10 minutes before the start. Runners will then be called to the start line according to their predicted race time.

### **Chip Timing & Race Number / Timing Chip Collection:**

The race is Chip Timed with the use of the latest technology to allow for accurate measurement of race finishing times. The Timing Chips are to be put on the shoe. Please do not tamper with the Timing Chip.

All runners are required to collect their race number & Timing Chip from the Race Collections desks situated next to the start line. Please go to the queue with your surname.

Please note the desk opens from 07:30 and closes at 09:00

Runners need to make sure they cross over the Chip Timing mat at the start of the race and NOT side step the mat otherwise you will not get a recorded finish time!

### **Toilets:**

**Some toilets are available at a charge of 20 pence. Please remember to bring a 20 pence piece to access the park toilets at the event (although expect some queues at these!). However, please be aware that showers and changing facilities will not be available.**

### **Enquiries:**

Please email any urgent queries to [admin@runuk.co.uk](mailto:admin@runuk.co.uk)

### **Water Stops:**

There will be water stop at around the half way stage. Please ensure you drink the water and then dispose in the bins provided or drop them close to the water stations for the marshals to pick up.

### **Finish Line:**

As you cross the finish line please make sure you cross over the Chip Timing mat which will automatically record your official time against your race number.

Remember to smile as the Photographers will be situated at the finish line.

Please keep moving across the finish area where you will be given your well deserved medal and lots of drinks and refreshments to rehydrate.

### **Race Photography:**

We will have official race photographers at the event who will be taking photos at different stages of the route. The photographs will be available to via the photographer's website.

### **Results and Prize Ceremony**

Results will be available after you cross the finish line. The official results will be posted on the website a few hours after the event.

Prizes will be award to the 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> Male & Female and there will also be Vets Prizes for V40, V50, & V60 for both Male and Female.

All finisher will be awarded a finishers medal!

### **Race Rules**

The route is on public roads. Runners are advised to keep on the pavements at all times.

Please don't try and impede other runners and road users. Just remember these are public roads so please do respect ALL road users and traffic.

There will be marshals around the course who are there for your safety and to guide runners along the running route. Please adhere to all their instructions as they may be pointing out hazards en-route.

Any athlete not complying with the rules faces disqualification.

### **Refreshments:**

All kinds of hot drinks and refreshments will be available from the Hyde Park Cafe