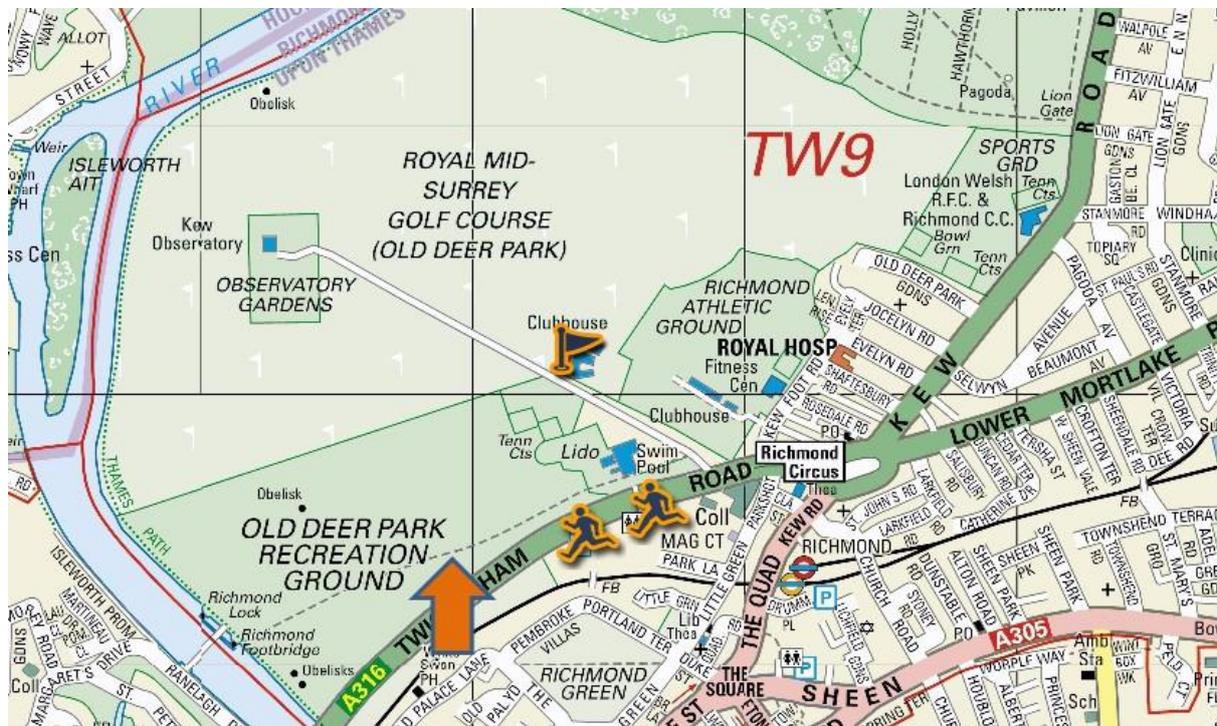


## Arrival, Venue Directions & Parking

The race starts and finishes at Old Deer Park on Twickenham Road as indicated by the arrow on the map below. This is also race HQ and where the registration area is located.



If travelling by train/tube, the nearest station is Richmond. From the station, turn right and walk up Kew Road to Richmond Circus. From here take the first exit left on to Twickenham and continue until you reach race HQ. In total, this is less than a ten minute walk. Please check Transport for London and Rail/tube website before travelling as there could be industrial action!

If travelling by car, parking is available for over 400 cars at Old Deer Park Car Park (TW9 2RA) which is located opposite the event HQ. This is free until 11.00am on Sundays, after which a charge of £0.75 per each half hour applies (you can pay when you arrive and will be issued a ticket to start at 11.00am). We anticipate that this car park will fill up very quickly and so, if you intend to use this car park we recommend that you arrive early to give yourself enough time to find alternative parking should this be necessary. **Should you choose to use the Old Deer Park Car Park please use the footbridge to cross the A316 to get to the start. Do not try and cross the road without the footbridge as you will be endangering yourself and others!**

Among others alternatives, we suggest Ranelagh Drive which is adjacent to Twickenham Bridge (TW1 1QZ) and a five minute walk to the event - once parked, cross Richmond Footbridge and turn right towards the narrow bridge that leads into Old Deer Park and to race HQ. However, there is also plenty of metered parking (free on Sunday) available in the local area around Kew Road and the surrounding areas. **Please note there will be no parking allowed in the Pools in the park car park at the entrance of Old Deer Park. Anyone that tries to park here could get clamped so we advise the other areas mentioned above. This car park is only for members using the gym and we cannot stress this enough that no parking please!!!**

## Baggage Storage:

There will be supervised baggage drop area at the event. This is free to use but please note that we cannot take any responsibility for loss of items or possessions, so please refrain from storing valuables in

this area. Please tear off the baggage tag from the race number and attach to your bag before setting off for the race.

**Toilets:**

A number of toilets are available at the event (although expect some queues at these!)

**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 09:00. 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 placed on your shoe . All runners are required to collect their race number and in 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 08:45

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!

**Enquiries:**

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

**Water Stops:**

There will be water stop approx every 3 miles. 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.

<http://www.randrphotos.co.uk/event-photos.php>

**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