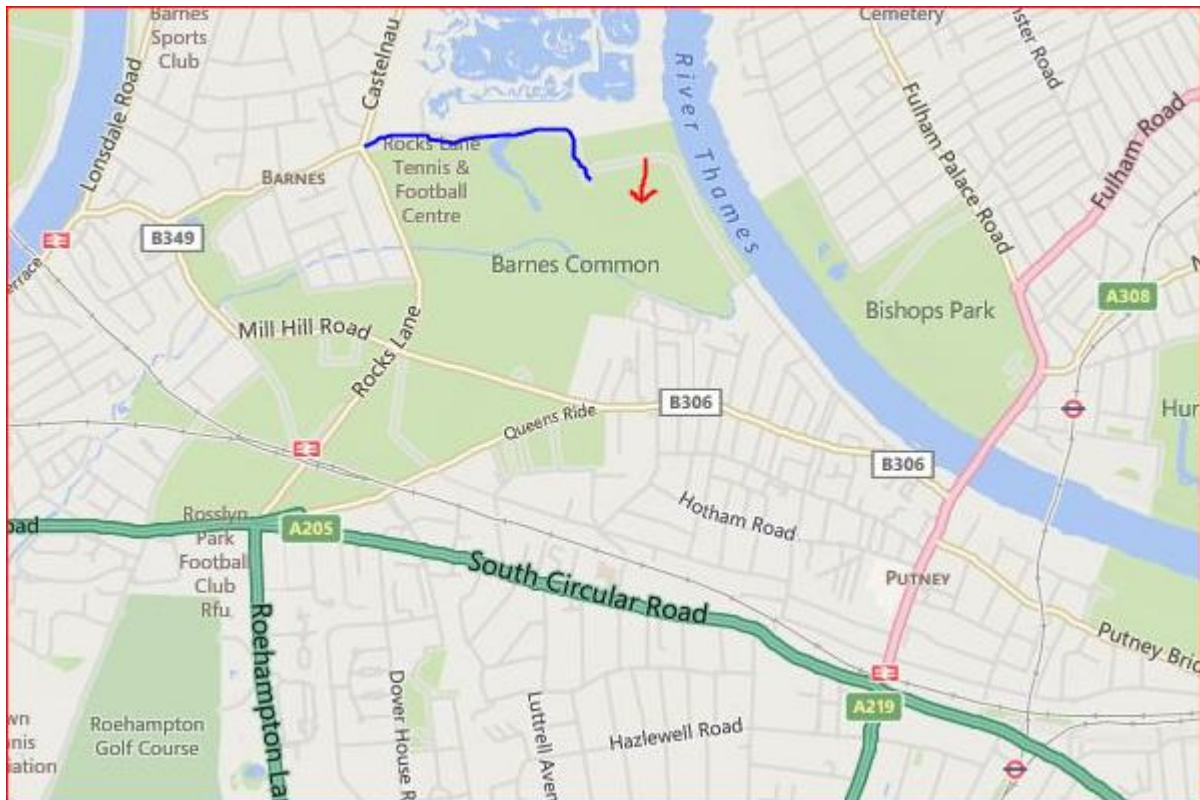


Arrival, Venue Directions & Parking

The race starts and finishes in Barn Elms Sports Centre SW13 0DG as indicated by the arrow on the map below. This is also race HQ and where the registration area is located. Please use Queen Elizabeth Walk (highlighted by Blue Pen on map) to enter the Sports Centre.



If travelling by train, the nearest stations are Barnes & Putney. The nearest tube stations are East Putney and Putney Bridge but they are quite a distance from the Sports Centre. Please check Transport for London and Rail/tube website before travelling as there could be industrial action!

If Travelling by car the address of the Sports Centre is: Barn Elms Sports Centre, Queen Elizabeth Walk, London, SW13 0DG. There is parking is available at the Sports Centre on a first come first served basis but there is loads of parking in the local streets but please check the road signs as some streets are Permit Holders only!

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!). Changing rooms are also available to use.

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:

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 your shoes. Please do not tamper with the Timing Chip.

All runners are required to collect their race number with built 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 07:45 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

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 1st 2nd & 3rd 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 Barn Elms Shop.

Please note this will be available from 09:00 onwards.