

## Arrival, Venue Directions & Parking

The race starts and finishes at The Lee Valley White Water Centre, Station Road, Waltham Cross, Hertfordshire, EN9 1AB as indicated by the arrow on the map below. The Race HQ will be situated near the Water Centre on the grass outside.



## By road ( Free Car Parking)

### From junction 26 of the M25:

- Follow the A121 towards Waltham Abbey.
- Continue forward over each roundabout.
- At T-junction (facing Royal Gunpowder Mills) turn left towards Waltham Cross along Highbridge Street.
- The entrance to the centre is after approximately 100m on the right.
- [Download map](#)

### From junction 25 of the M25:

- Join the A10 towards Hertford.
- At the first roundabout turn right onto the B198 for Waltham Cross.
- Turn right at the next roundabout and left at a further roundabout to join Eleanor Cross Road / Station Road for one mile.
- The entrance to the centre is on the left, opposite Jewson's.
- [Download map](#)

# By rail

**Nearest stations:** Waltham Cross or Cheshunt

We advise checking your journey before you travel.

## **From Waltham Cross train station:**

- It's a 25 minute train journey on the Abellio Greater Anglia Line from London Liverpool Street and just 12 minutes from Tottenham Hale. It's then a 10 minute walk to the centre
- Leave Waltham Cross station and follow the pathway to the main road
- Turn right along Highbridge Street (away from the roundabout)
- Proceed down Station Road for approximately half a mile, the centre is on the left hand side
- [Download map](#)

## **From Cheshunt train station**

- It's a 25 minute train journey on the Abellio Greater Anglia Line from London Liverpool Street and just 12 minutes from Tottenham Hale. It's then a 25 minute walk through the picturesque River Lee Country Park.
- Leave Cheshunt station and turn right towards the YHA London Lee Valley and Herts Young Mariners Base. Proceed through Lee Valley Regional Park car park at the bottom of the road
- Take the turning into the country park on the right hand side
- [Download map](#)

# By bus

The 211, 212, 213, 240, 250, 251 buses all stop on Station Road.

## **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 Medical Despatch 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 10:00 - 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 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 09:40

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!

**Course:**

- Traffic Free
- Flat course
- Mile Markers
- Water Stops
- Friendly Marshals
- Well Sign Posted
- UKA Licensed Race

**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 traffic free.

Please don't try and impede other runners and road users. Just remember there will be other users of the park so please do respect ALL users

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.

**Sports Massage:**

Sports massage will also be available

**Refreshments:**

All kinds of hot drinks and refreshments will be available