



THAMES PATH CHALLENGE 2019

FINAL EVENT GUIDE

The 2019 Thames Path Challenge is approaching quickly – with nearly 3,000 people taking part in the Challenge. To help you make your final plans we have put together this Final Event Guide. Please read this alongside the **CHALLENGE MANUAL** (in the App or the Participant’s Area of the website) to ensure that you have all the information required to prepare for the Challenge.

Thames Path Challenge APP!

Download the Thames Path Challenge APP for access to challenge documents & updates. Available in both the Apple or Google Play stores, search 'Action Challenge' and download using the code **ACI** to get started – then go to 'load challenge' in the menu and enter the code **Thamespath**.

We will be updating the App in the lead up to the Challenge, including maps and special features to use, so make sure you keep it on your phone! (See Participant Area of the website on how to view the App on a **desktop/laptop**).

In the APP you will find:

- The Challenge Manual
- Training Guides & foot care advice
- Kit List & discounts
- Official Map (s) of the route & Rest Stops
- Challenge menu (closer to the Challenge)
- Exclusive offers coming soon, and much more!



Preparation Videos

Check out our series of 7 videos available on the App and Participant’s Area, covering some key aspects of preparation for your Ultra Challenge; with our expert panel of Jim Smith - long distance walker / Ultra Challenge Trek Master, Matt Buck - Ultra runner / Running coach and Julian Risley – Event Director.

[CLICK HERE to view the videos >>](#)

Key Pre-Event Information

Start times

For anyone registered before the 29th July, you should have received your allocated start time sent via **EMAIL** on Monday 29th July.

If you have **NOT** received your start time email by **Monday 5th August** (do check your 'junk' inbox), **OR** you would like to request a start time amendment, **OR** your team do not have the same start times (if applicable) - then please complete the **ONLINE REQUEST FORM** below by 27th August at the latest.

Anyone that has registered after the 29th July, your start time will be confirmed on your E-Ticket which will be sent to you on the 28th August.

The start times are as follows:

- **Full, 1st Half & 1st Quarter Challenge** – Start Saturday 7th September between 06:50am and 09:10am - there are no slots outside of this window.
- **2nd Quarter Challenge** – Start midday Saturday 7th September ONLY.
- **Full 2 Day Challenge (Day 2), 2nd Half & 3rd Quarter Challenge** - Start Sunday 8th September between 06:00am – 07:30am – there are no slots outside of this window.
- **4th Quarter Challenge** – Start 08:00am Sunday 8th September ONLY.

Note: Some start-points only have one start time (2nd and 4th Quarter) and so we cannot accept amendment requests for these. We ask that you do not phone or email in to amend your start time – only use the form below.

[CLICK HERE for online Start Time Request form >>](#)

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** to you on **Wednesday 28th Aug** – and it will be required at registration (ideally store it on a mobile device to save paper waste from printing).

If you have **NOT** received this E-Ticket by close of play **Tuesday 3rd September** (check your junk mail first), there will be a 'Starting List' published on the App and the Participant's Area, where you can check your Bib Number, Start Time and request a new E-Ticket. If you registered on/after 28th Aug, you'll receive your E-Ticket the week of the Challenge.

We ask that you do not email or phone to request an E-Ticket.

Optional Extras

There are a few additional Extras that you can book to help you along the Challenge. Unless otherwise stated, these must be pre-booked via our Optional Extras form.

Camping

You can book a camping package at Runnymede (50km/half-way) for the Saturday night:

Full Camping Package - £59 for Single, £85 for Twin

- **Package includes:**

- x 1 2-person tent
- x 1 roll mat per person
- x 1 Breakfast (next day) per person
- x 1 Baggage Transfer

Transfers – Before your Challenge

- 4th Quarter Challengers – Sunday 8th September – 07:00am departure from Henley to your start in Cookham - **£10 per person**

[**CLICK HERE to book your Optional Extras >>**](#)

Free Shuttles

These do not need to be pre-booked and are as follows:

- 1st Quarter Challengers – shuttle from Hurst Park finish to Hampton Court train station – Saturday 7th Sep – 11:00am – 5:30pm
- 1st Half Challengers & 2nd Quarter – shuttle from Runnymede finish to Staines train station – Saturday 7th Sep – 3:00pm-11:30pm

For those finishing in Henley (Full, 2nd Half & 4th Quarter) the finish at Mill Meadows is a 3 minute walk away from Henley train station.

Optional Baggage Services

There is an optional baggage transfer service that is paid with CASH on the morning of the Challenge at the baggage drop area.

Transfers to your finish line (20kg/80L max size)

- Full Challengers – **£10 per bag**
- Half Challengers - **£5 per bag**
- Quarter Challengers - **£5 per bag**

Transfers to half-way & finish (20kg/80L max size)

- Available to Full Challengers only - **£15 per bag**
- You **MUST** pick your bag up at the half-way Baggage Area and re-drop it (even if you don't actually need it). Failure to do so will mean the arrival of your bag at the finish is likely to be considerably later than your own arrival!
- This service is included in all camping packages
- Baggage of up to 10kg/30L max size free for registered runners

Merchandise

There's still time to purchase your 2019 Thames Path Challenge tech T-shirt for just £20! Order now and pick up on the day. We can't guarantee sizes and stock availability on the day – so order yours NOW to avoid disappointment!

[CLICK HERE to view Merchandise >>](#)

Travel – Getting to the Challenge

The Start - 100km, 1st Quarter, & 1st Half Challengers - Saturday 7th September

The start is **Bishops Park, Fulham, London SW6 3LA**. The closest tube station is Putney Bridge on the District Line; from there it is a 3 minute walk to the start. There is **STRICTLY NO** parking or drop off at the start and very limited parking around the area, so we strongly recommend you use public transport instead of pickup/drop-off as this area will be very congested.

The Start - 2nd Quarter Challenge – Hurst Park, Saturday 7th September

The start is **Hurst Park, Hurst Road, East Molesey, KT8 9AL**. There is very limited short stay parking for those being dropped off at the site, as well as on the surrounding roads.

The Start - 2nd Half & 3rd Quarter Challenge – Runnymede, Sunday 8th Sept

The Start is **Runnymede Pleasure Ground, Egham, Surrey TW20 0AE**. There is a pay and display car park available at the venue, for anyone being dropped off.

The Start – 4th Quarter Challenge – Cookham, Sunday 8th Sept

The start is **Marsh Meadow, Cookham, Maidenhead, Berkshire SL6 9SA**. There is **no parking here**, however limited parking in the National Trust car park within the surrounding area is available if you are being dropped off.

Registration

Early Registration - Friday 6th September

For those staying locally - we will open **‘Early Registration’** for Bishop Park, Fulham starters only from 4.00pm until 8.00pm on Friday at the main start location in Bishops Park- so you can collect your **Event Pack** (you will need your E-Ticket to register). This will save time on Saturday morning, and means you only need to be at the start 30 minutes before your start time.

Main Registration

Full 100km, 1st Half and 1st Quarter Challenges Sat 7th Sept

- Address: the main start location in Bishops Park, Fulham, London, SW6 3LA – opening at 06:00am for rolling starts between 07:50am-09:10am. Look out for the marquee and sail flags!

2nd Quarter Challenge Registration – Sat 7th Sept

- Address: Hurst Park, Hurst Road, East Molesey, KT8 9AL - opening at 11:00am to start at midday.

2nd Half and 3rd Quarter Challenge Registration – Sun 8th Sept

- Address: Runnymede Pleasure Ground, Egham, Surrey TW20 0AE - opening for at 5:00am for rolling starts between 06:00am-07:30am.

4th Quarter Challenge Registration – Sun 8th Sept

- Address: Marsh Meadow, Cookham, Maidenhead, Berkshire SL6 9SA - opening at 7:00am to start at 8:00am.

At Registration

- You **MUST** arrive on site **1 HOUR** before your start time to register (unless registered on Friday – Bishop Park, Fulham starters only) **as it may be busy.**
- You **MUST** present your **E-TICKET** at the Registration Tent entrance.
- Collect your **EVENT PACK** (Event Pass / timing chip, lanyard, bib number, safety pins, baggage tags for runners / campers & any meal tickets purchased).
- Collect your **event buff and route card.**
- You will need to complete **medical details** on the reverse of your event bib (**if have any serious medical conditions**).
- E tickets are **NOT** transferable – and we may ask for ID to confirm your details if we have any doubts.
- You must come with at least 2 litres of water, either in a bottle or a camel back regardless of the distance you are completing.



The Route

Will be marked with pink arrows, you will also be supplied with detailed route maps via the Challenge APP – so you need a mobile phone - OR print the PDF version off from the Participant Area to bring with you (we are aiming to avoid wasted printing in 2019).

Google Maps

We have created a Google map that has useful information and points along the route. On the map you will find information on Catering, Shuttles and facilities at the Rest Stops as well as information for supporters.

[CLICK HERE to view the Google map >>](#)

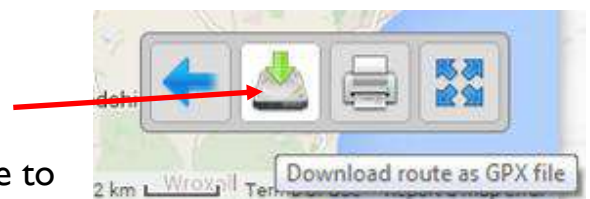
GPX files - Provisional

You can now download the provisional GPX files of the routes, to upload into GPS devices (such as Garmins), if you are planning on using such a device to aid your navigation along the route.

- [Full Challenge GPX File](#)
- [1st Half \(50km\) Challenge GPX File](#)
- [2nd Half \(50km\) Challenge GPX File](#)
- [1st Quarter \(28km\) Challenge GPX File](#)
- [2nd Quarter \(22km\) Challenge GPX File](#)
- [3rd Quarter \(28km\) Challenge GPX File](#)
- [4th Quarter \(22km\) Challenge GPX File](#)

Download the GPX files:

- Follow the above link for your route
- Selecting the 'Download GPX' icon from the toolbar on the bottom right side of the map save to your computer.



Please follow signage on the day regardless – as safety diversions may be put in place last minute.

Whilst we have gone to great lengths to map the route with various devices & GPS systems to determine exact distances, you may well find discrepancies on the day if you are planning on using your own GPS device. This will be for a variety of reasons, and it has been shown that many GPS devices overestimate distances / ascent by up to 20% due to the nature of how data points are scattered and plotted. For best results **TURN OFF** your GPS device when **stationary** for periods (e.g. Rest Stops etc).

Event Timing and Tracking

Don't forget our live timing system, timing and tracking you on the Challenge at check points. Friends and family will be able to monitor your progress through the challenge check points seeing your results live and in real time as you make your way along the course – this will be available on our website on Wednesday 4th September (3 days before the challenge).

You will be issued with a timing chip and lanyard to be worn around your neck during the Challenge. Scanners will be positioned at the start and all finish lines, as well as at all rest stops. You will need to pass through any check points and get scanned in order for your tracking profile to be updated. Friends and family can use this to monitor your progress during the event. Your finish time, and split times at these rest stops will be immediately available following your completion of the Challenge.

The Finish line & departing the Challenge

At the finish you'll get a medal, fizz, T-shirt, and a big warm welcome! Once you're ready there's a plenty of food and space for a rest.

There will be shuttles running to the closest mainline station from the following rest stops:

- 1st Quarter Challenge – Shuttles to Hampton Court Station.
- 2nd Quarter & 1st Half Challenge – Shuttles to Staines Station.

For Full, 2nd Half and 4th Quarter Challengers, Henley Station is a 3 minute walk from the finish.

Runners / Fast Joggers:

Most runners taking part in the Full 100km Challenge will finish somewhere between 6:00pm – 10:30pm on Saturday. Please bear in mind as the runners arrive relatively spread out at the finish line, the finish line can be quiet at times.

Joggers / Walkers:

For those arriving at the finish line when the trains are not be running, there will be a quiet area available for you to rest until the first train in the morning.

Drop Out Procedures and Cut-offs

Emergency Numbers

During the event there will be a control room in operation, this will be in our head office and will be manned for the duration of the Challenge. Please ensure that you save these numbers on your phone prior to the Challenge.

Emergency Number (if you are injured but non-life threatening): **0203 915 6682**

Control Room Number (for non emergencies i.e. you are lost): **0207 609 6695**

Control Room SMS (to inform if you are retiring from the event): **07800 005 012**

Life Threatening Incidents CALL 999 first, then the emergency number above

Exiting / Retiring from the Challenge

If you need to exit / retire from the Challenge, please inform Event Staff or by Text SMS to the number provided on the Route Card – procedure details below. The ideal place to retire is at any Rest Stop / Mid Point Stop – so unless it is an absolute emergency please do your best to carry on to one of these stops.

If dropping out at a Rest Stop / Mid Point

Go to the **'Information Point'** and hand in your Event Pass which you should write your exit time on. Retirees will need to make their own travel arrangements, unless in an emergency when we will have vehicles and medics available.

If exiting the event on the course

If you need to exit / retire from the challenge, please inform event staff OR text the 'Drop Out' number provided on the Event Pass with your **NAME, BIB NUMBER, APPROX KM** and **TIME**, along with the words 'DROPPING OUT'. Please include details for team mates also exiting the event if applicable.

Cut-off times

The Event will have cut off departure times from each **Rest Stop/Mid-Points**. If anyone fails to meet these cut off times, the Organiser, reserves the right to withdraw participants from the Event. We will, however, do everything we can to ensure that participants, who want to continue, can continue to do so as we are fully aware of what 'finishing' means to many.

For those taking part on the 2 Day or 2nd Half Challenge on the Sunday - we recommend setting out on the course at the earliest possible time of 6am to give you enough time to reach the finish line by our 10pm event close time.

Event Rules

There aren't too many rules – but the ones we have are important. Please make sure you familiarise yourself with these rules and our Ultra Code before the Challenge:

- Your Bib and Event Pass must be worn at all times
- You must have a mobile phone with you – and the app installed if possible
- You should carry a back-up power pack for your phone
- Participants must ensure they are hydrated, fed & rested before commencing any stage of the event and report any concerns to an Event Medic or Event Staff
- If, in the opinion of an Event Medic, a participant is considered unfit to complete the next stage, or further stages, that participant will be excluded as necessary
- All Full Challengers and Half Challengers **MUST** carry a head torch and wear it during the hours of darkness
- The Event Organiser reserves the right to operate a 34 hour cut off time for all participants attempting the Full Challenge – with other Rest Stops closing times in accordance with this time frame
- No individual should leave a rest stop alone during the hours of darkness – you must be with a TREK MASTER-guided group or be part of a team

The Ultra Code

It is very important to remember that the route goes through public footpaths and can run close to private property. In respect of this, please be sure to always follow the Ultra Code:

- No littering – please bring a bag to use for your litter
- Always shut gates behind you
- Be considerate of local residents, making sure to keep noise levels down
- Use the toilets provided (and use them properly!)
- Respect private property
- Beware of roads and be sure to look out for traffic
- Look out for and after others
- Be considerate of other walkers on the route who may not be taking part

What can you expect next from us...

1. Pre-Event Video Briefing Live!

Hosted by the Thames Path Challenge team, our Pre-Event Briefing will give you a quick rundown on what you can expect on the day, the route, hints & tips for training and more! This will be live on the App and Participant's Area on 2nd August.

2. E-Tickets

These will be sent to you on the 28th August – keep an eye out for them in your inbox!

3. The Live Event Website & App

On the 4th September the Thames Path Challenge website & App will go 'live' for the event – with our timing & tracking website, social media feed, competitions & much more so don't forget to check it out.

4. Official Results & Certificates Released

Your final times will be released via the timing website on the 11th September – you'll also be able to download your Thames Path Challenge certificate!

We wish you the best of luck for your challenge and look forward to meeting you on the event!

Kind Regards,

Thames Path Challenge Team,

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