



Thames Path Challenge

11/12 Sept 2021

Final Event Guide



The 2021 Thames Path Challenge is approaching quickly, and with around 2,500 people taking part – it should be a great event! This ‘Final Event Guide’ will help with your final planning, and please read this alongside other material set out in the in the ‘App’ or in the Participant Area of the Ultra Challenge website.

CHALLENGE APP

Download the APP for access to key info & updates. Available in both the Apple or Google Stores, search '**Action Challenge**' and download. Use the code **ACI** to get started on the front screen – then go to '**load challenge**' in the menu and enter the code **TPC** – which downloads the info for the Thames Path Challenge.

The App gets updates in the lead up to the Challenge, including maps & special features to use whilst on the actual event - so make sure you have it on your phone!

In the APP you will find:

- ‘Need to Know’ list – all the info!
- Merchandise shop
- Travel advice
- Optional Extras booking
- Route Maps – rest stop info
- Kit Lists + Much More.....

We also have a Participant Area on the website that holds some of the key info:
<https://ultrachallenge.com/participant-area/thames-path-challenge-participant-area>

KEY PRE-EVENT INFO

Start times

For anyone registered **before** 10 Aug 2021, you should have received your allocated start time sent via **EMAIL** on Tuesday 10 Aug 2021 by 18:00.

We’ve tried to allocate a start time as close as possible to the slot selected when registering. However – with the number of people selecting early slots, some of the start times have had to be pushed back slightly to comply with the **Local Council** restrictions – and we’ll only amend anyone’s start time in **exceptional circumstances**.

If you joined a team when you registered, team members will be allocated the same start time as the Team Captain. If you've **NOT** received your start time email by **18:00 Tuesday 10 Aug** (check your 'junk' inbox!) **OR** in legitimate exceptional circumstances you'd like to request a 'start time amendment' **OR** there seems to be a problem with some of your Team's start times - then please complete the **ONLINE FORM** below by 5.00pm **Friday 27 Aug** at the latest.

Anyone that has registered on 11 Aug or **after**, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to all participants on the **1 Sept**).

Start points have 'windows' – we can't accept amendment requests outside of these.

- **Full, 1st Half, & 1st Quarter Challenges** – Saturday 11 Sept between 6:40-09.40am
- **2nd Quarter** – Saturday 11 Sept 12:00 only
- **2nd Half Challenge & 3rd Quarter** – Sunday 12 Sept between 6:00-6:30am.
- **Full 2 Day Challenge (2nd Half)** – Start of Day 2 on Sunday 12 Sept - 6:00-6:30am
- **4th Quarter** – Sunday 12 Sept 08:30am only

[**CLICK HERE FOR START TIME REQUEST FORM >>**](#)

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Tues 31 Aug 2021** – and you must bring it for registration on to the event. Ideally store it on a mobile device to save paper!

If you've **NOT** received an E-Ticket by **Thurs 9 Sept 18:00** (check junk mail first) – there will be a 'Starting List' published within the App & Participant Area of the Ultra Challenge website - where you can check your bib number, start time and request an E-Ticket re-send. We ask that you **do not** email or phone to request an E-Ticket.

Covid-19 Screening & Status Declaration

Participants will need to complete a Declaration no more than **48 hours** prior to the event. The details will only be used by our Medical Team in respect of their responsibilities to furnish track & trace type data if required to do so by an 'official organisation'. This declaration confirms:

- To the best of your knowledge you are 'Covid' symptom free (*compulsory*)
- Your Covid Vaccination Status (eg 1st, 2nd, NA)
- If you've suffered from Covid, you are fit to take part in the event (*compulsory*)
- That you're not required to be: isolating, shielding, or quarantining (*compulsory*)

Within the **FINAL EMAIL** (will be sent Wednesday 8th September) there will be a link to a short online Declaration form.

NOTE – regardless of the Declaration – please **DO NOT** turn up to the event if you, or a member of your household, are exhibiting symptoms associated with Covid.

OPTIONAL EXTRAS

Available to book now - to make it easier for you to join & leave the Challenge. Bookings will close on Friday 3 Sept.

Our Optional Extras include:

- Camping – at our basecamp Runnymede half way (Saturday night)
- Parking (1st Quarter rest stop, Runnymede half way & Henley finish local P&D)
- Pre-challenge transfers to the Start (*park at finish & transfer*)

Optional Extras are detailed on our Website & App - with online booking:

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

Please Note - Tickets for **camping** will be **e-mailed** the week prior to the event (coach transfers will be based on lists that we will have on the day)

Baggage Services (*no need to book online – ‘pay on the day’*)

If you want to have your bag transported from the start line to your finish line. This optional service is paid by **card / cash** (at the baggage drop tent)

Transfers to your finish from start (20kg / 80L max size) – prices are per bag

- Full Challengers – **£10**, Half Challengers & Quarter Challengers - **£5**
- Runners (*officially registered*) – free transfer (max size 10kg / 25L – will be checked - bigger / extra bags must be paid for as above).

Transfer to **Half-Way & then** to finish (*Full Challenge only – extra clothes etc*)

- £15 per bag (max size 20kg / 80L)
- £15 per ‘sack’ per person - for those who have purchased a ‘Camping Package’ (we’ll provide a ‘sack’ (i.e. for a bag & other camping equipment).
- Runners - **free** for 10kg/25L max size (bigger / extra bags must be paid for as above).

Walkers & Joggers - bring a day bag (small rucksack) of 30-35L max - which you will be expected to carry with you – to hold your essential ‘on event’ kit.

Runners: Carry a small lightweight backpack if you wish – or as above, registered runners (and you must be an ‘actual runner’) will receive a FREE transfer for a small bag.

Please Note - For Full Challenge runners – you **MUST PICK** your bag up at the half way point baggage zone even if you don’t need it – and then (once you’ve finished with it) **DROP** it in the ‘Baggage Drop Zone’ as signed. Failure to do so will mean the arrival of your bag at the finish is likely to be much later than your own arrival!

MERCHANDISE

There’s still time to purchase your 2021 Thames Path tech T-shirt for just £20! Also, check out our range of Ultra Challenge merchandise including leggings, hoodies and hats. We can’t guarantee full availability on the day at the start, so order yours NOW to avoid disappointment!

[**CLICK HERE TO VISIT OUR ONLINE SHOP >>**](#)

KIT & FOOT CARE ADVICE

Check out our kit lists & foot care advice in the App to help prepare for your challenge, and really keep an eye on the weather forecast and plan appropriately. If it has been wet leading up to the challenge – it may be muddy in places – or bone dry if we’ve had a few weeks with no rain - so you need to think about of your footwear - and using the baggage service to have alternative footwear & clothes at half way (for full challengers) works well for many.

COVID-19 SAFETY

We continue to operate our challenges where the back-end of Covid-19 pandemic remains with us, and mitigating the spread of the disease to protect our challengers & staff is a priority. To obtain local authority permissions for the event we have to comply with an array of risk reduction measures, and set out below are the event rules Covid & guidelines.

General...

- Please bring your own face coverings & a small bottle of hand sanitiser
- Please sanitise your hands at the entrance to the rest stops / catering areas
- Face coverings / masks should be worn in designated areas

At Rest Stops & Finish...

- Supporters are **not** be allowed in any of the main marquees (*to give participants space*)
- There will be separate 'supporter areas' at the major rest stops
- Supporters must be self sufficient with food / drink
- The marquees will be 'well ventilated' (*so potentially a bit chilly at times!*)

Medical & Welfare Areas...

- There will be check in / waiting areas and a supervised 'self help' area
- Face coverings must be worn in these areas

Event Busses / Pick up Vehicles...

- You should sanitise your hands at the entrance
- You should wear a face covering whilst in the vehicle

Event Camp Sites...

- You must not leave any litter in our tents – and all litter must be put in the bins

TRAVEL – GETTING THERE & AWAY

Full, 1st Half, 1st Quarter – Bishop 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.

Registration

Early Registration - Friday 10 Sept

For those staying locally - we will open '**Early Registration**' for Bishop Park starters only from 4.00pm until 8.00pm on Friday at the start venue - 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 – Saturday 11 Sept

You **must not** arrive at the start venue more than 1 hour before your start time (if you do you will need to wait outside of the event area).

2nd Half & 3rd Quarter Challenge Registration & 2nd Day of '2 Day Full Challenge' – Sunday 12 Sept – Runnymede Pleasure Ground, Egham, Surrey TW20 0AE

There is a pay and display car park available at the venue, for anyone being dropped off. Registration opens at 5.00am for rolling starts between 6.00-6.30am only.

4th Quarter Challenge Registration – Sunday 12 Sept – Moor Hall and Conference Centre, Cookham, Maidenhead SL6 9QH

There is all day parking here, and drop off – must purchase the £5 car parking pass via the bookable extras.

At Registration

- You **MUST** arrive on site a max **1 HOUR** before your start time to
- You **MUST** present your **E-TICKET** where asked to
- Collect your **EVENT PACK** (Event Pass / timing chip, lanyard, bib, safety pins)
- Collect your **event buff & route card**
- You will need to complete **medical details** on the reverse of your event bib (*if you have any serious conditions*).
- E-Tickets are **NOT** transferable – we may ask for ID to confirm your details
- 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.
- Tickets for **camping & parking** will be e mailed the week prior to the event.

THE ROUTE

Will be well marked with pink arrows, pink ribbon, pink flags, special signs (& glow sticks at night). You'll have access to a detailed Route Map via the Challenge APP - so a mobile phone is handy (and for emergency contact + do bring a power pack so you can re-charge your phone!) – and via a QR code on the 'Route Card'.

Google Map

This will be finalised & enhanced with useful information prior to the Challenge.

GPX file

You will be able to download the GPX file of the route you are taking on to upload into GPS devices (such as Garmins), if you are planning on using such a device, This GPX file will be finalised & updates around 10 days prior to the Challenge.

[CLICK HERE TO VIEW OUR 'ROUTE MAP' OPTIONS >>](#)

NOTE: Route is subject to change & will be finalised on 31 Aug (with E tickets). However please **follow the signage on the day** – as there may be late diversions.

We've plotted the route with various devices & GPS systems to determine exact distances, however 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 can overestimate distances / ascent by up to 20% due to the nature of how data points are scattered and plotted – particularly on relatively slow walking events. For best results **TURN OFF** your GPS device when **stationary** for periods (e.g. at Rest Stops)

Timing & Tracking

You will be issued with a timing chip and lanyard to be worn around your neck during the Challenge, and will be scanned at the start and finish lines, as well as at all rest stops. You must pass through all check points in order for your tracking profile to be updated. This means that our 'timing & tracking' system monitors your progress across the event. Friends & family will also be able to view your progress through the rest stops. This will be available via our **website** on Wednesday 8 Sept.

What's App & 'What 3 Words'

The route is quite remote in places & post codes often 'don't work' – so having access to (and knowing how to use) – 'What's App' location functionality and 'What 3 Words' (which is a relatively new location type app) are both very useful in case you need to give your specific location to a supporter (i.e. to pick you up) or to our Control Room. Please check these out if you are not familiar with them – and download the apps!

FINISH LINE & DEPARTING

All finishers will get a well earned medal, glass of fizz (or soft drink) and a meal.

1st Quarter Challenge finish (28 km) – Hurst Park, Hurst Road, East Molesey, KT8 9AL

BBQ finisher's lunch. There are bookable shuttles via our 'Bookable Extras' page to take finishers from the finish to Hampton Court Station (FOC – not pre-booked). Supporters collecting you can park in the local P&D. Supporters will **not** be allowed in the main marquee area (there will be a separate area).

[Google Map Location for Hurst Park Site >>](#)

1st Half Challenge & 2nd Quarter finish (50 km) – Runnymede Pleasure Ground, Egham, Surrey TW20 0AE Selection of hot food available + massage & medical teams just in case. There are shuttles to Staines train station (FOC – not pre-booked). There is

no official event parking, therefore any supporters picking you up will need to find local parking and will **not** be allowed in the main marquee area (there will be a separate area).

[Google Map Location for Runnymede Site >>](#)

3rd Quarter (28km) finish - Moor Hall and Conference Centre, Cookham, Maidenhead SL6 9QH Selection of hot food available. There are shuttles to Maidenhead train station (FOC – not pre-booked). There is free parking available for anyone who wishes to be picked up from our site in Cookham.

[Google Map Location for Cookham Site >>](#)

Full (100 km), 2nd Half (50 km) & 4th Quarter (22km) finish – Mill Meadows, Henley on Thames, RG9 1BF

Selection of hot food available + massage and medical teams just in case. There are no shuttles as Henley station is a 3 minute walk away. Supporters collecting you can park in the local P&D they will **not** be allowed in the main marquee area (there will be a separate area).

[Google Map Location for Henley Site >>](#)

Note - Runners / Fast Joggers:

Runners on the Full ~100km Challenge will finish somewhere between 6:00 – 11:30pm on Saturday. For those arriving at the finish when the trains are not be running, there will be a quiet area for participants to rest until the first train on Sunday. Please bear in mind that as the runners arrive relatively spread out at the finish line, the finish line can be quiet at times, so do ask your supporters to join you and give you a lift back home!

DROP OUT PROCEDURES, CUT OFFS, RULES

During the event there will be a **Control Room** in operation. Please ensure that you save the important phone numbers 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**

SMS / Whats App (to say you're retiring from the event etc): **07931 466 138**

Threatening Incidents Life 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 – so unless it is an absolute emergency please do your best to carry on to one of these stops.

There will be shuttle buses picking up those who have retired from the event from the 28 km Hurst Park rest stop onwards, to take you to the next major Rest Stop. These buses will be doing round trips stopping at all rest stops on the route, so this may involve a wait during busy times.

If dropping out at a Rest Stop / Mid Point

Go to the **'Information Point'** and hand in your Event Pass. Staff will provide details of shuttle services or other ways to exit. The shuttle service is only available from the 32 km point onwards - before that point, 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 NO. APPROX KM** and **TIME**, along with the words 'DROPPING OUT'. Please include details for team mates also exiting the event if applicable.

Other pick up points

If you are physically unable to make it to the next rest stop – we will have a number of strategically designated 'pick up points' (that our vehicles can access) – which will be detailed on the Google route map (and detailed on the route card, and the Control Room can direct you). Pick-ups from these points will just move you to the next rest stop – and at that point **your challenge will finish** (they cannot be used to 'get a lift').

Cut off times

The Event will have cut off departure times from based on the 34 hour upper end time (Full Challengers), 18 hrs for the 1st Half (~50km), 16 hours for the 2nd Half (~50km), 9 hours for the 1st Quarter & 3rd Quarter (28km) and 7 hours for the 2nd Quarter & 4th Quarter (22km). 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 anyone who wants to continue can do so as we are fully aware of what 'finishing' means to many.

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 & Event Pass must be worn at all times
- You must have a mobile phone with you & the app installed (+ WhatsApp or 3 Words)
- You must 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, 1st Half & 2nd 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 (as set out above).
- 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 Organiser reserves the right to officially remove a participant from the Challenge if, in their reasonable opinion, the participant's actions or behaviour is likely to significantly impact the wellbeing of other participants, staff, suppliers, or members of the public - or will bring the reputation of the event and / or the event organiser into disrepute.
- If any participants are encouraging, or hosting 'non-registered challengers' to take part in the challenge alongside them in some way (i.e. 'imposters' from our perspective) and are seen to be passing food/drink to them – all involved will be disqualified, all our services will be immediately withdrawn, offenders will be removed from our venues, and no refunds of any kind will be made.

The Ultra Code

It is important to remember that the route goes through public footpaths and can run close to private property. Please be sure to always follow the Ultra Code:

- **No littering at all** – bring a bag for your litter – and dispose of at rest stops
- 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!) – not on the route!
- Respect private property (keep out)
- Beware of roads – and always cross in the correct places
- Be considerate of other walkers on the route who may not be taking part
- Be aware of cattle / sheep.

SUPPORTER ACCESS TO REST STOPS

There will be limited access for supporters throughout the event to certain venues and rest stops ONLY, and we ask that you ensure they are aware of which sites they may visit (or may not!). Some of our Rest Stops are in remote, small villages/ fields – and even one or two cars could cause road blockages/ traffic for our emergency vehicles and local residents so please ensure your supporters do not attempt to access these stops or parts of the route. Your supporters will need to be self sufficient (food/ drinks) and may be prepared to wait in the car for you during peak/ busy times at our sites if the weather is poor. Of course we look forward to the time when we can fully welcome back supporters onto our Challenges, yet for the Thames Path Challenge we are likely to have some official Council restrictions relating to a ‘mass participation’ event - and we really appreciate your understanding and compliance which helps us to run safe challenges.

There will be supporter access + pick up / drop off at the below sites only:

- **The Main Start:** Bishop Park, Fulham, London SW6 3LA
- **28km Rest Stop:** Hurst Park, Hurst Road, East Molesey, KT8 9AL
- **50 km Half Way:** Runnymede Pleasure Ground, Egham, Surrey TW20 0AE
- **78 km Rest Stop:** Moor Hall & Conference Centre, Cookham, Maidenhead SL6 9QH
- **Main Finish 100 km:** Mill Meadows, Henley on Thames, RG9 1BF

What can you expect next from us...

- 1. Pre-Event Video Briefing!** 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 1 Sept!
- 2. E-Tickets** These will be sent to you on the 1 Sept – keep an eye out for them in your inbox!
- 3. The Live Event Website & App** On the 8 Sept the Thames Path Challenge page & App will go ‘live’ for the event – with our timing & tracking website.
- 4. Official Results & Certificates Released** Your final times will be released via the timing website on the 13 Sept – you’ll also be able to download your official Challenge certificate!

We wish you the best of luck for your challenge if you have any questions; please visit our online Help Centre on our website:

[CLICK HERE for the Help Centre >>](#)

Kind Regards, The Ultra Challenge Team, Action Challenge