



London Winter Walk

29 & 30 January 2022

Final Event Guide

PLEASE READ



The 2022 London Winter Walk is final back! After 2 years of Covid related cancellations we can't wait to get back on the streets of London! With over 3600 participants registered this will be our biggest Winter Walk yet! 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.

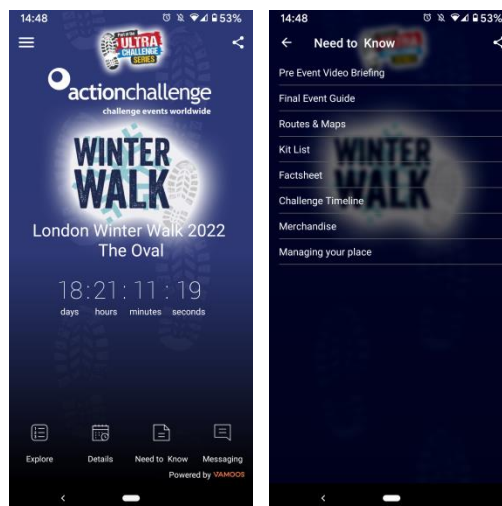
CHALLENGE APP

Download for key info & updates. Available in both the Apple and Google Stores, search '**Action Challenge**' and download. Follow the instructions to get going then, on the front screen (or go to '**load challenge**' in the menu if you already have the App) - and enter the code **WW22** – which downloads the info for London Winter Walk.

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
- Route Maps – rest stop info
- Kit Lists + Much More.....



We also have a Participant Area on the Ultra Challenge website which holds some of the key info:

<https://www.ultrachallenge.com/participant-area/winter-walk-participant-area/>

KEY PRE-EVENT INFO....

PLEASE NOTE THE INFORMATION BELOW REGARDING COVID REGULATIONS & NHS COVID PASS, IS NOW NOT RELEVANT SINCE THE ANNOUNCEMENT ON 19 JANUARY, SEE COVID UPDATE IN WINTER WALK APP FOR FURTHER INFORMATION

COVID REGULATIONS & NHS COVID PASS

The Government's 'Plan B' restrictions came into force on 15 Dec 2021 in response to the rapid spread of the Omicron variant. Whilst the Winter Walk is primarily an 'outdoor' event, it is affected by these regulations in respect of the facilities we are occupying at The Oval Cricket Ground (the main start / finish venue for all distances) as we are indoors and at times will be above the 500 participant 'threshold'. **Therefore, the official NHS COVID PASS will be required at the entry point to The Oval prior to Registration, and as with most large scale events, we are required to do this by law.**

To get a digital NHS COVID Pass for domestic you need one of the following.

- ✓ **To be fully vaccinated (at least 'double')** with a **COVID-19 vaccine used in the UK**. The NHS COVID Pass is usually available 2 weeks after you're fully vaccinated.
- ✓ **A negative NHS PCR test or negative LATERAL FLOW test within the past 48 hours**. The NHS COVID Pass is available as soon as you get your result. If you did a rapid lateral flow test at home, you need to report the result first. Find out how to [report a rapid lateral flow test result](#)
- ✓ **A confirmed medical exemption from COVID-19 vaccination, or vaccination and testing** The NHS COVID Pass is available once a doctor, clinician or midwife has approved your exemption application. [COVID-19 medical exemptions: proving you are unable to get vaccinated \(GOV.UK\)](#).

HOW TO GET YOUR DIGITAL COVID PASS - Follow the link:

<https://www.nhs.uk/conditions/coronavirus-covid-19/get-digital-covid-pass/>

HOW TO GET A HARD COPY INSTEAD - Follow the link:

<https://www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/get-your-covid-pass-letter/>

NOTE – *if these regulations change prior to the weekend of the Walk, we will communicate via Email, the APP, by text, and via Facebook.*

FINAL START TIMES

When you signed up – you ‘opted’ into a 1 hour start time ‘window’ on either Saturday / Sunday. The FINAL START TIMES (which are specific half hour slots for a ‘group start’ of approx. 220 walkers) will be confirmed on your E TICKET- which will be emailed to you by close of play on Wednesday 19th January.

If you have signed up on or after the 19th January – your E ticket will be sent on Thursday 27th January.

We will allocate final start times as close as possible to the slot selected when you signed up – and at most (and in a few instances only) there may be a half hour difference from that original choice.

Within the 19th January Email / ETICKET there will be a link that you can follow to request an **amended start time** – for ‘limited legitimate’ reasons only (eg you’re in a Team and don’t appear to have the same start time as other members of your team). This amend request link will appear in the App & Participant Area also on Fri 21st January, alongside a ‘RE-SEND ETICKET REQUEST’ link in case you didn’t receive the email/ E Ticket (but check your junk / spam folder first!)

The ‘Start Windows’ for the different distances are as below - and the specific half hours allocated slots will fall within these windows (no requests can be made for actual start times outside of these)

- **Full Marathon Walk – 8.00am – 9.30am (Sat & Sun)**
- **Half Marathon Walk – 9.30am – 11.00am (sat & Sun)**
- **10K Walk – 1.00am (Sunday only)**

NOTE – To manage congestion levels you should only arrive at The Oval venue **no more than 45 mins** before your confirmed start time (as printed on your E Ticket). Early arrivals will **not** be allowed into the venue.

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Wed 19 Jan 2022** – 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 **Friday 21 Jan** (check junk mail) – there will be a ‘Starting List’ published within the App & Participant Area of the Ultra Challenge website, and you can check your bib number, start time & request an E-Ticket re-send. Please **do not** email or phone to request an E-Ticket.

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

If you would like to store your main / large bag at The Oval (start & finish), there is optional service to pay £5 per bag on the day.

TRAVEL – GETTING THERE & AWAY

THE START – Full & Half Marathon, 10km

The Oval, Alec Stewart Gate, Kennington Oval, London, SE11 5SS. Vauxhall or Oval nearest tube station

We advise you travel to start by train or public transport. Regular trains from South West England come into Clapham Junction or London Waterloo, and then it is a couple of stops either to Vauxhall or Oval on the tube and a short walk to the start.

Vauxhall is on the Victoria Line which is short journey if you coming from Kings Cross. The Oval is on the Northern line.

Look out for our event signage, and please note there is NO parking in The Oval – and limited on-street parking (really only available on the Sunday- outside of restricted hours)

IMPORTANT INFORMATION

Part of the Northern line will not running between London Bridge and Kennington. Please plan your journey to ensure you arrive in time for your start.

Registration

Main Registration - Saturday 29th & Sunday 30th January

Please **only arrive 45 minutes before your start time**. Registration will open for at 7.15am for the 8am starters, (if you arrive more than 45 minutes before your start time **you will not** be allowed into The Oval).

At Registration

- You **MUST** present your **E-TICKET** at The Oval entrance
- Once in The Oval your **NHS COVID PASS** will be checked
- Collect your **EVENT PACK** (Pass / timing chip, lanyard, bib, route card)
- You'll also get a Winter Walk bobble hat & neck
- You'll need to complete critical **medical details** on the reverse of your event bib (ie *if have any serious conditions*)
- E-Tickets are **NOT** transferable – we may ask for ID
- You **must** come with at least **1 litre of water**, either in a bottle or a camel back regardless of the distance you are completing.

THE ROUTE

Will be well marked with pink arrows, pink ribbon, pink flags & special signs You'll have access to a detailed Route Map via the Challenge APP (so a mobile phone is essential – 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 available from 19th January.

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

NOTE: Route is subject to change and please always follow the signage on the day - as last minute diversions may be in place.

Hazards on Route

Even though we are walking in the Capital – hazards still exist in many guises! Look out for: Traffic (!! cross roads only in the correct placers); cycle lanes (ie bikes can travel fast in both directions!); bus lanes (there are many!); slippery surfaces (its winter!); loose paving stones (budget cuts!); steep steps; & other pedestrians.

Timing & Tracking

You will be issued with a timing chip and lanyard to be worn around your neck during the Walk, and will be scanned at the start & 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 Thursday 27th January.

Food & Drink at The Oval & Rest Stops

All dietary requirements are catered for.

- **Start:** Hot drinks & biscuits (Plus - breakfast vendor)
- **Rest stops:** (Rotherhithe / Parsons Green): Good mix of snacks (inc. bakery/fruit) and hot drinks/water/squash
- **Full Marathon** (halfway- 21km- at The Oval): Brunch – this will be on the first floor (Ashes Suite) – and will be 'hot dog' picnic style.
- **Finish:** Finisher's hot meal for all (Chilli con carne) + cupcakes & hot drinks– this will be downstairs (Jardine Suite) – where you registered.

FINISH LINE & DEPARTING

All finishers will get a well-earned medal and a meal.

Full Marathon, Half Marathon & 10km – The Oval, Alec Stewart Gate, Kennington Oval, London, SE11 5SS.

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 No. (if you're injured but non-life threatening): **0203 915 6682**

Control Room No. (for non-emergencies i.e. you are lost): **0207 609 6695**

SMS / Whats App (to say you're retiring from the event etc): **07931 466138**

Life Threatening Incidents CALL 999 first, then the emergency no. above

Exiting / Retiring from the Challenge

If you need to exit / retire from the Challenge, please inform Event Staff at a Rest Stop / or The Oval - 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.

If dropping out at a Rest Stop / Mid-Point

Go to the **'Information Point'** and hand in your Event Pass and we will advise you on which direction the nearest station is.

If exiting the event on the course

If you need to exit / retire from the Walk, please 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.

Cut off times

The Event will have cut off times up 11 hours (Full Marathon) & 6 hours (Half Marathon), with an overall cut off time begin – 8.30pm on Saturday & Sunday. **Please note** for Full Marathon you must leave The Oval 14.30 to begin your second half.

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 other rules – but the ones we have are important. Please make sure you familiarise yourself with these rules and our Ultra Code before the Challenge:

- It's walking only – absolutely **NO** jogging / running
- Your Bib & Event Pass must be worn at all times
- You must have a mobile phone with you – and the app installed if possible
- 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
- The walk is for fully signed & paid up participants only – and the Organiser will eject anyone who is not signed up properly, and any third parties who may be aiding and abetting with that unauthorised participation.
- 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

- 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.

The Ultra Code

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

- **No littering at all** – bring a bag for your litter – dispose of at rest stops
- Be considerate of local residents
- Use the toilets provided (and use them properly!)
- Respect private property (keep out)
- Beware of roads – and always cross in the correct places
- Be considerate of walkers on the route who may not be taking part

NO SUPPORTER ACCESS TO REST STOPS

We are unable to allow supporters to join us on this challenge, due to our capacity restrictions with The Oval and Covid measures that we must adopt. Please advise supporters not to come to The Oval or the Rest Stops as there will be a strict NO access rule for them.

What can you expect next from us...

1. **Pre-Event Video Briefing!** Our Pre-Event Briefing gives you a quick rundown on what you can expect on the day, the route, hints & tips! This is live via App and Participant's Area of the Ultra Challenge website.
2. **E-Tickets** These will be sent to you on Wed 19th January – keep an eye out for them in your inbox!
3. **Timing Website & Good Luck** On 27th January the London Winter Walk timing & tacking website will go live and a final 'Good Luck' email from us will.
4. **Official Results & Certificates Released** Your final times will be released via the timing website on the 31st January – you'll also be able to download your London Winter Walk certificate!

We wish you the best of luck for your walk 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