

**HENLEY  
10K**



# HENLEY 10K

**Sunday 10<sup>th</sup> Sept 2023**

## **Event Guide**

***PLEASE READ***

**As the Henley 10k is approaching – this ‘Event Guide’ will help with your planning; please read this alongside other materials set out in the App.**

## CHALLENGE APP AREA

The **Event Specific App** on the Action Challenge App holds some of the key info regarding the event - if you don't have yet – go to the **Apple / Google Store**, search for '**Action Challenge**' and download the base App. Then, on the front screen (or go to '**Load New**' in the burger menu if you already have the base App installed) enter the **Reference Code TPC23** – which downloads all the Henley 10k app which is in tandem with the Thames Path app but there is information on there specific to the Henley 10K!

Some of the information that will be found on the app is:

- Starting List (so you can check you're on it!)
- Copy of this Event Guide
- Route Map
- Kit List
- Link to the event timing system + Much More.....

**You can also view the App on a Computer** (*desktop / laptop*):

- Go to: [www.web.vamoos.com/login](http://www.web.vamoos.com/login)
- Enter User ID as: **ACT**
- Enter **TPC23** Passcode (*same as mobile App above*)

## KEY PRE-EVENT INFORMATION

**Start times** (*from Mill Meadows - Henley on Thames*)

There are 2 set start times on the morning of Sunday 10 September – please ensure that you are ready for the start time that you have been assigned which will be either at 10.00 am or 10.30am. If you plan to run the 10K – we recommend you join the 10.00am wave (so you are ahead of the 'walkers'). Please arrive about 45 minutes before the time you would like to start your challenge - so that you have enough time to register.

**NOTE** (*for those interested*) – there is also the 'Toddler' 2K – which starts at 11.00am

### E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Wed 30 Aug 2023** – 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 **Monday 4 Sept** (check junk mail first) – there will be a 'Final Starting List' published within the Participant Area of the Ultra Challenge website

& on the App - where you can check your bib number and request an **E-Ticket re-send**. We ask that you **do not** email or phone to request an E-Ticket.

## REGISTRATION & THE START

### Registration – Sunday 10 September

Open from 9.15am at **Mill Meadows, Henley on Thames, RG9 1BF** look out for the marquee and sail flags!

#### At Registration

- You **MUST** present your **E-TICKET**
- Collect your **EVENT PACK** (Event & timing pass, lanyard, bib, route card)
- You'll also get a souvenir Thames Path Challenge neck buff
- Detail critical **medical details** on the reverse of bib (*ie serious conditions / allergies*)
- E-Tickets are **NOT** transferable
- You must come with minimum of ~ **1 litre of water**

You'll be called into the '**Start Pen**' 15 mins before the start for a safety briefing & warm up – and then you'll then set off a 'wave' of about 125 or so challengers.

#### Baggage Storage (*free on the day*)

As part of your registration on the Henley 10k we are able to store your bag, free of charge at Mill Meadows. Please head to the baggage area on site.

## THE ROUTE

Will be marked with pink arrows, ribbons, flags & signs. The google map route will be finalised prior to the Challenge.

[CLICK HERE TO VIEW THE ROUTE MAP >>](#)

#### Hazards on Route

Hazards exist in many guises – on footpaths, pavements, and on roads! Look out for: Traffic (cross roads in the correct places); slippery surfaces (it may be wet); steep slopes; pedestrians / dogs. Be careful & always err on the cautious side; look, listen & think ahead.

#### Timing

You'll be issued with a timing pass & lanyard to be worn around your neck during the event. This will be scanned at the start / finish.

## Food & Drink

**All** dietary requirements are catered for (**please ask** the staff if it's not apparent!)

- **Start (Mill Meadows start)** : Hot & cold drinks, biscuits, bananas
- ~5km – water / snack stop
- ~10km Finish (**Mill Meadows**) – **Optional BBQ** (must be pre-booked)

Please **clear & dispose** of **your rubbish** in the sacks / bins provided.

[\*\*BOOK YOUR DISCOUNTED BBQ HERE >>\*\*](#)

## Medical Facilities

Our team of medics will be at all the start/finish – with mobile resources deployed for any serious incidents. You should bring your own **small first aid kit** – and always deal with blisters as soon as you feel a 'hot spot'.

## FINISH LINE & DEPARTING

Finishers will get a well-earned medal, glass of fizz T shirt and 'optional' BBQ  
Mill Meadows is within walking distance to Henley train station; there is a small Pay & Display at Mill Meadows – and much more parking in the Henley train station car park.

[\*\*GOOGLE MAP LOCATION FOR MILL MEADOWS SITE >>\*\*](#)

## 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**

**Drop out SMS / WhatsApp** (To say you're retiring etc): **07931 466138**

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

## Cut-off times

The Event will have a cut off time at Mill Meadows for the Henley 10k at 15.00. If anyone fails to meet these cut off times, the Organiser, reserves the right to withdraw participants.

## 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:

- Do not attend the event if you feel ill – or have an infectious disease
- Your Bib & Event Pass must be worn at all times
- You must have a mobile phone with you
- If, in the opinion of an Event Medic, a participant is considered unfit to complete the challenge, that participant will be excluded as necessary
- The Event Organiser reserves the right to operate a 5 hour cut off time
- 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, 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 paths and can run close to private property. In respect of this, please be sure to always follow the 'Ultra Code':

- **No littering** – bring a bag to use 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!) – And 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 uneven surfaces & trip hazards**
- **Do not play loud music** along the route (use headphones if you want a tune!)

## SUPPORTER ACCESS TO AT MILL MEADOWS

There will be supporter zones at: Mill Meadows – Henley to watch the finish - supporters will be allowed in from 9.00 - 15.00

## WHAT YOU CAN EXPECT NEXT FROM US

1. **E-Tickets** These will be sent to you on the 30 August – keep an eye out for them in your inbox!

- 2. Timing Website & Good Luck** On the 7 Sept the Henley 10k page go 'live' for the event – with our timing website.
- 3. Official Results & Certificates Released** - Final times will be released via the timing website on 11 Sep. You can download your official **Henley 10k 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 HELP CENTRE >>](#)**

**Kind Regards,**  
The Ultra Challenge Team,  
Action Challenge,  
London

