



Thames Moonlight Walk

Friday 8th September 2023

Event Guide

PLEASE READ

The Thames Moonlight 10 Walk is approaching quickly – and with nearly 500 people taking part it should be a great event! This ‘Event Guide’ will help with your final planning; please read this alongside other material set out in the ‘App’ or Participant Area of the Ultra Challenge website.

CHALLENGE APP

The new ‘Event App’ is available, and gives you access to all the key info & updates. Firstly – if you don’t have it – go to the **Apple / Google Store**, search for ‘**Action Challenge**’ and download that base App. Follow the instructions, then, on the front screen (or go to ‘**Load New**’ in the burger menu if you already have the base App installed) enter **Reference Code MOON23** – which downloads all the Moonlight 10 info.

This App gets updates before the Challenge - so make sure you have it on your phone!

In the APP you will find:

- Copy of this Event Guide
- Start Time list
- How to ‘manage your place’
- Route Maps
- Link to the event timing & tracking system
- Start / finish info
- Details of the food
- Kit Lists
- Social Media links + Much More...

You can also view the App on a Computer

(desktop / laptop):

- Go to: www.web.vamoos.com/login
- Enter User ID as: **ACT**
- Enter **MOON23** Passcode (same as mobile App above)



KEY PRE-EVENT INFO

Start Times

There are 2 set start time windows – one for each distance (i.e. 10m, & 10K) for Friday 8 September from **The Kia Oval, Vauxhall** basecamp.

- **Moonlight 10 Mile** between 16.00 - 18:00
- **Moonlight 10K** between 17.00 – 19.00

- Please arrive about **an hour** before the time you would like to aim for (within your specified start window) - so that you have enough time to register.
- Within each start window (for each distance) – there will be group starts approx. every 20 minutes or so – and listen out for the announcements.

You will only be allowed to start within the ‘appropriate’ allocated start window for the distance that you are registered on to

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Weds 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 Challenge App & Participant Area of the Ultra Challenge website - 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.

OPTIONAL EXTRAS

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

You should bring a small rucksack (20-30 litres max) to carry all you’ll need for the Walk (i.e. extra clothes / water / phone etc.). We provide a baggage storage at The Oval (start/finish) for any larger bags you may have - cost is £5 per item payable by cash/card on the day - 20kg/80L max size. Changing rooms will be available.

REGISTRATION & THE START

The closest tube stations are: Oval (Northern Line) and Vauxhall (Victoria Line & over ground) – both about a 10 minute walk to the start (there will be signs pointing to the start area). There is strictly **NO PARKING** or dedicated drop off area at the start - and limited road parking around The Oval, so we strongly recommend you use public transport.

At Registration

- You **MUST** present your **E-TICKET**
- Collect your **EVENT PACK** (Event & timing pass, lanyard, bib, route card)
- Detail critical **medical details** on the reverse of bib (*i.e. serious conditions / allergies*)
- E-Tickets are **NOT** transferable. We may ask for ID (**always** if on a ‘Multi Deal’)
- You must come with minimum of ~ **1 litre of water**

You’ll be called into the ‘Start Pen’ 10 mins **before** a start wave for a safety briefing & warm up – and then you’ll then set off a ‘wave’ of about 100 or so walkers.

THE ROUTE

Will be marked with pink arrows, ribbons, & signs. You'll have access to a **Google route map via the Challenge APP** (and a QR code on the Route Card). A mobile phone is therefore **essential** – and with the right phone settings, your 'blue dot' location shows up relative to the route – so you'll always be able to figure where you are!

Google Map

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

GPX file

You will be able to download the final route GPX file to upload into GPS type devices (Garmin's etc). This will be available from the week starting Monday 28 August via the App & website.

[CLICK HERE TO VIEW THE 10 M ROUTE MAP >>](#)

[CLICK HERE TO VIEW THE 10KM ROUTE MAP >>](#)

NOTE: The Route(s) is **subject to change** in the lead up to the event – and potentially close to the start date - so please always follow **the signage on the day**.

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 on footpaths (it may be wet); steep steps; other pedestrians / dogs – and clearly darkness / night time brings additional challenges. Be careful and always err on the cautious side; look, listen & think ahead.

Timing & Tracking

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. You must go through all check points for your tracking profile to be updated.

'WhatsApp' & 'What 3 Words'

Having access to (*and knowing how to use*) 'WhatsApp' location functionality & 'What 3 Words' (*a location app*) are both very useful in case you need to give your specific location to a supporter (*i.e. to meet or pick you up*) - or to our **Control Room!**

Food & Drink

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

- **Start** (*The Oval*) : Energy snacks, fruit & hot drinks
- **Finish** (*The Oval*): Hot food

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

Medical Facilities

Our team of medics will be at all the main 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

Finish Venue - The Oval, Kennington Oval, London SE11 5SL

At the finish line you will be rewarded with a huge cheer, a medal, glass of fizz, and a hot meal (along with a soft drink).

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

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.

Cut-off times

The Event will have cut off time at The Oval is 21.00. 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
- This event is a WALK (strictly no running / jogging)
- You must have a mobile phone with you
- If, in the opinion of an Event Medic, a participant is considered unfit to complete the walk - that participant will be excluded as necessary
- The Event Organiser reserves the right to operate a 21.00 hrs cut off time for all participants
- 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 the Capital. 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
- **Be considerate** of local residents, making sure to keep noise levels down
- **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 other walkers** on the route who may not be taking part
- **Be aware of cyclists & cycle lanes**
- **Be aware of uneven surfaces & trip hazards**
- **Do not play loud music** along the route (use headphones if you want a tune!)

SUPPORTER ACCESS (there is none!)

There will be no access for supporters at The Oval or at any of the rest stops (as we have insufficient space)

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
2. **Timing Website & Good Luck** On the 7 Sept you will receive a good luck email from us!
3. **Official Results & Certificates Released** - Your final times will be released via the timing website on the 11 Sept – you'll also be able to download your official **Thames Moonlight 10 certificate!**

Kind Regards,

The Ultra Challenge Team,
Action Challenge