



London Summer Walk

Saturday 24th August 2024

Event Guide

PLEASE READ!

The 2024 London Summer Walk is looking to be another wonderful event! With an historic route round following through Greenwich peninsula and along the Thames Path - what a way to make this summer bank holiday an active one! This 'Event Guide' will help with your planning please read it alongside other material set out in the 'App'.

Please note: This Event Guide may be subject to changes & revisions.



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Summer Walk APP!

The new '**Event App**' is available, and gives you access to all the info & updates. Firstly - if you have not yet downloaded 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 LSW24** - which downloads the Summer Walk 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 List (*so you can check you're on it!*)
- How to 'manage your place'
- (*cancellations/deferrals/changes*)
- Route Map
- Link to the event timing & tracking system
- Start/finish & Rest Stop venues info.
- Travel advice
- Details of the Challenge food / menus
- Kit Lists + 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 Passcode **LSW24** (*same as mobile App above*)

KEY PRE-EVENT INFO

Start Times

There will be set time windows designed for you on the challenge for Saturday 24th August from **Woolwich Barracks** basecamp.

The Summer Walk Start Windows are:

- **25K Loop** **10.00 - 11:00am**
- **10K Loop** **11:30am**

- Please arrive about **45mins** 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.
- **NOTE** - on the 25k route option, if you intend to walk at a 'leisurely' pace, aim for a start time at the front end of your allocated window (so that you have sufficient time to finish your challenge). Equally, if you are a 'fast' walker, aim for the back end of your start window (to avoid messing up our logistics!). **Jogging or running is NOT allowed!**

E-tickets & Bib Numbers

Your e-ticket will be **EMAILED** to you on **Wednesday 14th August** you must bring it for registration onto the event. Ideally store it on a mobile device to save paper.

If you've **NOT** received an e-ticket by **Monday 19th August** (check 'junk' inbox 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, start window, and request an **E-Ticket re-send**. We ask that you **do not** email or phone to request an E-Ticket.

OPTIONAL EXTRAS

Baggage Storage (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 will be providing a baggage storage at Woolwich Barracks (start/finish) for any larger bags you may have - payable by cash/card on the day - 20kg/80L max size. **Changing rooms will be available.**

MERCHANDISE

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 >>](#)

REGISTRATION & THE START

The closest tube stations are Woolwich (Elizabeth Line), Woolwich Arsenal (Thameslink & DLR & South eastern) and Woolwich Dockyard (South eastern) - all about a 25-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 Woolwich Barracks, so we strongly recommend you use public transport.

Main Registration - Saturday 24th August

Woolwich Barracks, Repository Road, London, SE18 4BH Look out for sail



flags & signage! **Do not** arrive any earlier than one hour before your planned start time (within the correct Start Window!).

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.

[GOOGLE MAP LOCATION FOR THE BARRACKS >>](#)

THE ROUTE

Will be marked with pink arrows, ribbons, & signs and, 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**. 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 prior to the Challenge via the App & website.

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

NOTE: The Route is **subject to change** - so please always follow **the signage on the day**. We've plotted the route on various devices to get the 'best' plot, and please be aware that some GPS devices overstate distance on relatively slow, long, walking / hiking type activities.

Hazards on Route

Hazards exist in many guises - on pavements & on roads! Look out for: Traffic & cycles (cross roads in the correct places); slippery surfaces on footpaths (it may be wet); steps (can be tricky); other pedestrians / dogs.

Timing & Tracking

You'll be issued with a timing pass & lanyard to be worn around your neck during the event, which is scanned at the start / finish & at rest stops. You must go through



all check points for your tracking profile to be updated. Friends & family will be able to view your progress through rest stops (this link will be available via the **App & website** on **Thurs 22nd Aug**).

'WhatsApp' & 'What 3 Words'

Knowing how to use *the* 'WhatsApp' location functionality & 'What 3 Words' (a *well-known location type 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**. Please check these out if you are not familiar with them - and download these clever apps!

Food & Drink

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

- **Start** (*Woolwich Barracks*): Energy snacks, fruit & hot drinks.
- **Rest Stop 1**, 25K challengers only, (*Greenwich University*): Sweet & savoury snacks, hot drinks
- **All Finishers** (*Woolwich Barracks*): BBQ Meal

Please **clear & dispose** of **your rubbish** in the bins provided at the venues.

Medical Facilities

Our team of medics will be at the Rest Stops - 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' (don't wait till you get to a rest stop!)

FINISH LINE & DEPARTING

Finish Venue - Woolwich Barracks, Repository Road, London, SE18 4BH

At the finish line you will be rewarded with a huge cheer, a medal, glass of fizz, and a BBQ meal.

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. The ideal place to retire is at a



Rest Stop – so unless it's an emergency, please do your best to carry on to the next stop – and go to the **'Information Point'** and hand in your Event Pass.

Cut-off times

The Event will have a cut off time of 8 hours from your departure.

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 next stage, or further stages, that participant will be excluded as necessary.
- The Event Organiser reserves the right to operate a cut off time for all.
- **This event is strictly walking / hiking / trekking only.** NO running or jogging is allowed, and any participant seen, or proved, to be doing so will be disqualified.
- **NO DOGS** (or pets of any kind) anywhere on the Challenge or route – we do not have permissions from landowners, venues and/or farmers to have any kind of animal on the route so pets of any kind are not allowed.
- The Organiser reserves the right to officially remove a participant from the event 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 heart of the Capital – and in respect of this, please be sure to always follow the Ultra 'Urban' 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.
- **Be considerate of other pedestrians** on the route & pavements.
- **Respect private property** (keep out)
- **Beware of roads** – and always cross in the correct places.
- **Be aware of cyclists & stepping into 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 Woolwich Barracks or at any of the rest stops (as we have insufficient space)

What can you expect next from us...

- 1. E-Tickets** - will be e mailed on Wednesday 14th August- keep an eye out for it!
- 2. The Live Event Website & App** on the Thursday 22nd August the Summer Walk page will go 'live' for the event - with our timing & tracking website.
- 3. Official Results & Certificates Released** - final times will be released via the timing website on 27th August (after the bank holiday) - you'll also be able to download your official certificate!

We wish you the best of luck for your Summer 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