



London Winter Walk

27/28 January 2024

Event Guide

Please Read

We can't wait to get back on the streets of London for our 2024 Winter Walk. With a forecast of 4000 participants over the weekend - it will be a great way to start

the year with hundreds of other likeminded participants! This 'Event Guide' will help with your planning - and please read this alongside other material set out in the in the 'App'.

We look forward to seeing you at the Oval Cricket Ground start line at the end of January. Check the weather forecast - and bring the right kit & clothing!

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WINTER WALK APP

Download for the key info & updates. Available in both the Apple and Google Stores, search '**Action Challenge**' and download the base App. Follow the instructions to get going then on the front screen (or go to '**load challenge**' in the 'burger' menu if you already have the App) - and enter the code **LWW24** - which downloads the London Winter Walk info.

The App gets updates in the lead up to the Walk, including the final 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!
- Travel advice & directions
- Route Maps & rest stop info
- Social Media links
- Merchandise shop
- Kit Lists + Much More...



KEY PRE-EVENT INFO....

Start Times

When you signed up on either the Saturday or Sunday - you 'opted' into a 1 hour start time 'window' within your distance category. Your START TIME (which will be a specific half hour slot for a 'group start' of approx. 220 or so walkers) will be emailed to you on **8th January**. If you signed up on or after 8th January, you will receive your start time on your e-ticket. We've allocated a start time as close as possible to the slot selected when registering - and at most (in only a few instances) there may be a half hour difference from that original choice.

If you signed up as a Team, members will be allocated the same start as the Team Captain. If you have **NOT** seen your start time by **6.00pm 9th January** on the Start Time List (which is in the App) - there's no reason to worry or contact us - as that time will be confirmed on your **E-Ticket**, which will be emailed to you on **23rd January**.

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

Saturday:

- **Full Marathon Walk (42km):** 8.00am - 9.00am
- **Half Marathon Walk (21km):** 10.00am - 11.30am
- **10K Walk:** 11.30am - 12.00am

Sunday:

- **Full Marathon Walk (42km):** 9.00am only
- **Half Marathon Walk (21km):** 10.00am & 11.00am only
- **10K Walk:** 11.30am - 12.00am 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).

E-Tickets & Start Time Amend Request

Your E-Ticket (inc. your bib number) will be **EMAILED** on **Tuesday 23rd Jan** - and you **must bring** it for registration on to the event. Ideally store it on a mobile to save paper! If you sign up **on or after** the **23rd January**, your E ticket will be sent on **Thursday 25th January**.

Within this Email / E-TICKET there will be a link that you can follow to request an **amended start time** - for 'limited legitimate' reasons **only** (e.g., 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 as well as 'RE-SEND ETICKET REQUEST' link in case you didn't receive the email/ E Ticket (but check your junk / spam folder first!)

If you've **NOT** received an E-Ticket by **Thursday 25th Jan** (check junk mail) - there will be a 'Starting List' published within the Winter Walk App and in the 'Participant Area' 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.

TRAVEL - GETTING THERE & AWAY

THE START - All Distance Options

The Oval Cricket Ground, Alec Stewart Gate, Kennington, London, SE11 5SL.

Vauxhall (over-ground & Victoria Line tube) & Oval (Northern Line tube) are the closest stations - both are only a short walk away.

We advise that you travel to the start by public transport – as there is NO parking inside The Oval cricket Ground – and only limited parking available on the surrounding roads.

Look out for our event signage – and please follow any instructions given.

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

REGISTRATION

Main Registration - Saturday 27th & Sunday 28th January

Please **only arrive 45 minutes before your start time** (if you arrive more than 45 minutes before your start time **you will not** be allowed into the venue).

At Registration

- You **MUST** present your **E-TICKET** at The Oval entrance.
- Collect your **EVENT PACK** (Pass / timing chip, lanyard, bib, route card)
- If you registered for the Winter Walk during the Early Bird Deal for 2024 you will receive your Winter Walk bobble hat.
- Everyone on the challenge will receive a Winter Walk neck buff.
- Detail critical **medical conditions** on the reverse of your bib (i.e., *serious allergies*)
- E-Tickets are **NOT** transferable – we may ask for ID (always with 'Multi- Deals')
- 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.

Baggage Services (just 'pay on the day')

If you would like to store your main / large bag at The Oval (start & finish), there's an optional service - payable on the day.

THE ROUTE

Marked with pink arrows, pink ribbon, & special signs. You'll have access to a detailed Route Map via the APP (so a mobile phone is essential) – and via a QR code on the 'Route Card'

Google Map

This will be finalised & enhanced prior to the Challenge. Have the link on your phone!

GPX File

For GPS devices such as Garmin's. If you're planning on using such a device, the GPX file will be available the week prior to the event.

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

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 (crossroads only in the correct places!)
- Cycle lanes (i.e., bikes & scooters can travel fast & quietly in both directions!)
- Bus lanes (there are many!)
- Slippery surfaces (it's winter!)
- Loose paving stones (budget cuts!)
- Steep steps
- Other pedestrians
- Dogs & children.

Timing & Tracking

You'll be issued with a timing chip & lanyard to be worn around your neck during the Walk, which is scanned at the start & finish, and at rest stops. You must pass through all check points for your tracking profile to be updated, and 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 25th January.

Food & Drink at The Oval & Rest Stops

All dietary requirements are catered for.

- **Start (The Oval):** Hot drinks & biscuits.
- **Rest stops (*not for 10 km*): (*Rotherhithe / Parsons Green*):** Good mix of snacks - inc. bakery/fruit/savoury pastries, sweets, nuts, chocolate - & hot drinks + water/squash
- **Full Marathon (*Halfway, 21km - at The Oval - as it's a figure of 8 route*):** Brunch – picnic style.
- **Finish:** Finisher's hot meal for all + cupcakes & hot drinks.

FINISH LINE & DEPARTING

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

Full Marathon, Half Marathon & 10km - The Oval, Alec Stewart Gate, Kennington, London, SE11 5SL - Same as the start!

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 / WhatsApp (To say you're retiring / dropping out / exiting): **07931 466138**

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

If Retiring / Exiting at a Rest Stop

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

If Retiring / Exiting the Walk on the Course

Please text the 'Drop Out' number (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 based on a maximum walking time for each challenge. Please see a breakdown of the different challenge options and related maximum walking times. Please use this table as a guide and pick an appropriate start time to enable you to meet the cut off times. Please note that rest stops may also operate cut off times to help keep all participants on track.

WINTER WALK						
Challenge	Distance	Max Walking Time (hours)	Finish Location	Cut off time / LEAVING REST STOP	Day	Notes
Full Marathon	42	12	Oval	21:00	Sat / Sun	All Full Marathon participants will need to have left RS2 (Oval) no later than 15:30
East 1/2 Marathon	21	6	Oval	-	Sat / Sun	
West 1/2 Marathon	21	6	Oval	-	Sat / Sun	
10K	10	3	Oval	-	Sat / Sun	

If anyone fails to meet any of these cut off times, the Organiser reserves the right to either withdraw participants from the Event or move participants forward to re-align back within the cut off times. 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 Walk:

- 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 registered and any third parties, including disqualifying participants, who may be aiding & abetting 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 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 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 at rest stops.
- Be considerate of local residents.
- Be considerate of other users of the pavements, paths, & roads
- Use the toilets provided (and use them properly!)
- Respect private property (keep out)
- Beware of roads – and always cross in the correct places & watch out for dips and divots in the pavement.
- Please clear up your litter & meal plates at the rest stops & finish

NO SUPPORTER ACCESS TO REST STOPS

We are unable to allow supporters to join us on this challenge, due to our capacity restrictions at The Oval and at the Rest Stops.

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 Wednesday 23rd January – keep an eye out for them in your inbox!
- 3. Timing Website & Good Luck** On 25th January the London Winter Walk timing & tacking website will go live and a final 'Good Luck' email from us will be sent.
- 4. Official Results & Certificates Released** Your final times will be released via the timing website the week following the event – you'll also be able to download your London Winter Walk certificate!

We wish you the best of luck for your Winter Walk – and if you have any questions, please look within the App, and visit our online Help Centre on our website:

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

Kind Regards,

The Ultra Challenge Team
Action Challenge
London

www.ultrachallenge.com

