



Thames Path Ultra Challenge

14/15 Sept 2024

Event Guide

PLEASE READ

Please note: This Event Guide may be subject to change.

In preparation of the 2024 Thames Path Challenge make sure to read through this Event Guide. With around 3,000 people expected to take part - it should be a great event! This 'Event Guide' will help with your final planning, and please read this alongside other material set out in the in the event 'App' or in the 'Participant Area' of the Ultra Challenge website.

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THE EVENT APP

The new ‘**Event App**’ is available, and gives you access to all the key info & updates. Firstly – 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 TPC24** – which downloads all the Thames Path Challenge 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.
- Video Briefing.
- Start Time list (*available 4 weeks prior to the event*)
- How to ‘manage your place’.
- (*cancellations/deferral/changes*)
- Optional Extra booking (*camping at 50km & transfers*)
- Route Maps.
- Link to the event timing & tracking system.
- Travel advice.
- 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 **TPC23** Passcode (*same as mobile App above*)

The web app login is also available on the Participant Area of the website.

KEY PRE-EVENT INFO

Start times

For anyone registered **before 12th August 2024**, you will be able to view your Start Times via the app or on the website in the Participant Area on the website from 13th August. Simply search **your name** and it should come up. Start times will also be confirmed on your **E-Ticket** so there is no reason to contact us unless you have not received this **AND** registered by the **12th August**.

We will allocate start times as close as possible to the slot selected when registering - and at most (in 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 your name is **not** on the Start Time List **OR**, in legitimate **exceptional circumstances** you'd like to request a '**Start Time Amendment**' - **OR** there seems to be a problem with some of your Team's start times - then please complete the **online form** (available on the app & the website from 12th Aug) by **8pm Monday 2nd September** at the **latest**.

Anyone who has registered on **12th August or after**, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to **ALL** participants on **4th September 2024**).

*The '**Start Windows**' for the various Challenge options are below, with half hour allocated slots within these windows. **NO requests can be made for a start time outside of the appropriate 'window'**.*

Saturday 14th September *from Bishops Park*

- **Full Challenge & Day 1 Full 2 Day** **7.00 - 9.00am** (*7am runners wave*)
- **1st Half Challenge** **7.00 - 9.00am** (*7am runners wave*)
- **1st Quarter Challenge** **8.30 - 9.30am**

Saturday 14th September *from Runnymede*

- **2nd Half** **10.00 - 11.00 am** (*or join another challenger*)
- **3rd Quarter** **From 17.00** (*if joining another challenger*)

Saturday 14th September *from Hurst Park*

- NEW • **¾ Challenge** **9.30am**

- **2nd Quarter Challenge** **12.00pm**

Sunday 15th September *from Runnymede*

- **Full 2 Day (2nd Day)** **6.00 - 6.30am**
- **2nd Half** **6.00 - 7.00am**
- **3rd Quarter Challenge** **6.00 - 6.30am**

Sunday 15th September *from Cookham*

- **4th Quarter Challenge** **8.00am**

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Wednesday 4th September 2024** - 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 9th September** (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, start time and request an **E-Ticket re-send**. We ask that you **do not** email or phone to request an E-Ticket.




OPTIONAL EXTRAS

Must be booked in advance - **Bookings will close on Tuesday 3rd September** - but book NOW, as some services have a maximum capacity!

Please note: optional extras may be subject to change.

Optional Extras:

- **Camping** - Runnymede (*halfway*)
 - (*Saturday*): Inclusive: single/twin,
 - (*Saturday*): Pitch only Camping: single/extra campers.
- **Meals:** Sunday Morning Breakfast at Runnymede (*inc. only for Saturday inclusive camping package*)
- **Parking:** There is **no booking** for parking. There is local Pay & Display and Free Parking along the route at Hurst Park (28km), Runnymede (50km), Cookham (78km) & Henley (100km) There is NO parking at the start in Bishops Park - Fulham.
- **Pre-Challenge Transfers**
 - Henley (*main finish*)  Runnymede (*half way*)

- Henley (*main finish*)  Cookham (*78 km*)
- **Post-Challenge Transfers**
 - Hurst Park (*29k*)  Hampton Court
 - Runnymede (*half way*)  Staines Station
- **Geo Tracker Hire.** Family & friends can track your progress in real time!

Optional Extras are fully detailed on our Website & App with online booking:

[**CLICK HERE TO BOOK OPTIONAL EXTRAS >>**](#)

PLEASE NOTE - Tickets & details for **Camping & Bus Transfers** will be **e-mailed** separately the **week prior** to the event.

Baggage Services (no need to book online - 'pay on the day')

If you want to have your bag transported from the start line - this optional service is paid by **card / cash on-the-day** (*at the baggage drop tent*)

Transfers to your finish (20kg / 80L max size) - prices are per bag (*surcharge applies for 'bigger' items!*)

- Full Challengers, Half Challengers, Quarter Challengers.
- Registered runners - free bag transfer (max size 10kg / 30L - and this **will** be checked)

Transfer to the Runnymede ~50km Half-Way & then on to the Henley Finish
(*Full Challenge only - extra clothes etc*)

- Max size per bag - 20kg / 80L.
- For those who have purchased a 'Camping Package', we'll provide a 'sack' to group all your bags and equipment together (ie. If you are bringing extra camping gear)
- Runners - **free** for 10kg/30L max size (bigger / extra bags must be paid for as above).

Walkers & Joggers - bring a day bag (small rucksack) of 30-35L max - which you will be expected to carry with you - to hold your essential 'on event' kit.

Runners: Carry a small lightweight backpack if you wish - or as above, **registered** runners (this will be checked) will receive a FREE transfer for a small bag.

Please Note - For Full Challenge runners - you **MUST PICK** your bag up at the halfway point baggage zone even if you don't need it - and then (once you've finished with it) **DROP** it in the 'Baggage Drop Zone' as signed. Failure to do so will mean the arrival of your bag at the finish is likely to be much later than your own arrival!

Merchandise

Don't forget to purchase your Thames Path tech T-shirt and, 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.

[CLICK HERE TO VISIT OUR ONLINE SHOP >>](#)

If you have booked Camping at Runnymede

Camping close to Runnymede (~50km) opens from 1pm on Saturday 9 Sept. There are 'zones' for 'pre pitched' / 'pitch only'. The camping area is located away from the event marquee area (~5 min shuttle). Breakfast on Sunday morning is included. The campsite must be vacated by 10am on Sunday at the latest (breakfast ends at 9am).

REGISTRATION & THE START

Note - Please see the App for full details of venue locations and **parking** info.

Early Registration - Friday 13th Sept at Putney - Bishops Park (*main start*)

- Putney start - **Bishops Park, Fulham, London SW6 3LA** (Putney Bridge starters **ONLY**) - opens 4.00pm - 8.00pm

The closest tube station is Putney Bridge on the District Line; from there it is a 5-minute walk to the start (*look for signs*). There is **STRICTLY NO** parking or drop off at the start and also very limited parking / access in the surrounding area, so we strongly recommend you use public transport. Please also be aware that of the impact that football matches at Fulham may have on your travel plans.

Registration & The Start - Saturday 14th Sept at Putney

Full Continuous 100km, Full 2 Day 100km, 1st Half & 1st Quarter Challenge

- **Bishops Park, Fulham, London SW6 3LA** open 6.00 - 9.00am

NEW

3/4 & 2nd Quarter Challenge

- **Hurst Park, Hurst Road, East Molesey, KT8 9AZ** open 8:30 - 11:45am.
Supporter parking is at the adjacent Pay & Display.

2nd Half Challenge

- **Runnymede Pleasure Ground, Egham, Surrey TW20 0AE** opens 9.15am onwards. Supporter parking is in the adjacent Pay & Display.

Registration & The Start - Sunday 15th Sept at Runnymede

2nd Half, 3rd Quarter Challenge & 2nd Day of '2 Day Full Challenge'

- **Runnymede Pleasure Ground, Egham, Surrey TW20 0AE** opens 5.00 - 6.00am. Supporter parking is in the adjacent Pay & Display.

4th Quarter Challenge

- **Moor Hall and Conference Centre, Cookham, Maidenhead SL6 9QH** opens 7.00 - 8.00am (*for an 8am start*). There is supporter parking available on-site.

At Registration

- Try and arrive 1 hour prior to your start time (no longer)
- 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.
- Write critical **medical details** on the reverse of bib (*i.e., serious conditions / allergies*)
- E-Tickets are **NOT** transferable. We may ask for ID.
- **PHOTO ID MUST BE PROVIDED FOR THOSE ON A MULTI-DEAL**
- You must come with full water bottles (*2 litres if on 50km / 100km challenge*)

You'll be called into the '**Start Pen**' 15 mins **before** your official start time for a safety briefing & warm up - and then you'll then set off a 'wave' of about 275 or so challengers.

Note - If you registered on the Friday, you can arrive 30 minutes before your start time if that suits you better.

THE ROUTE

Will be marked with pink arrows, ribbons, flags & signs. Equally important - 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**, ideally with a back-up battery pack which are readily available these days!) 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 of the challenge via the Participant Area on the website & on the app.

[CLICK HERE TO VIEW OUR '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**. We've plotted the route in various devices to get the 'best' plot; please be aware that some GPS devices overstate distance on relatively slow, long, walking / hiking type activities - and it's best to turn off the device when you are stationary for prolonged periods (i.e. - at Rest Stops)

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); styles (can be tricky); tree branches & roots; other pedestrians / dogs - and clearly darkness / night time brings additional challenges, so you **must bring a head torch - and use it!** Be careful and always be on the cautious side; look, listen & think ahead, as for most it is NOT a race - and there's no need to take risks.

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 and 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 - and this link will be available via the App and the website on the Thursday before the event.

'WhatsApp' & 'What 3 Words'

The route is relatively remote in places & post codes often 'don't work', so having access to (*and knowing how to use*) '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** (*Putney start*): Hot drinks, biscuits, bananas (Plus - breakfast vendor)
- **~29km Stop** (*Hurst Park*) - Full / 1st Half Challengers / 1st Quarter finishers, picnic lunch.
- **~50km** (*Runnymede*) - 'Halfway' + Finishers of 1st Half & 2nd Quarter - hot meal.
- **~78km Stop** - (*Cookham*) - 27km for Day 2 / 2nd Half & 3rd Quarter finish - picnic lunch.
- **100km Finish** (*Henley*) - Hot Lunch for finishers (or breakfast - *depends on time*)
- **Other Rest Stops:** Ham Polo Club (*~17 km*) / Haliford School (*~37km*) / Windsor Boys School (*~62km*) & Hurleyford Farm (*~89km*) - Good mix of snacks and hot drinks/water /squash/energy drink.

If you have a favourite snack which 'hits the spot', perhaps keeps you going when you might not feel like eating other food then it's not a bad idea to bring some of it with you!

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

Medical Facilities

Our team of medics will be at all 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!)

There's a **massage service** at the Runnymede halfway & Henley finish for Full & Half challengers only (*10 min slots - booked on arrival at that stop*).

FINISH LINE & DEPARTING

All finishers will get a well-earned medal, glass of fizz and a meal.

1st Quarter Challenge finish (29 km) - Hurst Park, Hurst Road, East Molesey, KT8 9AL Picnic Lunch. There are bookable shuttles (book in advance via our Bookable Extras page) to take finishers back to the Hampton Court train station. Supporters can park in the adjacent Pay & Display - and will not be allowed in the main marquee area (there will be a separate seating area for supporters).

[GOOGLE MAP LOCATION FOR HURST PARK SITE >>](#)

1st Half Challenge & 2nd Quarter finish (50 km) - Runnymede Pleasure Ground, Egham, Surrey TW20 0AE Selection of hot food available + massage & medical teams. There are shuttles to Staines train station. There is supporter parking available in the adjacent Pay & Display - and there will be a separate supporter area (not allowed in the main marquee).

[GOOGLE MAP LOCATION FOR RUNNYMEDE SITE >>](#)

3rd Quarter (28km) finish - Moor Hall and Conference Centre, Cookham, Maidenhead SL6 9QH picnic lunch. There are shuttles to Maidenhead train station. There is an on-site car park (free) - so supporters picking you up can use it - and there will be a separate supporter area at the venue.

[GOOGLE MAP LOCATION FOR COOKHAM SITE >>](#)

Full (100 km), 2nd Half (50 km) & 4th Quarter (22km) finish - Mill Meadows, Henley on Thames, RG9 1BF.

Selection of hot food available + massage and medical teams just in case. There are no shuttles as Henley station is a 4-minute walk away. Supporters collecting you can park in the adjacent (but busy) Pay & Display - or at Henley Station which has lots of spaces. There will be a dedicated supporter area (the marquee is reserved for participants).

[GOOGLE MAP LOCATION FOR HENLEY SITE >>](#)

Note - Runners / Fast Joggers:

Runners on the Full ~100km Challenge will finish somewhere between 5:00pm - 11:30pm on Saturday. For those arriving at the finish when the trains are not be running, there will be a quiet area for participants to rest until the first train on Sunday. Please bear in mind that as the runners arrive relatively spread out at the finish line, the finish line can be quiet at times, so do ask your supporters to join you and give you a lift back home!

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 / What App (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.

There will be shuttle buses picking up those who have retired from the event from the 29km Hurst Park rest stop onwards, to take you to the next major Rest Stop - where (if required) you can book on to one of the Shuttle Transfer Buses to get back to one of the local stations (if needed). However, these buses will be doing round trips stopping at all rest stops on the route, so this may involve a wait during busy times.

If dropping out at a Rest Stop

Go to the **'Information Point'** and hand in your Event Pass. Staff will provide details of shuttle services or other ways to exit. The shuttle service is only available from the 25km point onwards - before that point, retirees will need to

make their own travel arrangements, unless in an emergency when we will have vehicles and medics available.

If exiting the event on the course

If you need to retire from the challenge, please inform event staff OR text the 'Drop Out' number on the Event Pass with your **NAME, BIB NO. APPROX KM** and **TIME**, along with the words 'DROPPING OUT'. Include details for team mates also exiting.

Other pick-up points

If you are physically unable to make it to the next rest stop - we will have several strategically designated 'pick up points' (that our vehicles can access) which will be detailed by the Control Room. Pick-ups from these points will just move you to the next rest stop and at that point **your challenge will finish** (they can't be used to 'get a lift')!

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.

Challenge	Distance	Max Walking Time (hours)	Finish Location	Finish cut off time	Day
FULL	100	34	Henley	22:00	Sunday
Three Quarter	71	24	Henley	22:00	Sunday
1st half	50	15	Runnymede	1:00	Sunday
2nd Half	50	15	Henley	22:00	Sunday
1st Quarter	29	8	Hurst Park	18:00	Saturday
2nd Quarter	21	6	Runnymede	1:00	Sunday
3rd Quarter	28	8	Cookham	-	Sunday
4th Quarter	22	6.5	Henley	-	Sunday
Henly 10K	10	3	Henley	-	Sunday

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 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 & the app installed (+ WhatsApp / 3 Words)
- You must carry a back-up power pack for your phone.
- 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
- 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.
- Full, 3/4, & 1st Half Challengers **MUST** carry & use a head torch during hours of darkness.
- The Event Organiser reserves the right to operate a 34-hour cut off time for all participants attempting the Full Challenge - with other Rest Stops closing times in accordance with this time frame (as set out above).
- **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.
- No individual should leave a rest stop alone during the hours of darkness - you must be with a TREK MASTER-guided group - or be part of a team.
- 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.
- 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 registered participants 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.

- Ultra-Challenge Participants who have entered the challenge on a **MULTI DEAL MUST PROVIDE PHOTO ID** at registration or risk losing their place on the challenge.

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 REST STOPS

There will be supporter zones at: Putney Bridge (Bishops Park) the main start (0 km), Hurst Park (28 km), Runnymede (50km), Moor Hall - Cookham (78km) & Mill Meadows - Henley Finish (100km). Please note supporters will NOT be allowed into the main Participant Areas and will be expected to be self-sufficient in terms of food/drink.

PLEASE NOTE - under NO CIRCUMSTANCES are dogs allowed in the event marquees!

WHAT YOU CAN EXPECT FROM US NEXT...

1. **Pre-Event Video Briefing!** Our Pre-Event Briefing will give you a quick rundown on what you can expect on the day, the route, hints & tips for training and more! This will be live on the App and Participant's Area between 4-8 weeks prior to the event.

- 2. E-Tickets** These will be sent to you on the 4th Sept - keep an eye out for them in your inbox!
- 3. Timing Website & Good Luck** On the 12th Sept the Thames Path Ultra Challenge page will go 'live' for the event - with our timing & tracking website.
- 4. Official Results & Certificates** - Will be released via the timing website on 16th Sept - and you can download your official **Thames Path Challenge certificate!**

We wish you the best of luck for your Thames Path Challenge - if you have any questions; please visit our online Help Centre on our website:

[CLICK HERE FOR OUR HELP CENTRE >>](#)

Kind Regards,

The Ultra Challenge Team,
Action Challenge,
London.

