



Thames Bridges Trek

Saturday 14th Sept 2024

Event Guide

PLEASE READ

Please note: This Event Guide may be subject to change

In preparation of the 2024 Thames Bridges Trek please ensure to read through this Event Guide carefully. With 2,500 expected to signed-up it should be a fabulous event! This 'Event Guide' will help with your final planning; please read this alongside other material set out in the in the '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 it yet - 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 TBT24** - which downloads all the Thames Bridges Trek 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
- Briefing video
- Start Time list.
- How to 'manage your place'
- (cancellations/deferrals/changes)
- Baggage
- 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 **TBT24** Passcode (same as mobile App above)

KEY PRE-EVENT INFORMATION

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. 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 13th 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 **30 August 2023**).

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 Sept - *Bishops Park*

- **25km Thames Bridges Trek** **10.00am - 12.00pm**

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Weds 4th September** - 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 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, 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

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

You should bring a day bag (small rucksack) - 20-30 litres max to carry with you containing all you'll need for the trek (i.e. extra cloths / water/ phone etc.). We will also be providing an

Optional Baggage Service to transport a larger bag from the start to the finish.

Cost is payable by cash/card on the day - 20kg/80L max size.

Please note: optional extras may be subject to change.

MERCHANDISE

Don't forget to purchase your Thames Bridges Trek 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 >>](#)

REGISTRATION & THE START

Bishops Park, Fulham, London SW6 3LA

The closest tube station is Putney Bridge on the District Line; from there it is a 3-minute walk to the start (there will be signs pointing to the start area). There is **STRICTLY NO** official parking or drop off at the start and very limited parking around the 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.

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

- **Bishop Park, Fulham, London SW6 3LA** - opens 4.00pm - 8.00pm

Main Registration - Saturday 14th September

Thames Bridges Trek 25km

- **Bishops Park, Fulham, London SW6 3LA** opens 9.00am - look out for sail flags and signage! Please **do not** arrive any earlier than one hour before your start time as you'll **not** be allowed into the site (as the main Thames Path Challenge is starting).

At Registration

- 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 Bridges Trek neck buff.
- Detail 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 minimum of ~ **1 litre of water**.

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 330 or so trekkers.

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, & 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**. 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 Thursday before the Challenge via the website & 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**.

Hazards on Route

Hazards exist in many guises – even on city footpaths & pavements – and of course on roads! Look out for: traffic (crossroads in the correct places); slippery surfaces on pavements (it may be wet); steps; other pedestrians / dogs and especially cycle & bus lanes which often appear empty until they're not! Be careful – and always be on the cautious side; look, listen & think ahead!

NOTE – no running / jogging is allowed on this event – it is a walk / hike / trek!!

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 challenge.

'WhatsApp' & 'What 3 Words'

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

Food & Drink

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

- **Start** (*Putney Bridge start*): Hot drinks & biscuits (Plus – breakfast vendor)
- **12.5km Stop** (*The Kia Oval*) – Bakery items, fruit, sweets, crisps etc.
- **25km Finish** (*Southwark Park*) – Finishers picnic meal

If you have a favourite snack which 'hits the spot', it's not a bad idea to bring some of it with you! 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

All finishers get a well-earned medal, glass of fizz, T shirt, and picnic meal.

Finish Venue (25km) - Southwark Park, Jamaica Road, London, SE16 4RS

At the finish line you will be rewarded with a huge cheer, a medal, a glass of fizz, and a finisher's t-shirt. A buffet style picnic will be served along with soft drinks. Southwark Park is walking distance to tube stations at Bermondsey and Canada Water (*which also has an over ground station*). There is **NO dedicated parking available** at the finish venue - but some road parking does exist in the vicinity of the park.

[GOOGLE MAP LOCATION FOR SOUTHWARK PARK 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

Exiting / Retiring from the Challenge

If you need to exit / retire from the Challenge, please inform Event Staff or Text SMS 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 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
BRIDGES 25KM	25	7.5	Southwark	19:30	Saturday
BRIDGES 2nd HALF	12.5	3.5	Southwark	19:30	Saturday

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)
- 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 7-hour cut off time for all participants – with other Rest Stops closing times in accordance with this time frame.
- 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.
- 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.
- **NO DOGS** (or pets of any kind) anywhere on the Challenge or route – we do not have permissions from landowners or venues to have any kind of animal on the route, so pets of any kind are not allowed.
- 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.

- 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 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 TO REST STOPS

There’ll be supporter zones at: Bishops Park start (but will be very busy SO NOT ADVISED!) & Southwark Park (finish). There’s no access at the Kia Oval.

What you can expect next from us...

- 1. Pre-Event Video Briefing!** Our Pre-Event Briefing (coming 4 - 8 weeks prior to the event) will give you a quick rundown on what you can expect on the day, the route, hints & tips for training and more!
- 2. E-Tickets** These will be sent to you on the 4th September – keep an eye in your inbox!
- 3. Timing Website & Good Luck** On the 12th Sept the Thames Bridges Trek page & will go ‘live’ for the event – with our timing & tracking website.

4. Official Results & Certificates Released - Your final times will be released via the timing website on the 16th Sept - you'll also be able to download your official **Thames Bridges Trek 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