

# Richmond Park Marathon 2018

## Final Race Instructions.

**Sunday 20th May 2018 – Race start time 10.00am**

### Competitor Information for the 2018 event

Please read the following information as it will ensure you have a safe and enjoyable race.

The Marathon course is a three-lap route held entirely within the boundaries of Richmond Park, starting and finishing at Sheen Gate - the first lap will be approximately 12.2 miles, the 2<sup>nd</sup> and 3<sup>rd</sup> laps will be full Tamsin Trail laps (7.1 miles each) that will make the marathon distance of 26.2 miles or 42.1 km.

### Race HQ / Start & Finish

Race HQ is situated just outside Sheen Gate Car Park, you will notice a gathering of marquees and gazebo's in the area underneath a clutch of trees. The link below shows the location of the start area – look at the top for SHEEN GATE.

[https://www.royalparcs.org.uk/\\_\\_data/assets/pdf\\_file/0017/41642/Richmond-Park-Map.pdf](https://www.royalparcs.org.uk/__data/assets/pdf_file/0017/41642/Richmond-Park-Map.pdf)

### Runners Warm up – 9.45 British Military Fitness (TBC)

We are hoping to have Chris Preston and his team (To Be Confirmed) will lead all the runners to engage in 10 minutes of BMF warm ups to get you ready for the race start. Attendance is compulsory and hopefully you will have a bit of fun stretching out before we count-down to the race start!

### Start Time – 10.00am

The marathon will start promptly at **10.00am** – setting off from Sheen Gate heading down on the grass towards to Sheen Crossroads, then turning right up towards Sawyers Hill. This will allow the runners to spread out, by the time they return back down through Sheen Gate at the HQ and onwards to complete lap one.

### Car Parking

There will be plenty of car parking spaces at Sheen Gate and Roehampton Gate Car Parks – the earlier you arrive for the race, the more chance you will have of getting a space at the Sheen CP which is where the race HQ and start is. We recommend you do not park on verges outside Sheen Car Park.

### Registration and Race packs

Runners will be able to **collect their race numbers at registration HQ on the morning of event**. There will be a help desk for those who have any queries re numbers, timing chips and require any information or support. **Race packs will include your running number (which has chip timing attached) and safety pins.**

### Course Map

Please visit our website at [1m2go.co.uk](http://1m2go.co.uk) to view course Map – we will have print outs of race map for you so you can see where the route takes you. We will also have large-scale maps at HQ so you can see the area, route and terrain of the 26.1 miles. We would urge all runners to familiarise themselves with the route in general, so no wrong turns are made and official timings will be not be affected. There are obviously certain key points of the route where runners will need to be careful and ensure they follow directions or instructions from marshals or officials. Organisers cannot be held responsible for any

incorrect times where runners have not completed the official course. If you can get a trial run before the event to familiarise yourself with certain parts of the route that would be ideal, but appreciate it will obviously not be possible for many runners.

### **Changing Area and Bag drop off**

We will provide a changing tent at the HQ Sheen Gate, please use these as quickly as you can to avoid any delays. We will also provide a gazebo for bag drops - and your race number will be the same as your bag drop tag. This will be near the changing tents area. We recommend you do not leave any valuables in these bags to be extra safe. We will have someone looking after baggage throughout the race day.

Note: Organisers cannot be held responsible for any belongings or items that may go missing which are stored in the baggage area, however we are aiming to secure this area and have our officials supervise bag drop off and collection.

### **Water Aid Stations**

We will provide water aid stations after approximately every 3 miles – so every time you pass Sheen Gate, Broomfield Hill and Ham Gate, you can take on water and nourishments on offer. We recommend you bring your own gels, but may have some on offer at Sheen Gate, during the second half of the race. If you have a special drink you want to leave at Sheen Gate (passing at 3,12,17 miles) we will leave a special drinks table – please flag and mark up your own drink bottle so you can easily identify.

A bottle of water will also be provided to all runners at the finish line.

### **First Aid & Raynet Communication**

St Johns Ambulance are the very best medical support you can have at these marathon events , and we will have once again a significant presence of support medics, both at HQ and mobile to assist runners with any injuries or illness that may occur.

Raynet Communications will have vehicles situated around Richmond Park on race day, they provide a vital link via portable devices that connect them to both HQ St Johns Ambulance Teams and the Race Directors and help with any urgent support issues (short water supplies, injuries etc...)

### **Toilets**

There are toilets situated at all major entrances of Richmond Park – they can be found at Sheen Gate, then clockwise around the park at Roehampton Gate CP, Kingston Gate, Ham Gate and Richmond Gate. We will also have two additional portable toilets situated in Sheen Gate CP for runners to use free of charge. We would encourage all marathon runners to use temporary toilets we have provided, as the parks WC located at the entrance of Sheen Gate can get generally busy and sometimes struggle to cope with increased numbers. The Royals parks also charge **20p**.... so bring a few coins just in case!!

### **Mile Markers**

There will be individual mile markers along the course – as a basic rule, Start/Sheen HQ first lap is 12 miles, then Sheen Gate second lap (along Tamsin Trail) will be 19 miles, and then when completed it will be 26.2 miles.

### **Litter in the Park**

Please drop all your litter in the bins or area situated next to the Aid Stations or the many various bins within the park. It's important we leave the park with only our footprints of the running and nothing else, to ensure the beauty and well-being of the park is maintained.

### **Marshals**

There will be a number of race marshals and supporters who will be situated at key road junctions, aid stations and the HQ start and finish area. Please do bear in mind they are all giving up their time to support you on race day, and make sure it's both fun and successful – without these people we would not be able to put on the Richmond Park Marathon. I would encourage you, to give your thanks to our wonderful support team right throughout the day – they will be cheering you on!!

We would also urge all runners to use caution when crossing busy junctions, as marshals do not have rights to stop traffic, but will obviously help runners at certain key points. It is the responsibility of each entrant to ensure care and caution is exercised when crossing roads and junctions within the park to ensure there are no accidents or injuries.

### **Prize Giving and Prizes at the Finish**

Upon completion, all marathon runners can collect the following;

A new Richmond Park Marathon medal, a unique RPM T-shirt plus other goodies. The Sweat Shop Shop goody bag with discount vouchers, Running magazine, various vouchers and snacks to help you rehydrate.

We are hoping the new incoming Mayor of Richmond will be presenting medals and prizes to the first 3 finishers in the male/female category. The race directors will also be awarding spot prizes to various runners that have been kindly donated by our sponsors – we hope you approve of this extra special gesture we provide!

**We challenge you to find a better marathon goody bag and value for money!!**

### **Race Sweeper**

A race cut off time of 5.5 hours (3.30pm) will be strictly adhered to. Any runners who appear to be unable to complete the distance by then, may be asked to stop and return directly to Sheen Gate HQ. A race sweeper will monitor the slowest runner/s to communicate this with the race directors. We hope as in previous years, all of our runners will safely and successfully complete the distance!

Race HQ will be dissembled from 3.30pm onwards.

### **Results and Photographs**

“The Race Organiser” chip-timing team will be looking after all times and race data from the finishing runners, and no doubt will be working frantically through the night so we can publish the finisher's results on Monday. We hope to get the **FREE OF CHARGE** runners photographs from Richard (R&R Photos) loaded onto our website for everyone to review and download. Please look out on for this on our website.

### **Massage**

Gabriella and Mike will be at the finish with massage tables to ease any runner's pains at finish and offer useful specific advice on any niggles and aches. This will be your ideal opportunity to get first hand contact with these fitness and health specialists. We would also like to state that we do not charge for treatments, but would recommend you make a small donation of...say **£5 - £10** for their help and time.

**We look forward to seeing you all on race weekend – Sunday 20th May 2018**

If you have any queries in the meantime, please contact Race Directors either [1m2go3@gmail.com](mailto:1m2go3@gmail.com) – tel **Gareth 07967 729922** or **Ray** on **07540 984707**.