

On The Day – Woldingham Half and Full Marathon Information

The Woldingham Full & Half Marathon – Sunday 25th August 2018 – 9.30am

Important / Useful information for all runners

Please refer to the following information to ensure you have a safe & enjoyable race experience on **Sun 25th Aug 2018 at the Woldingham Half and Full Marathon.**

1. Course

The Woldingham Half Marathon Course 2018 - 2 laps to complete the full marathon.

Route description – 13.1 mile lap.

The Woldingham Half and Full will be an out and back course (once for the half , twice for the full marathon). The race will start at Woldingham School itself – and head on out of the gates along the private road along the green valley heading south towards the North Downs Way for about 1 mile – at the end road we turn left of the side of the hill between bushes and fence – eventually reach an open area with amazing views south of Kent and Surrey and the distant M25.

Follow the short trail path right through the wooded area followings signs to come out at Gangers Hill – carefully cross the road and head straight ahead along the footpath , it will head down towards Tandridge Hill – follow the signs as you go. There is a gate to go through and head up the left side of the hill (narrow path) – this will eventually bring you to the top of the hill , and cross again with Gangers Hill. Turn right along Gangers Hill for 25 metres , then you can turn right onto the North Downs Way (NDW).

Follow the NDW for about half a mile until you reach the steps down – follow these and you will eventually reach the bottom (small viewing area and a bench) – turn left and follow the NDW as it snakes around the ridge – straight , then right , then slight left all the way until you reach the gate at the end of the open field. Through the gate down the hill – the chalk pit will be on your left hand side. At the bottom , turn left following the edge of the field all the way towards the house straight ahead – the the gate and between the hedges arrive onto Chalkpit Lane. Care cross this road – we turn right for about 10 metres – then there will be a sign for the NDW – up a short steep climb to the bench and the finger post signs – it will have VGW (Vanguard Way) signed up the hill ..yes up that hill ! From here we will follow a short but scenic section of the VGW out and back from this point.

So, head up the hill – it may seem like the north face of the Eiger – but there are footstep sections to help you get to the top!

At the top of the go through gate – turn right up the hill towards Chalkpit Lane and take care along the right side of the road to reach the junction of The Ridge. Take care crossing the Ridge – and head straight ahead along the private road that becomes a trail path – follow for about 1-2 miles eventually reaching a big open field – you can see Woldingham on your left side and open countryside on your right (rolling hills) – follow

the field path straight down until you reach Slines Oaks Road – where you will TURN AROUND and head back to the finger post sign that said Vanguard Way . Run back up the grassy hill towards the trees – follow the path up through the enclosed trail path for 1-2 miles eventually you will reach The Ridge (care crossing) straight down Chalk Pit Lane for 30 metres – then turn left down the hill and through gate , then steeply down hill and back to the FP Finger Post Sign and bench – that says both VGW and NDW – we follow this path now turning left at the bottom of the hill by the bench, and follow this for approx 2 miles – keeping the woods to your left side all the way until the path finishes – through gate up Pitchfont Lane steeply all the way to the junction/car park of the B269 Limpsfield Road – run along the left side footpath (care crossing The Ridge junction) past Botley Hill Farm/Pub and shortly after about 200 metres the left pedestrian path ends and you have to cross Limpsfield Road on the right side footpath/bike path – please take care here).

Follow this pedestrian path for 2-3 miles taking care at all road junctions – eventually you will reach Knights Garden Centre on your right hand side and shortly after the you will cross Limpsfield Road over to High Lane (at the junction with Rogers Lane) . Follow the High Lane turning left then there will be sign to go down Plantation Lane for about 1.5 miles , at the bottom of this trail path you will come into the front of Woldingham Golf Club – pass along the front of the Golf Club and towards the mail gates – just before the gates turn right around the end of the Golf Greens – and follow the trail path dow (with Golf Course on your right hand side) you will come to a gate and a sign – at Halliloo Valley Road. Cross the road and into Park Ley Road then sharp right down towards Woldingham Road – wait for 10 metres then cross Woldingham Road (take care) for the enclosed trail path up through the woods turn left , then turn right you will reach the private drive heading back to Woldingham School – go under the railway bridge sticking to the left side of the road for about 2 miles to reach the FINISH of the 13.1 miles.

Route description – 26.2 mile lap.

The full marathon runners will run the loop twice.

COPY OF THE MAP AND THE PROFILE

2. Runners Registration Table open from 8.00am to 9.15am

All the runners will collect their unique race number AND CHIP TIMINGS – most of them will have their names on – those who registered early will, the others will be written on for them – so we can all pretend we really know each other's first names, nice ice breaker right ?!

3. Start Time – 9.30am sharp

The marathon will start at 9.30am sharp – ! With that in mind , please get there nice and early , park and get changed - we should be able to put some tea and coffee on for the runners as they start and when they finish to make things nice and civilised.

4. Car Parking

There is plenty of free car parking at Woldingham School - at the from of the drive way there will be a sign . Once parked please walk through into the school grounds to the front of the main house where the race will start and finish.

Marden Park, Woldingham, Caterham CR3 7YA - this is the start location.

5. Public Transport

There are trains to Woldingham Station from London and East Croydon - please check the timetable with the tramline.com.

The station connects to the main drive into the school - 15 mins walk.

6. Changing Area

There are no specific changing areas at the school - but plenty of areas around the front of school that runners and change and prepare for the run.

7. Bag Drop

The Marshals will look after all bags at the front of the school underneath the stone steps - these will be kept safe throughout the race day itself and can be collected at the end of the event.

8. Aid Stations

We will provide aid – drinks, fruit and snacks/gels stations approximately after every 6 miles – so you will pass the first aid station. In view of the hot weather I will ask runners to take a bottle with them for good measure – please can you drop any rubbish in the bins at the aid stations and not in the countryside.

9. First Aid & Communication

Limited first aid will be available at HQ any runner who feels unwell should stop and notify other runners and ask for assistance/support and we will get someone out from the the medical support team. Please do not run if you feel unwell on race day, as this is a tough out and back course. Your health and well-being is paramount to us all. Any emergencies can be phoned to the race director on 079677 29922. Please complete the medical info on the back of your race entry numbers – to assist in the event of any emergency – pens will be at HQ to help you.

10. Toilets

There will be open clean portable toilets at the school – and sadly non along the course route, which is essentially in the countryside – however, there will be a pub The Botley Hill Farm after the 8 mile mark if you are desperate – otherwise please do as nature intended, where you feel hidden from public view.

11. Mile Markers

There will not be any individual mile markers along the course , except for the 6 miles , 13.1 miles and 20 miles and finish 26.2m – so just have a look at the link showing the mapometer and where the estimated mile markers should be.

12. Litter along the Woldingham course

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

13. MP3 and other music players and road safety – IMPORTANT READ THIS PLEASE!

For your own personal safety we recommend that you do not run with MP3 music in your ears – so you can be aware of marshal instructions and other runners and users along the Woldingham route. – road crossing take care Limpsfield Road after 8 miles just past the Botley Farm pub - traffic goes quickly along that road. Also Slines Oak Road as you come off the golf course sharp bend - stop look and listen - only cross when it is safe as its a blind corner.

14. Marshals

There will a limited number of race marshals and supporters who will be situated at some 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 Woldingham 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 any 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.

15. Spectators

We would encourage friends and families to congregate at Woldingham School to watch the finishers come in, and witness the presentation of medals and tee shirts to all of the finishers. The whole of Woldingham School is accessible so we will let you roam free to explore all the amazing grounds of the historic location.

16. Refreshments

We will have food and drinks for people and runners at the HQ - this will be open throughout race day itself – spectators will be able to sit outside and watch the runners leave and return while drinking a lovely coffee or tea and eating cakes and sandwiches.

17. Prize Giving and Prizes at the Finish

All half and full marathon runners upon completion at the finish line will need to collect the following;

A Woldingham medal and a unique Woldingham 2019 tee-shirt (various sizes) – and some goody-goody bags !

We will also have some special trophies to award to successful men/women runners in the event (first men/lady) etc.

18. Race Sweeper

A race cut off time of 7.0 hours ish.. (4.30pm) will be strictly adhered to. Any runners who appear to be unable to complete the distance by then we be asked to stop and return directly to Woldingham School 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!

19. Results and Photographs

Results and photographs will be emailed to all the runners and results posted onto the Woldingham Marathon website as soon as possible after the event. Richard our brilliant photographer will aim to get some of your best shots along the course – so if you see a man smiling with a big camera – near a red sports car – smile back please. ALL our photographs will be free to download for your to post on your personal social media sites and indeed I will endeavour to have some of the best ones reported in the Croydon Advertiser Newspaper with the results. Our event will be chip timed so Martin and Louis will make sure these are all recorded at the finish so we can get them uploaded onto the www.1m2go.co.uk website – for both the half and full marathon runners.