

# Green Chain Challenges - Sunday 22nd Sept 2019

## Final Race Instructions.

**Sunday 22nd Sept 2019 – Race start time 09.30am Competitor Information for the 2019 event, 10k runners, Half Marathon Runners , Full Marathon Runners.**

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

The Marathon course is a four-lap route held along sections of The Green Chain Walk , starting and finishing at Mottingham Sports Ground, Grove Park Road London SE9 - each lap will be 10K , so the half marathon will complete 2 laps plus 1.1km (to get to 21.1km) , and the full marathon 4 laps plus 2.2km (to get to 42.195km)

### **Green Chain Race HQ / Start & Finish**

Race HQ is situated inside Mottingham Sports Ground, you will notice a gathering of marquees and gazebo's next to the main changing rooms. The link below shows the location of the start area at Mottingham Sports Ground

<https://www.google.com/maps/place/Mottingham+Sports+Ground%2FFoxes+Fields/@51.4329564,0.0399346,15z/data=!4m5!3m4!1s0x0:0x1cf94407bed17654!8m2!3d51.4329564!4d0.0399346>

### **Green Chain Runners Warm up – 9.15 (TBC)**

We are hoping to have someone available to carry out a 5-10 minute warm up for all the runners to get you ready for the race start. Attendance is compulsory and hopefully you will have a bit of fun stretching out before we countdown to the race start!

### **Green Chain Start Time – 09.30am**

The 10k , half marathon and marathon runners will start promptly at **09.30am** – setting off from Mottingham Playing fields heading down towards Court Farm Road to join Mottingham Lane and then onto the Green Chain route that will be marked and marshalled for 10K circuits .

### **Green Chain Car Parking**

There will be plenty of car parking spaces at Mottingham Sports Club and the private roads around the ground – the earlier you arrive for the race, the more chance you will have of getting a space at the.

### **Green Chain 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.**

### **Green Chain 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 10k route. 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 route problems.

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

We will provide a changing tent at the Mottingham Sports Ground, 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.

### **Green Chain 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...)

### **Green Chain Toilets**

There are toilets situated at the changing rooms at Mottingham Sports Ground – in required we will also provide some portable toilets at the race start/finish area.

### **Mile Markers**

There will be individual mile markers along the course especially at HQ when the half and the full marathon runners come through– as a basic rule, Start/Mottingham Sports Ground HQ first lap is 10k then the half marathon runners will run 2 laps plus 1.1km , and the full marathon runners will complete 4 laps plus 2.1km

### **Green Chain 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.

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## **Green Chain 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 Green Chain Challenges. 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.

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

Upon completion, all marathon runners can collect the following;

Every runner will receive a new Green Chain Challenge 10K, Half or Marathon medal, a unique RPM T-shirt plus other goodies. On top of that.....the Sweat Shop goody bag will contain discount vouchers, Running magazine, various vouchers and snacks to help you rehydrate.

We are hoping the Mayor of Bromley 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 6.5 hours (4.00pm) 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 Mottingham Sports Ground 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 disassembled 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**

We are hoping to have massage table(s) 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 22nd September 2019**

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**.