

# Greenwich Park Meridian 5K & 10K race

## Final Race Instructions.

**Saturday 8<sup>th</sup> Feb 2020 – Race start time 10.00am**

### Competitor Information for the 2019 event

Please read the following information as it will ensure you have a safe and enjoyable race. The 5k and 10k course is held entirely within the boundaries of Greenwich Park, starting and finishing at the main bandstand in the centre of the Park along by the Greenwich Observatory.

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

Race HQ is situated next to the Bandstand, 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

<https://www.google.co.uk/maps/@51.476836,0.0029985,16z>

<http://ontheworldmap.com/uk/city/london/greenwich-park-map.jpg>

### Runners Warm up – 9.45

We recommend you stretch and warm up before race to avoid or prevent any injuries. We will be calling all runners into position between 9.45-9.50 so we can count down to the race start!

#### **Start Time – 10.00am**

The 5k and 10k races will start promptly at **10.00am** – setting off from the main drive all Great Cross Avenue heading down the ornamental fountain crossroads, then turning left up along Blackheath Avenue towards the main Greenwich Park Gates famous for the London Marathon start. Once they reach the gate the runners will turn left down Bower Avenue heading towards Maze Hill. The runners will sweep down the paths in front of the Greenwich Maritime Museum and over the office GMT (Greenwich Mean Time) line. The route then heads up the main drive up towards the observatory then the runners will turn right down towards Crooms Hill side of the park - the runners then follow the route signs to eventually bring them back to finish the 5k lap in front of the bandstand - and those doing the 10k route will repeat the 5k lap again.

### Car Parking

**It is recommended that runners make their way by public transport as parking is limited in and around the park itself. The nearest stations are Greenwich and Blackheath and Maze Hill - plus the DLR stop at Greenwich.**

### Course Map

[Please click here to view the course map on 1m2go.co.uk](#) – we will have print outs of race map for you so you can see where the route takes you. We will also have a large-scale map at the HQ, so you can see the area, route and terrain of the 5k route.

We would urge all runners to familiarise themselves with the route in general, so no wrong turns are made and official timings will 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 race officials. Organisers cannot be held responsible for any incorrect times where runners have not

followed or 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.

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### **Bag drop off**

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 2.5k miles – so every time you pass Greenwich Park lower main gate, you can take on water and nourishments on offer. We recommend you bring your own gels, but may have some on offer at Greenwich Park main lower gate, during the second half of the race. If you have a special drink you want to leave at the Bandstand (passing at 5k) 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**

We will have several qualified first aiders at the event to help anyone with any race injuries or worries.

### **Toilets**

There are two sets of public toilets situated within Greenwich Park – they can be found at the top of the hill near the Observatory.

### **Kilometre Markers**

There will be individual kilometre markers or markings along the course.

### **Litter in the Park**

Please drop all your litter in the bins or area situated next to the water 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 a number of race marshals and supporters who will be situated at key road junctions, water 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 Greenwich Park 5k and 10k race. I would encourage you, to give your thanks to our wonderful support team right throughout the day – they will be cheering you on!!

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

Upon completion, all marathon runners can collect the following;

A new Greenwich Park Meridian 5K and 10K medal, plus other goodies. The Sweat Shop goody bag with Running magazine, various vouchers and snacks to help you rehydrate.

We are hoping the Mayor of Greenwich will be present 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 2.0 hours (12 noon) 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 the Bandstand. 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 start to be dissembled from 12.00pm 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 also 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 for this on our website.

### **Massage**

We are hoping to have a massage tent as usual at the finish to ease any runner's pains at finish and offer useful specific advice on any niggles or 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 at your discretion of...say **£5 - £10** for their help and time.

**We look forward to seeing you all on race weekend – Saturday 8<sup>th</sup> Feb 2020 - start time 10.00am**

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