

# GREENWICH PARK MERIDIAN JUBILEE 5K AND 10K RACE - SAT 18<sup>TH</sup> FEBRUARY 2023

## Race Instructions.

Saturday 18<sup>th</sup> February 2023

Race start time 10.00am - Bandstand Greenwich Park

Competitor Information for the 4th June 2022 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 park toilets should be open at the top of the park 100 metres away. 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, 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 sharp left down Bower Avenue heading towards Maze Hill. The runners will sweep down the paths towards the 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 2.5k 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.

Good luck everyone - see you at the Bandstand Greenwich Park - Sat 4th June 2022

Gareth Davies

Race Director

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