Richmond Park Marathon - Sunday 18th May 2025 - Start 9.30am

Final Race Instructions

Sunday 18th May 2025 – Race start time 9.30am

Competitor Information for the 2025 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 2nd and 3rd 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 gazebos 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.royalparks.org.uk/__data/assets/pdf_file/0017/41642/Richmond-Park-Map.pdf

Runners Warm up – 9.15am

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!

Start Time – 9.30am sharp

The marathon will start promptly at 9.30am – 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 down through Sheen Gate at the HQ and onwards to complete lap one.

Car Parking

There will be plenty of car parking spaces at both 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. Please do not park on verges outside Sheen Car Park. Please note due to park weekend road closures – you must enter/exit Sheen Gate if you want to park at Sheen Gate. Nearby Roehampton Gate is 10 mins walk to the start – we suggest that runners park in this car park. Please, if you are driving, only access the park through either Sheen Gate or Roehampton Gate – as other gates will not provide direct drive access to Sheen Gate.

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 www.1m2go.co.uk to view course Map – we will have a printout 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 from the website, 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 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.

Bag Drop Off

We will also provide a gazebo for bag drops - and your race number will be the same as your bag drop tag. 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 and pick up yourself.

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

First Aid & Communication

KLP MEDICAL 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 paramedics to assist runners with any injuries or illness that may occur. Our marshals and medical support will be connected on the day to ensure we have full communication of the runners and the event whilst inside Richmond Park.

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 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 and a bank card just in case!! We will have a bowl of 20p at HQ just in case you forget to bring a coin – and spend a 20 penny!

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 at 19 miles, and then when completed it will be at 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 is 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 several 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 is 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 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 at Sheen Gate HQ.

Upon completion, all marathon runners can collect the following:
Every runner will receive a new Richmond Park Marathon medal, a unique Richmond Park Buff, a superb 1m2go Coffee Mug and other goodies. On top of that.....the goody bag will contain snacks and drink to help you rehydrate. Race Sweeper will ensure everyone is captured and should finish within the 6.5 hour time limit. We hope to have the Mayor of Richmond on hand to present the prizes and medals.

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 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 our runners will safely and successfully complete the distance! Race HQ will be dissembled from 3.30pm onwards.

A Lead bike and rider with hi viz vest will ensure the lead runners follow the correct course throughout the day.

Results

We expect to publish the results on the website after the race or runners to check.

If you have any queries in the meantime, please contact Race Director
email - gazdj1@gmail.com
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