



# Event Information Pack 2017

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## 1. Arrival & Parking

Please check your journey time prior to departure to make sure that you will arrive at the start with enough time to sort your kit out and register.

### Ultra

- [ Start: 7.00am Barn Elms Athletics Ground SW13 9SA
- [ First train from Clapham Jct to Barnes 6:32 arrives in Barnes Bridge 6:44. Barnes Bridge is a 10 min walk to the start.
- [ Parking is limited at the start, so please try to arrange a lift or get public transport.
- [ Parking will charged at £10 for the day.

### 21km

- [ Start: 10am Effingham Junction KT24 5HX
- [ Regular trains from Guildford and London
- [ Car drop off is available at the train station. Car parking is limited at Effingham Junction. If you do use it, you will have to pay using the car park meters.

## 2. Start Times & Registration

You are required to attend the briefing prior to the start. This will allow you to be informed of the latest conditions and any potential hazards on course.

### Ultra

- [ Mass start at 07:00
- [ Registration from 06:00 – 06:45
- [ Race briefing will be at 06:50
- [ 06:55 competitors will be walked to the start line

### 21km

- [ Starts 10am
- [ Registration from 09:00 until 09:50
- [ Race briefing will take place at 09:55 prior to the start



You won't be sent your race number or timing chip in advance of the 23rd September. Race numbers and chips are to be picked up from the registration at your start venue. Registration will open 1 hour before the race start. Check your name on the start list, and then inform the registration team of the number against your name. The registration team will provide your number, chip and safety pins. Pin your number to your chest so that it is visible and attached the timing chip to your wrist using the velcro wristband provided.

### 3. Kit List

#### Ultra

- [ Sturdy trail running shoes (The first 15 miles are a mix of trail and pavement. Then it becomes predominantly trail as the route approaches the North Downs).
- [ Comfortable socks
- [ Appropriate running gear, dress for the weather on the day
- [ Suitable water bottle or camel back, so you can carry at least 500ml of water
- [ Space blanket
- [ Charged mobile phone
- [ A copy of the route map (please refer to the website for a gpx file)
- [ Emergency numbers: For route issues and non emergencies: 07863 137 132. For life threatening emergencies: 999 then 07863 137 132 when appropriate to do so.
- [ Any additional supplements or energy gels that you may require
- [ A whistle to attract attention should you need to
- [ An additional layer as the weather changes quickly in the hills
- [ Medical pack - plasters and pain relief

#### 21km

- [ Sturdy trail running shoes (The route is predominantly off road. As you descend into Guildford, the route changes to pavements).
- [ Comfortable socks
- [ Appropriate running or walking gear, dress for the weather on the day
- [ Suitable water bottle or camel back
- [ Space blanket



- [ Charged mobile phone
- [ A copy of the route (please refer to the website for a link to the gpx file)
- [ Emergency numbers: For route issues and non emergencies: 07863 137132. For life threatening emergencies: 999 then 07863 137132 when appropriate to do so.
- [ Any additional supplements that you may require

## 4. Facilities Available

### Ultra

- [ The Barn Elms Athletics Ground is the base for the start
- [ Toilets are available
- [ Water will be available for participants to fill bottles
- [ Bag drop is available - one small bag per participant (remember to attach your baggage tag).
- [ Car Parking
- [ A bag drop service is available - one small bag per participant (remember to attach your baggage tag). This will be transported to the finish in Guildford for you. Secure Bag Reclaim is at the white event van which will be at the finish line. You will need your race number to reclaim your bag.
- [ Race registration volunteers will be able to answer any questions that you may have.

### 21km

- [ The Effingham Junction train station car park is the base for the start
- [ Portable toilets will be available
- [ Water will be available for participants to fill bottles
- [ A bag drop service is available - one small bag per participant (remember to attach your baggage tag). This will be transported to the finish in Guildford for you. Secure Bag Reclaim is at the white event van which will be at the finish line. You will need your race number to reclaim your bag.
- [ Race registration volunteers will be able to answer any questions that you may have.



## 5. Routes & Signage

The maps below are for the distances and they can also be found on our website by following [this link](#).

All routes will be marked with high viz direction signs.



## 6. Aid Stations

### Ultra

- [ Water and snacks will be available at the start
- [ 5.7 miles Petersham: Water & snacks & toilet.
- [ 11.3 miles Hampton Court Station: Water, snacks & station toilet.
- [ 16.3 miles Sandy Lane, Oxshott: Water, snacks & toilet
- [ 22.5 miles Effingham Junction: Water, snacks & toilets
- [ 26.6 miles: Crocknorth Road mini break (Only water – aimed for ½ marathon runners). (Ultra runners are allowed to stop too)!
- [ 30.9 miles Combe Lane: Water snacks & toilet.

### 21km

- [ Water at the start
- [ 4.1 miles Crocknorth Road mini break (water only)
- [ 8.2 miles Combe Lane
- [ 13.5 miles Finish line.



## 7. Safety

As event organisers we have taken as many considerations and precautions as humanly possible whilst organising an outdoor adventure challenge. However, with any sporting event there are many factors that can lead to a participant suffering an injury. If you, the participant, adhere to the points outlined below, then you will have an enjoyable day and limit the chance of any issues:

- [ Respect members of the public on all the paths, this IS NOT A CLOSED path or closed road event.
- [ Ask to overtake or wait for an appropriate passing area - Don't push past.
- [ Make sure you are carrying a fully charged mobile phone with the emergency number for the Event Team.
- [ Dress for the weather and check the weather forecast.
- [ Carry an event map with you at all times to aid navigation. We have done our best to signpost the route but we are not responsible for any signs being moved or removed by members of the public.
- [ For your safety we will register you in and out of checkpoints, if at anytime we are worried about you or your pace isn't quick enough to meet the cut off timings we will remove you from the course. This is for your safety.
- [ Should you leave the event at all over the course, make sure you let the Event Team know. Your timing chip will need to be returned.
- [ Follow the highway code when crossing , walking or running on roads.
- [ If at anytime you feel that you are lost, then look at your map and try to find your way back to the race route or event arrow. Should you not be able to find this and remain lost please call the Event Team and we can try and locate you.
- [ If you become a casualty yourself or come across one call 999 if it is a critical medical emergency. If it isn't critical then call the Event Team on 07863 137 132 and we can send a medical team to find you. Alternatively, if you are able to, carry on to the next marshal point.
- [ Do not drop litter. The event takes place in an area of outstanding natural beauty.

## 8. Trail Conditions

The GUTS Ultra and half marathon was designed with a balance of scenic beauty and practicality in mind. Inevitably there will be running on pavements as you progress through the quiet



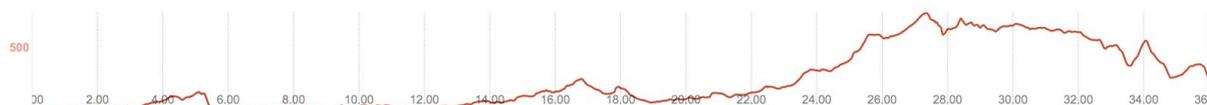
suburbs of Barnes, Richmond and Kingston. This will be interspersed with long stretches of footpaths and the Thames Path. As it reaches Cobham, Effingham and the bottom of the slopes up to The North Downs Ridge, Ultra runners will join the half marathon runners. All will follow bridleways and footpaths all the way to Guildford. Expect spectacular views en route!

The trails and roads are open-access for the public. The road sections will be open to traffic and trails open to other users on race day. Please take care whilst navigating the road sections and be aware of others users out enjoying the trails.

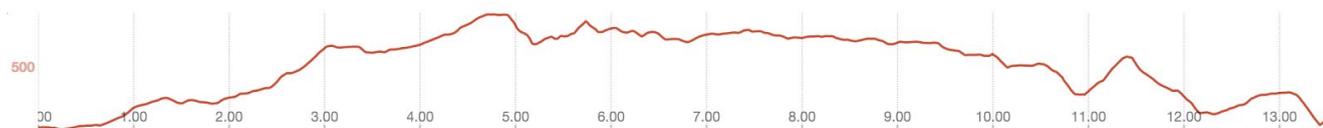
There are a few major road crossings on the course to be aware of: The A205 (Upper Richmond Road); A307 (Petersham Road); A309 (Hampton Court Way); A307 (Portsmouth Road); A244 (Copsem Lane); A246 (Guildford Rd); A25 (Shere Road). The roads in London all have designated pedestrian crossing points. Please adhere to them. Where there is no crossing point, please take care and cross only when it is safe to do so.

The GUTS Ultra and half Marathon covers a range of terrain, from pavements and Thames Path in the suburbs of London to chalk bridleways, footpaths of the North Downs and sandy trails over St. Martha's. Then the final ascent over Pewley Downs before the descent into Guildford.

### Ultra profile



### Half Marathon profile





## 9. Cut offs

Below are the times allowed to complete each stage between feed stations. Anyone falling behind the cut off for leaving an aid station will be removed from the race. You will need to hand in your timing chip to aid station volunteers.

Aid station cut off timings:

<b>Stage</b>	<b>Distance between stages</b>	<b>Distance covered</b>	<b>Time to allow yourself</b>	<b>Cut off</b>
Barnes to Petersham	5.7 miles	5.7 miles	1 ¼ hours	08:45
Petersham to Hampton Court Station	5.6 miles	11.3 miles	1 ¼ hours	10:30
Hampton Crt St to Sandy lane, Oxshott	5 miles	16.3 miles	1 ¼ hours	12:15
Sandy Lane to Effingham Jct	6.2 miles	22.5 miles	1 ¼ hours	14:00
Mini break at Crocknorth Road (water only)	4.1 miles	26.6 miles		
Effingham Jct to Combe Lane	8.4 miles	30.9miles	2 ½ hours	16:30
Combe Lane to Guildford High St. Finish Line	5.3 miles	36.2 miles	2 hours	18:30



## 10. Medical Support & Casualty Procedure

The GUTS Ultra and Half marathon events are a serious physical challenge and you are going to be working hard to complete your selected distance. If you follow some of the key advice points below you are almost guaranteed to make it to the finish!

- [ Keep hydrated. Sip water little and often and try not to solely rely on energy drinks and gels.
- [ If you have a niggle, address it: stretch out and/or talk to a member of the medical team at the next marshal point. Take care of the small things to achieve the big goal!
- [ Bring your own small medical kit with plasters and some sort of pain relief. The medical team are there to help but may be called away to deal with serious issues.
- [ Ticks are present along the route. To prevent bites you can wear long sleeved clothing or a repellent. If you find one on you then remove it if you are confident to do so or ask a member of the medical team to assist you.
- [ There will be medical support for the duration of the event; they are here just in case anything serious happens. However, if it is a true emergency call 999 first and then notify the Event Team.

## 11. Spectators/Support Crew

Friends and family are more than welcome to come and cheer you on as you take on your own personal challenge. However, there are some guidelines below that will aid us in the smooth running of the event.

- [ Any spectators must abide by the Highway Code
- [ Please respect members of the public who will also be on the route.
- [ We ask that spectators do not position themselves at the aid stations; this is likely to be a busy area with competitors refuelling in a limited space. The only aid stations with capacity to host spectators are Hampton Court Station, Effingham Junction and Combe Lane.
- [ Don't drop litter. Dispose of your litter in the bins provided or take it away.



## 12. Charities & Sponsors

GUTS was founded in 1983 by Professor Chris Marks, who recognised that early detection was key to improving bowel cancer survival rates. GUTS initiated one of the first bowel cancer mass screening programmes in the UK, reaching 20,000 patients from 37 GP practices in the Guildford area in its first year.

GUTS continues to strive to raise awareness of the bowel cancer and ultimately save lives. We provide a unique service for the community but we need your help to both maintain this service and to spread awareness of this common cancer. As a registered charity, we rely solely on donations from you, our supporters, to continue our fight against bowel cancer.

The GUTS event is proud to be sponsored by Fitstuff, Guildford's specialist running shop and sports clinic. The shop, tucked just off the High Street on Chapel Street, stocks a wide range of footwear, clothing, accessories and nutrition products. The knowledgeable team are always on hand to advise on the latest products, shoe fitting and the best local races!

## 13. What you'll see along the route...



Teddington Lock: There are a total of forty-four locks along the River Thames. The first is St. John's Lock near the Town of Lechlade, Gloucestershire. You'll run past the last lock on the Thames at Teddington. The Teddington lock complex consists of three locks, a conventional launch lock, a very large barge lock and a small skiff lock.

Hampton Court Palace: The palace was built in Tudor times and considered modern and sophisticated. Famous inhabitants include Cardinal Wolsey and Henry VIII. The last monarch to live in the palace was George II, and the palace was first opened to tourists in 1838, by [Queen Victoria](#). The famous maze at the palace is the oldest surviving hedge maze in the UK and it was designed in about 1700.



