



# Event Information Pack 2019

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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 without having to rush.

### Ultramarathon & Ultra Relay Leg 1

- **Registration/Bib Collection:** Godalming United Reformed Church, Bridge Street, Godalming, GU7 3DU.
- **Public Transport:** Please check train times at [www.thetrainline.com](http://www.thetrainline.com). Godalming train station is a 0.9km walk from Godalming Reformed Church. The earliest buses will not get you to the start on time.
- **Parking:** Please visit [www.parkopedia.co.uk](http://www.parkopedia.co.uk) for info regarding parking in Godalming. There is strictly no parking at Godalming Reformed Church. Godalming town centre car parks are all a short walk away from the registration area. We suggest Godalming Crown Court Car Park costing a maximum of £10.50 for the entire day (charges from 08:00 - 18:30). Ringo payment is available.

### Marathon & Ultra Relay Leg 2

- **Registration/Bib Collection:** St Mary The Virgin Church, Perry Hill, Worplesdon, Guildford, GU3 3RE.
- **Transport:** Worplesdon Train Station is a 3km walk from the start line. Please check train times at [www.thetrainline.com](http://www.thetrainline.com). The nearest bus stop is at Coombe Lane (opposite near White Lyon & Dragon Pub). Bus routes 28, 91, 520 and 690 all have services here.
- **Parking:** No parking is available at this venue, Please be dropped off at either the White Lyon & Dragon Pub or Worplesdon Place Hotel.



### Half Marathon & Ultra Relay Leg 3

- **Registration/Bib Collection:** Clandon Train Station, West Clandon, Guildford GU4 7TN (North side of the train tracks).
  - **Transport:** Please check train times at [www.thetrainline.com](http://www.thetrainline.com). The nearest bus stop is on The Street (A247), bus route 463 has a service here.
  - **Parking:** Parking is available at the Train Station Car Park costing £2.00 for the day on Saturday. Please be dropped off outside the main station and walk over the bridge.
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## 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 the course.

### Ultramarathon

- Staggered start from 07:00.
- Registration from 05:45 – 06:30.
- Race briefing will be at 06:35.
- 06:50 competitors will be walked from the church to the start line across the road.

### Marathon

- Staggered starts from 10:00.
- Registration from 09:00 until 9:45.
- Race briefing will take place at 09:50 prior to the start.

### Half Marathon

- Staggered starts from 10:00.
- Registration from 08:45 until 09:30.
- Race briefing will take place at 09:35 prior to the start.
- Please note that after the briefing you will need to make your way to the start point near Lime Grove approx 0.9km. A member of the events team will lead you to the start.

### Ultra Relay

- Mass start at 07:00 for Leg 1.
- Registration from 05:45 - 06:30.
- Race briefing will take place at 06:35 prior to the start.
- The first leg competitor starts with the Ultra participants at 07:00 from Godalming. And finishes at St Marys The Virgin Church Aid Station.
- The second leg competitor is in position to receive the timing strap from leg one at St Mary's The Virgin Church aid station and finishes at Clandon Train Station.



- The third leg competitor is in position to receive the timing strap from leg two at Clandon Train Station Aid Station and finishes in Godalming.
- Each relay leg will pick up their race bibs at their dedicated start.
- All three relay team members will receive a medal on the finish line in Godalming.
- The timing strap in the relay will act as a baton and overall time will be calculated from the three legs.

You won't be sent your race number or timing strap in advance of the 27th April. Race numbers and chips are to be picked up from the registration at your start venue.

Check your name on the start list and then inform the registration team of the number against your name. The registration team will supply your chip and bib and safety pins. Pin your number so that it is visible and attached the timing strap to your wrist using the velcro wristband provided.

Ensure you fill out your name and medical details on the reverse of your race bib.

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### 3. Kit List

#### Ultramarathon

- Sturdy trail running shoes (70% of the route is on trail).
- Comfortable socks.
- Appropriate running gear, dress for the weather on the day.
- Suitable water bottle or camelback, so you can carry at least 500ml of water.
- Space blanket.
- Charged mobile phone.
- Add our Emergency mobile 07899 676753 to “recently dialled” on your phone.
- 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.

#### Marathon

- Sturdy trail running shoes (70% of the route is on trail).
- Comfortable socks.
- Suitable water bottle or camelback, so you can carry at least 500ml of water.
- Appropriate running or walking gear, dress for the weather on the day.
- Charged mobile phone.
- Add our Emergency mobile 07899 676753 to “recently dialled” on your phone.
- Any additional supplements that you may require.
- Medical pack - plasters and pain relief.

#### Half Marathon

- Sturdy trail running shoes (70% of the route is on trail).
- Comfortable socks.
- Appropriate running or walking gear, dress for the weather on the day.
- Suitable water bottle or camelback.
- Space blanket.
- Charged mobile phone.
- Add our Emergency mobile 07899 676753 to “recently dialled” on your phone.



- Any additional supplements that you may require.
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## 4. Facilities Available

### Ultramarathon

- The Godalming United Reformed Church is the base for the start.
- Toilets are available in the church; men's, women's and disabled.
- Teas and coffees will be available to participants - make your own.
- Water will be available for participants to fill bottles.
- Bag drop is available - one small bag per participant (remember to attach your baggage tag).
- Race registration volunteers will be able to answer any questions.

### Marathon

- St Mary the Virgin Church is the base for the start.
- Race bibs are picked up from the aid station in the church car park.
- Portaloos are available at the church.
- You can not fill your water bottles. Bring your bottles filled.
- A bag drop service is available - one small bag per participant (remember to attach your baggage tag) This will be transported to the finish at Godalming for you.
- Drop off parking at White Lyon pub.
- Race registration volunteers will be able to answer any questions.

### Ultra Relay Leg Two

- St Mary the Virgin Church is the base for the start.
- Race bibs are picked up from the aid station in the car park.
- Portaloos will be available at the start/aid station.
- You can not fill your water bottles. Bring your bottles filled.



- No bag drop service is available - please hand any bags to your leg one runner.
- Car parking not available.
- Race registration volunteers will be able to answer any questions that you may have.

### **Half Marathon**

- The Clandon Train Station Aid Station is the base for the start.
  - Race bibs are picked up from the aid station.
  - Portaloos will be available at the aid station (please note the start line will not have toilet facilities).
  - You can not fill your water bottles. Bring your bottles filled.
  - A bag drop service is available - one small bag per participant (remember to attach your baggage tag). This will be transported to the finish at Godalming for you.
  - Car parking available at West Clandon Train Station Car Park. £2 for 24 hours.
  - Race registration volunteers will be able to answer any questions that you may have.
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## 5. Routes & Signage

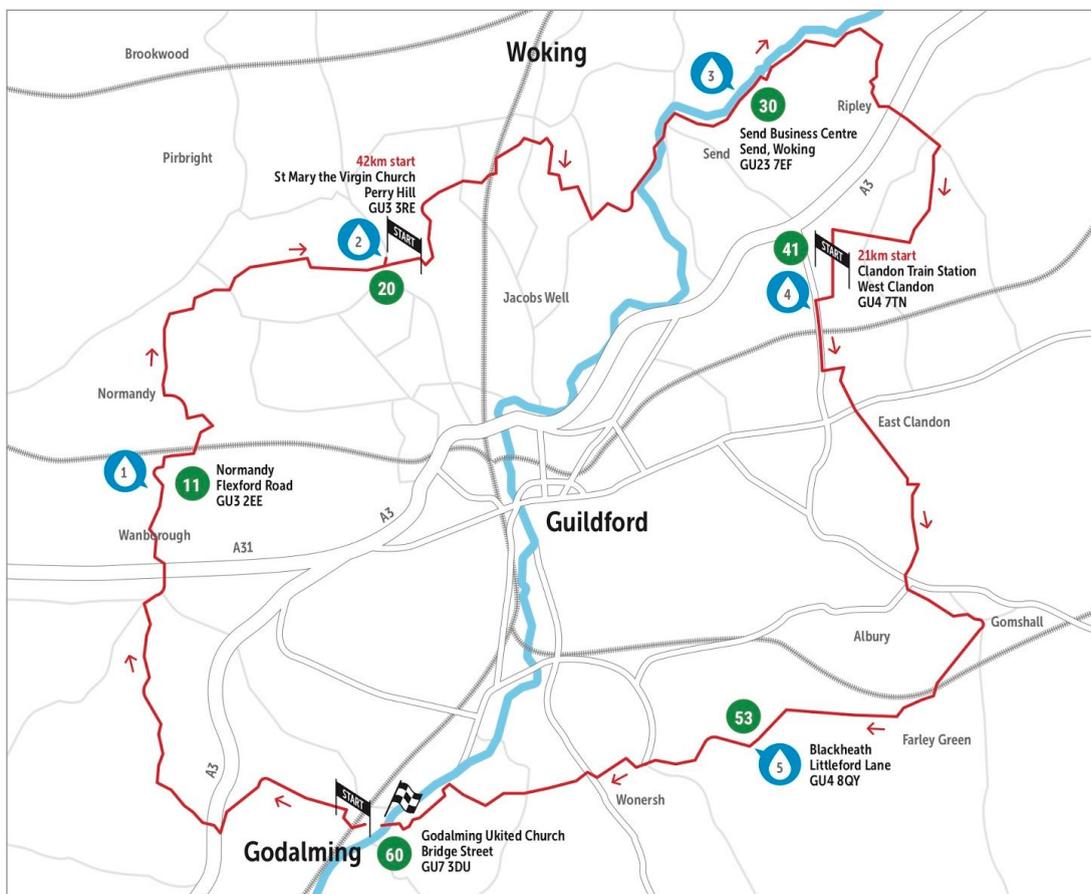
For the detailed route map and distances please view the good run guide website by following [this link](#).

For the aid station locations it is best to use the google map following [this link](#).

All routes will be marked with orange high viz direction signage. *Follow these at all times.*

### Key

- Fox Route
- Km markers
- Aid Station
- Finish
- Start



## 6. Aid Station Info

### Ultramarathon

Number	Name	Km	Estimated front runner	Aid Station Cut Off	Address
Start	Godalming	0km	7:00	17:30	Godalming United Church, Bridge Street, Godalming, GU7 3DU.
1	Flexford	11.3km	7:50	9:00	Flexford Road, Normandy, Guildford GU3 2EJ.
2	St Mary The Virgin Church	19.5km	8:30	11:00	St Mary The Virgin Church, Perry Hill, Worplesdon, Guildford, GU3 3RE.
3	Send Business Centre	30.0km	9:20	12:45	Tannery House, 3 Tannery Lane, Send, Woking, GU23 7EF.
4	Clandon Train Station	40.9km	10:15	14:20	Clandon Train Station, West Clandon, GU4 7TN.
5	Blackheath	53.3km	11:15	16:15	Littleford Lane Car Park, Guildford, GU4 8RB.
Finish	Godalming	61.0km	11:45	17:30	Godalming United Church, Bridge Street, Godalming, GU7 3DU.

### Marathon

Number	Name	Km	Estimated front runner	Aid Station Cut Off	Address
Start	St Mary The Virgin Church	0km	10:00	11:00	St Mary The Virgin Church, Perry Hill, Worplesdon, Guildford, GU3 3RE.
1	Send Business Centre	10.9km	10:50	12:45	Tannery House, 3 Tannery Lane, Send, Woking, GU23 7EF.
2	Clandon Train Station	21.8km	11:45	14:20	Clandon Train Station, West Clandon, GU4 7TN.
3	Blackheath	34.2km	12:45	16:15	Littleford Lane Car Park, Guildford, GU4 8RB.
Finish	Godalming	41.6km	13:15	17:30	Godalming United Church, Bridge Street, Godalming, GU7 3DU.



### Half Marathon

Number	Name	Km	Estimated front runner	Aid Station Cut Off	Address
Start	Lime Grove	0km	10:00	n/a	Fox Way Path, nr Lime Grove, West Clandon, Guildford, GU4 7UH.
1	Blackheath	13.3km	11:05	16:15	Littleford Lane Car Park, Guildford, GU4 8RB.
Finish	Godalming	21.2km	12:15	17:30	Godalming United Church, Bridge Street, Godalming, GU7 3DU.

### Ultra Relay Leg 1

Number	Name	Km	Estimated front runner	Aid Station Cut Off	Address
Start	Godalming	0km	7:00	17:30	Godalming United Church, Bridge Street, Godalming, GU7 3DU.
1	Flexford	11.3km	7:50	9:00	Flexford Road, Normandy, Guildford GU3 2EJ.
Finish	St Mary The Virgin Church	19.5km	8:30	11:00	St Mary The Virgin Church, Perry Hill, Worplesdon, Guildford, GU3 3RE.

### Ultra Relay Leg 2

Number	Name	Km	Estimated front runner	Aid Station Cut Off	Address
Start	St Mary The Virgin Church	0km	10:00	11:00	St Mary The Virgin Church, Perry Hill, Worplesdon, Guildford, GU3 3RE.
1	Send Business Centre	10.9km	10:50	12:45	Tannery House, 3 Tannery Lane, Send, Woking, GU23 7EF.
Finish	Clandon Train Station	21.8km	11:45	14:20	Clandon Train Station, West Clandon, GU4 7TN.

### Relay Leg 3

Number	Name	Km	Estimated front runner	Aid Station Cut Off	Address
Start	Lime Grove	0km	10:00	n/a	Fox Way Path, nr Lime Grove, West Clandon, Guildford, GU4 7UH.
1	Blackheath	13.3km	11:05	16:15	Littleford Lane Car Park, Guildford, GU4 8RB.
Finish	Godalming	21.2km	12:15	17:30	Godalming United Church, Bridge Street, Godalming, GU7 3DU.

There will be a variety of food and drink at each aid station as shown in the picture.





## 7. Safety

As event organisers, aat-events have taken as many considerations and precautions as possible. 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:

- **Medical protocol**
  - o Critical? Call 999
  - o Non-emergency call 07899 676753
  - o Required information:
    - Breathing and conscious
    - Gender
    - Approximate age
    - Race bib number
    - Location

- **DNF?**

If you leave the event and want to go home, you must inform the Event Team 07899676753. You will be presumed missing and your next of kin contacted until we have found you. Not least that your timing chip will need to be returned.

- **Lost?**

If you are lost, run back to the last arrow. Don't keep running if you can't see any arrows! Don't hesitate to call the Event Team.

- 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. 07899676753
- Dress for the weather and check the weather forecast.
- We have done our best to signpost the route but some signs might be removed by members of the public.
- If we are worried about you or your pace isn't quick enough to meet the cut off timings you will be removed from the course. This is for your safety and for the welfare of the volunteers.



- Follow the highway code at all times.
- **Do not drop litter.**

Littering = Immediate disqualification. The event takes place in an area of outstanding natural beauty.

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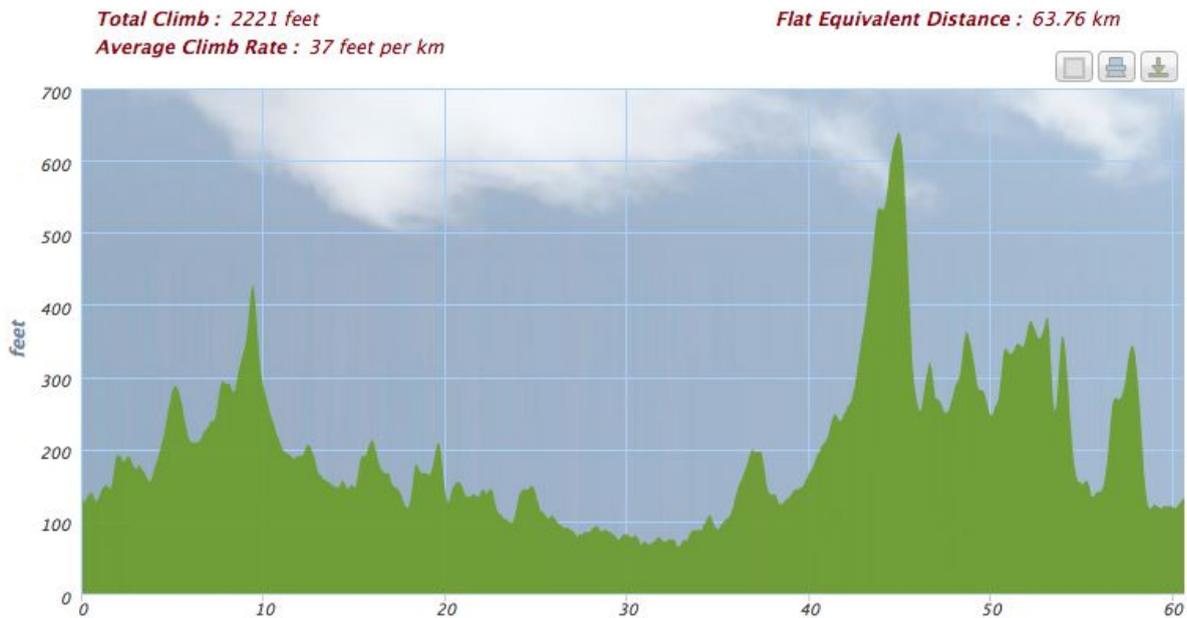
## 8. Trail Conditions

The Fox Way is scenic circular course was devised by Richard Fox, an avid local walker who was amazed by the beautiful and varied countryside he found along the route. Keen to share his findings, Richard set about signing and publicising his "Fox Way." The Ultra route follows the Fox Way for the majority of the course. The marathon course starts in Worplesdon and follows the Fox Way clockwise through to Godalming, the Half Marathon route begins in West Clandon and follows the final 21km section of the route to our Godalming finish.

The trails and roads are open-access for the public. You will see the Fox Way indicated on recent OS maps of the area. 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 Worplesdon Road in Worplesdon, the A320 south of Mayford, the A246 at Clandon and A25 in Shere are all busy roads where you will need to stop and wait for a gap in the traffic.

The Fox Way covers a range of terrain, from grassy farm fields at Shackleford, to sandy trails at Whitmore and Blackheath Commons, canal pathway past Ripley, to beautiful bluebell woods near Bramley village.



## 9. Medical Support & Casualty Procedure

The Fox Ultra 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 an emergency call 999 first and then notify the Event Team.



## **10. 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 site themselves at the aid stations; this is likely to be a very busy area with competitors refuelling in a limited space.
- Don't drop litter. Dispose of your litter in the bins provided or take it away.



## 11. Charities & Sponsors

**ULTRA magazine** is the UK's first printed magazine centred on ultra long-distance running. It celebrates the ultra community – runners, friends, families, volunteers and race organisers – giving space for people to share their adventures with others, their successes and failures, their stories and exploits, their words and pictures, via a beautifully printed, quality publication.

ULTRA informs new and existing runners of races around the world via passionate stories and stunning photographs that show off the wonderful landscapes upon which we run. It has race reports and interesting commentaries written by ultra runners, and looks forward to events coming in the next couple of months. There are race times from recent events, and even a few pages about how people can better look after themselves with a little coaching, nutrition and medical advice.

ULTRA is welcoming of everyone, whether they're elites or people just thinking about taking part. Or even family and friends of ultra runners who don't yet understand the sport. It is something beautiful and informative that I hope we'll all be proud of.



**Salming** are an Icelandic company producing no-nonsense kit for many sports, including running. They will be attending the event and Trek Hire UK are kindly providing prize vouchers for our Fox winners.

**Eye-Bex Physical Therapy** will provide massage on the finish line. Kick start your recovery with a 15 min post-event massage to boost your recuperation, reduce muscle soreness and restore range of motion to those muscles that have just powered you round the route. They'll thank you for it! £15 per 15 mins.

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## 12. Fun Facts

Look forward to seeing all of this and more along the way...

**Peper Harow Estate:** After Eashing you'll cross the A3 (don't worry, there's a bridge!) into the Peper Harow estate. The name is Old English, meaning "The pagan stone altar of the pipers." During the Second World War the estate was a holding area for Canadian Forces. In the 1970s the Peper Harow residential community founded by Melvyn Rose was internationally renowned for its pioneering work with traumatised young people.



**Puttenham Common:** Puttenham Common is the site of the Iron Age Hillbury Fort, the banks of which

can still be seen today to the right as you pass a body of water known as the Tarn. As you approach the chalk ridge of the North Downs you'll pass through the village of Puttenham which has a long agricultural history - hops are still grown here and used by the Hogs Back Brewery.

**Worplesdon Common:** At Worplesdon Common the open heathland was created by centuries of cutting and grazing by local residents. The common now supports an abundance of wildlife including water voles.



**Newark Priory:** After crossing the A247 at Send you'll continue running along the canal. Once you're in open fields keep your eyes peeled for Newark Priory across the canal to your left. Founded in 1199 by the Bishop of Winchester and run by the Canons of St Augustine the Priory met a sticky end in 1535 during Henry 8th's dissolution of the monasteries. There's an annual chance of a closer look - a 6am dawn service is held in the Priory on Easter day each year.

**Shere:** The picturesque village of Shere appears in the Domesday Book of 1086 - its assets included 1 church, 2 mills, and woodland worth 50 hogs! Today the population boasts a high number of London commuters amongst their numbers. The Dabbling Duck cafe, White Horse and William Bray Pub all make good stops for those with weary legs!





**Blackheath Common:** After crossing the railway line at Brook you will turn off the road into Blackheath Common. A warren of winding paths criss-cross the lowland heath which is an SSSI. Follow the arrows and you'll find your way with no problem!