



# London Summer Walk

5 June 2021

Final Event Guide



The 2021 London Summer Walk is approaching quickly, and with about 1,500 people taking part – it should be a great event! This ‘Final Event Guide’ will help with your final planning, and please read this alongside other material set out in the in the ‘App’ or in the Participant Area of the Ultra Challenge website. With official Covid rules & regulations in place – you will of course see appropriate risk reduction measures throughout the event – and you’ll also be required to make a formal ‘Covid Screening Declaration’ prior to the event.

### Download the Challenge App

Download the APP for access to key info & updates. Available in both the Apple or Google Stores, search '**Action Challenge**' and download. Use the code **ACI** to get started on the front screen – then go to '**load challenge**' in the menu and enter the code **LSW** – which downloads the info for The London Summer Walk.

The App gets updates in the lead up to the Challenge, including maps & special features to use whilst on the actual event - so make sure you have it on your phone!

### In the APP you will find:

- ‘Need to Know’ list – all the info!
- Merchandise shop
- Travel advice
- Route Maps – rest stop info
- Kit Lists + Much More.....

We also have a Participant Area on the website that holds some of the key info:

<https://ultrachallenge.com/participant-area/london-summer-walk-participant-area>

### Start times

For anyone registered before 7<sup>th</sup> May 2021, you should have received your allocated start time sent via **EMAIL** on Friday 7<sup>th</sup> May.

We’ve tried to allocate a start time as close as possible to the slot selected when registering. However, with the social distancing measures we’ve had to deploy, and the number of people selecting early slots, some of the start times have had to be pushed back slightly to comply with the **Local Authority** restrictions – and we’ll only amend anyone’s start time in exceptional circumstances.

If you joined a team when you registered, team members will be allocated the same start time as the Team Captain. If you’ve **NOT** received your start time email by **midday**

**Friday 21st May** (check your 'junk' inbox!) **OR** in legitimate exceptional circumstances you'd like to request a 'start time amendment' **OR** there seems to be a problem with some of your Team's start times - then please complete the **ONLINE FORM** below by 5.00pm **Friday 21st May** at the latest.

Anyone that has registered on 7 May or after, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to all participants on the 26 May).

**[CLICK HERE FOR START TIME REQUEST FORM >>](#)**

### **E-Tickets & Bib Number**

Your E-Ticket will be **EMAILED** on **Wed 26 May 2021** – and you must bring it for registration on to the event. Ideally store it on a mobile device to save paper!

If you've **NOT** received an E-Ticket by **Monday 31 May** (check junk mail first) – there will be a 'Starting List' published within the App & Participant Area of the Ultra Challenge website - where you can check your bib number, start time and request an E-Ticket re-send. We ask that you **do not** email or phone to request an E-Ticket.

### **Covid-19 Screening & Status Declaration**

All participants must complete a Declaration before entering our main event area - no more than 48 hours prior. The details within this Declaration will only be used by our Medical Team – and in respect of their responsibilities to furnish comprehensive track & trace type data if required to do so by an 'official organisation'. This declaration confirms:

- To the best of your knowledge you are 'Covid' symptom free (*compulsory*)
- Details & results of any recent Covid tests (*eg lateral flow, PCR, NA*)
- Your Covid Vaccination Status (*eg 1st, 2<sup>nd</sup>, NA*)
- If you've suffered from Covid, you are fit to take part in the event (*compulsory*)
- You're not required to be: isolating, shielding, or quarantining (*compulsory*)
- That you accept & agree to our on-event Covid Risk Reduction rules & measures

Within the **FINAL EMAIL** (will be sent on Wednesday 2 June), there will be a link to a short online Declaration form - and upon arrival at the start venue we will check that you've completed it. If you haven't done so – you **will be** required to complete a form before entering the main event arena (so **please note** – failure to complete the Declaration in advance will delay your entry in to the event!).

**NOTE** – regardless of the Declaration – **DO NOT** turn up if you, or a member

of your household, are exhibiting symptoms associated with Covid-19. Temperature checks will also be made prior to 'official registration' at the start.

### Kit & Foot Care Advice

There's no such thing as bad weather, just bad clothing! Check out our kit lists & foot care advice in the App to help prepare for your challenge.

## COVID-19 SAFETY – EVENT RULES & START PROCESS

To obtain permissions for the event we have to comply with an array of Covid risk reduction measure to ensure that all participants, staff, suppliers and members of the public are kept safe. Set out below are the rules & measures which we will be implementing - and of course these mirror the key message of the Government's latest campaign emphasising - **HANDS – FACE – SPACE – FRESH AIR.**

We ask that all participants understand these and adhere to them – and to respect others around them at all times.

### General...

- You must bring your own face coverings & a small bottle of hand sanitiser
- You must sanitise your hands at the entrance to the rest stops / venues
- Face coverings / masks are compulsory in designated areas (*signage will mark these*)
- Everyone must observe social distancing & the 'Rule of 6' indoors & 30 outdoors
- You must sanitise your hands before & after using the toilets (+ think of others!)
- You must follow any designated one-way systems where applicable
- RED & WHITE signage will give Covid safety instructions - and must be obeyed

### At the Start...

- The start venue is at The Oval, Kennington
- You can only enter the '**Reception Zone**' a max of **45 mins prior** to your start time
- Your E Ticket will be checked (*inc start time*)
- Your Covid Declaration will be checked upon entry (*so fill in prior - to avoid delay!*)
- There will be no access to Supporters
- There will be: breakfast vendor, coffee / tea etc & toilets in the Reception Zone
- Merchandise will be on sale – no trying on for size etc - card payment only
- **30 mins prior** to your start time you'll be called to the '**Registration & Start Zone**'
- E tickets will be checked again (*i.e. start times*)
- There will be a **Temperature Check** upon entry to the 'Registration & Start Zone'
- If you fail the temperature check (after a repeat test) you cannot take part in the event
- You will pick up your **Registration Pack** (bib number / event pass / timing chip etc)

- The **Baggage Drop** (storage service) can be accessed + more toilets are available
- You'll be directed to a '**rolling start**' set up (to avoid a mass gathering / congestion.)

### At Rest Stops & Finish...

- Supporters will **not** be allowed in any of the rest stop area (to give participants space)
- You must not automatically help yourself to food & drink (it will be passed to you)
- You **must** use the bins provided & **clear your litter** (if not – someone else has to!)

### Along the Route...

- You must respect Social Distancing - 2 metres wherever possible (*mask where not*)
- NO LITTER - on the ground / surrounding area (*as someone else has to pick it up!*)

### Medical & Welfare Areas...

- There will be check in / waiting areas (*extra details will be taken by our medics*)
- Face coverings must be worn in these area (*unless impossible*)

### Supporter Access

- There will be no supporter access to the start/finish at the Oval, or at the Rest Stops

## Key pre-event information

### Rest Stop Facilities:

### START - Kennington Oval, London SE11 5SS

- **Getting there & away:** The start of the walk is at The Oval, access to the start is via the Alec Stewart Gate, off Harleyford Rd.
- The nearest tube station is the Oval, which is on the Northern Line. There is no parking on site, or close to the venue – so public transport is highly advised.
- **Facilities:** Registration, teas & coffee, toilets & start line
- **Opening times:** Registration for the walk starts at **7.30am**. There will be no Friday pre-registration, so please do not try to attend.

### MID- POINT REST STOP I; 11km – Southwark Park

- **Facilities:** Toilets, medics, a covered space, bakery, light snacks, tea & coffee, water & squash
- **Getting away (if required):** The nearest tube/train station is Bermondsey & Canada Water - a 10 minute walk from the rest stop.

## **MARATHON HALF WAY & HALF-MARATHON FINISH; 21km – The Oval**

- **Facilities:** Finish line, toilets, medics, hot food, drinks & refreshments. For those on the Full Marathon there is a picnic style lunch, and for the Half-Marathon finishers there is hot food, drinks & refreshments.

## **MID- POINT REST STOP 2; 34km – Parsons Green (Marathoners' only)**

- **Facilities:** Toilets, medics, a covered space, sweet & savoury snacks, water & hot drinks.
- **Getting away:** The nearest tube/train station is Parsons Green, which is a 10 minute walk from the rest stop.

## **MARATHON FINISH; 42km – The Oval**

- **Facilities:** Finish line, toilets, medics, hot food, drinks & refreshments.

### **On Event Information**

#### **At Registration**

- You **MUST** arrive on site a max 45 mins before your start time
- You **MUST** present your **E-TICKET** where asked to
- Collect your **EVENT PACK** (Event Pass / timing chip, lanyard, bib, safety pins)
- Collect your **event buff & route card**
- You will need to complete **medical details** on the reverse of your event bib (*if have any serious conditions*)
- E-Tickets are **NOT** transferable – we may ask for ID to confirm your details
- You must come with at least **1litre of water**, either in a bottle or a camel back regardless of the distance you are completing.

#### **Baggage**

You will be expected to carry your own day bag during the walk, and we recommend a rucksack of between 20-30L. Your day bag will have everything that you might need - water, compeed etc to avoid blisters, suitable layers (according to the weather), waterproofs, and any of your own snacks. We will also have a **Baggage Drop / Storage Service** at the Oval start, and you can leave any larger bags that you don't want to walk with and there is a £5 charge. You will be able to access your bag at half way if on the 'full



marathon' distance.

## THE ROUTE

Will be well marked with pink arrows, KM markers, and special signs. You'll have access to a detailed Route Map via the [Challenge APP](#) (so a mobile phone is handy (and for emergency contact) – and via a QR code on the 'Route Card'

### Google Map

This will be finalised & enhanced with useful information prior to the Walk.

### GPX file

You will be able to download the GPX file of the route you are taking on to upload into GPS devices (such as Garmins), if you are planning on using such a device, This GPX file will be finalised & updates around 10 days prior to the Challenge.

### [CLICK HERE TO VIEW OUR 'ROUTE MAP' OPTIONS >>](#)

**NOTE:** Route is subject to change & will be finalised on 26 May (with E tickets). However please **follow the signage on the day** - as last minute diversions may be in place.

### Timing & Tracking

You will be issued with a timing chip and lanyard to be worn around your neck during the Challenge, and will be scanned at the start and finish lines, as well as at all rest stops. You must pass through all check points in order for your tracking profile to be updated. This means that our 'timing & tracking' system monitors your progress across the event. Friends & family will also be able to view your progress through the rest stops. This will be available via our [website](#) on Wednesday 2<sup>nd</sup> June (3 days before the Challenge).

## DROP OUT PROCEDURES, CUT OFFS, RULES

During the event there will be a **Control Room** in operation. Please ensure that you save the important phone numbers prior to the Walk.

**Emergency Number** (if you are injured but non-life threatening): **0203 915 6682**

**Control Room Number** (for non emergencies i.e. you are lost): **0207 609 6695**

**SMS / Whats App** (to say you're retiring from the event etc): **07587 634909**

**Life Threatening Incidents** **CALL 999** first, then the emergency number above

## Exiting / retiring from the Walk

If you need to exit/drop out of the Walk, please inform Event Staff either in person or by Text SMS to the number provided on the Route Card. Nearby tube stations and over ground stations will be marked on the 'Route Card' given to you at the start. If for whatever reason you are in need of medical attention we will have medical teams at the start, mid-point and finish venue – if you require medical attention along the route then you need to make your way to the nearest facility/ hospital as advised by our Control Room.

## If dropping out Half Way or a Rest Stop

Go to the 'Information Point' and hand in your Event Pass. They will provide details of the nearest train & tube stations.

## Expected Timings & Cut Offs

**This event is a walk ONLY.** Any participants seen running or joggers – or achieving a 'runners' type time will be disqualified (i.e. no medal, no finisher's hot meal, no listing on the timing website).

### Anticipated timings:

- Half Marathon in 3-5 hours
- Full Marathon in 7-11 hours

The event has an overall cut off time of 21:00. Half Marathon walkers will need to reach their halfway point (Southwark Park) by 3:00pm, and Full Marathon walkers will need to reach their final stop (Parson's Green) by 18:50.

## Event Rules

There aren't too many rules – but the ones we have are important. Please make sure you familiarise yourself with these rules and our Ultra Code before the Walk:

- Your Bib & Event Pass must be worn at all times
- You must have a mobile phone with you – and the app installed if possible
- You should ideally carry a back-up power pack for your phone
- Participants must ensure they are hydrated, fed & rested before commencing any stage of the event and report any concerns to an Event Medic or Event Staff
- If, in the opinion of an Event Medic, a participant is considered unfit to complete the next stage, or further stages, that participant will be excluded as necessary
- The Event Organiser reserves the right to operate a 11 hour cut off time for all participants attempting the Full Challenge – with other Rest Stops closing times in



accordance with this time frame (as set out above).

- The Organiser reserves the right to officially remove a participant from the Challenge if, in their reasonable opinion, the participant's actions or behaviour is likely to significantly impact the wellbeing of other participants, staff, suppliers, or members of the public - or will bring the reputation of the event and / or the event organiser into disrepute.

## What can you expect next from us...

1. **E-Tickets** These will be sent to you on the 26<sup>th</sup> May – keep an eye out for them in your inbox!
2. **The Live Event Website & App** On the 2<sup>nd</sup> June the Summer Walk website & App will go 'live' for the event – with our timing & tracking website, social media feed, competitions & much more so don't forget to check it out!
3. **Official Results & Certificates Released** Your final times will be released via the timing website on the 7<sup>th</sup> June – you'll also be able to download your Challenge certificate!

**We wish you the best of luck for your Summer Walk – and let's hope the weather is if you have any questions, please visit our online Help Centre on our website:**

**[CLICK HERE for the Help Centre >>](#)**

**Kind Regards,  
The Ultra Challenge Team  
Action Challenge**