

Run Fest at Lee Valley



Race Information

Sunday 25th March 2018

Half marathon: 10:00AM

10K: 09:45AM

Dear competitor,

Thank you for entering the Run Fest at Lee Valley. We wish you all the best and we trust you will have a productive and enjoyable race.

Registration

Collect your numbers and timing chips from:

8:00AM – 9:30AM

There will be signs in place directing you to the registration desk. Please fill in the medical requirements on the back, and then pin your number securely on the front of your vest at each corner, so that it is clearly visible to officials during the race and at the finish. Please attach the timing chip to your shoe as indicated on the instructions, without bending it. If you are unsure if you have attached your chip correctly, please speak to a member of the chip timing staff.

Start and Finish

Lee Valley White Water Centre, Station Rd, Waltham Cross EN9 1AB.

Course

The race is held under UKA rules. The race starts and finishes at the White-Water Centre with the fantastic back drop of the white-water rapids course. The course is run on the pavement around the regional park. There is approximately 1500m of off-road grass/gravel path on each loop. Please keep left always and run in single file where necessary. Please take care and obey the course marshal's instructions and give way to members of the public, because the race doesn't have right of way.

Water Stations

There are two water stations out on the course. For the 10K, you will pass each water station once. For the half marathon, you will pass each water station twice. There will be water at the finish too.

First Aid

Professional medical staff will be on duty to offer medical assistance if required. If you feel unwell or sustain an injury please notify the nearest marshal or first aider. If you see someone in trouble en-route, please tell the next marshal you see so that help can be initiated.

Headphones

As this is a traffic free event, the wearing of headphones and similar devices is permitted during the race. However, we do ask you to keep the volume to a sensible level, so that you can still hear marshal instructions.

Car Parking

If you are wanting to come by car, then parking is available at the LV Showground. Please see the car park map attached. Marshals will be in place to direct you into the parking area. The car park is on grass, so you park at your own risk. The car park gate will be open from:

7:45AM – 2:00PM.

The main entrance to the Lee Valley White Water Centre is not available for competitors or spectators to park in. This car park is only available for staff members.

Travel

The Lee Valley White-Water centre can be reached easily by public transport. The nearest bus and train station is in Waltham Cross. You can also use the number 66 and 250 buses.

Changing

We advise you to come changed and ready since there is limited changing available at the venue.

Clothing and Valuables

Left at your own risk in the designated baggage area. Active Training World will not be held responsible for any lost items.

Refreshments

Available to purchase within the cafe area in the sports centre.

Photography

Professional photos of the race will be taken by Mark Easton and will be available to purchase from his website: www.markeaston.zenfolio.com.

Prize Presentation

Before 11:00AM for the 10K and before midday for the half marathon, on the Olympic podium! There will be many prizes available so please stay for it.

Results

Live results will be available as you cross the line on www.eventchiptiming.com, and will be emailed to all finishers on the afternoon of the race.