

The ULTRA

Would ALL runners please read this and take note.

If your car is NOT being used to transport runners out to the start please park in the sports ground car park along the road and walk down to my house.

If you are able to arrange to come to my house in the car allocated to you to go to the start it will save you the walk and also you will have your bag in the right car.

Please DO NOT BE LATE getting to my house (especially if you are one of the first few to go off) as if we have to wait it messes up our very tight schedule.

If for some reason you cannot come PLEASE RING 01268 784233 and let us know so that we do not hold groups back waiting for you.

There will be water available at every mile point from 3 miles onwards until 20 miles. If you want a special drink or Gels or banana you must bring it to my house with your name clearly marked on it. It will be ready for you at 5, 10 & hopefully 15 miles.

When on the run groups must ensure not to spread out across the road. When overtaking other groups run in single file. Remember we do not have the sole right to use the road – motorists would like to use it too. Be especially aware at the water stations.

At all times run on the right unless there is a footpath only on the left – then use it.

Remember to run at your planned rate or at the rate you feel comfortable at on the day.

Remember it is not a race – save your racing until the London itself.

Although we will start you off in small groups at various intervals which enables us to organize the water stations etc you do not have to stay with that group. If you are busting a gut to keep with your group – Don't- either just drop off the back and run at your own pace or carry on until you catch up with the group in front (who will be running slower than your group) and then run with them.

Although we start you off 22.5 miles from my house you do not have to run the whole lot – there are no prizes for getting back to my house without a lift – do what ever mileage you consider the one that will prepare you the best to do a good 'London'.

Above all – enjoy the day.