

## Final Info - Labour of Love

1 message

**Running Miles** <runningmilesuk@gmail.com>  
To: Running Miles <runningmilesuk@gmail.com>

25 September 2018 at 20:09

Hi

We look forward to seeing you next week. Whether it is for 1, 2, or 3 days, this info is the same for each day.

### Dates

Sunday 30th September, Monday 1st October, Tuesday 2nd October

### Venue

Hillingdon Cycle Circuit, Springfield Road, Hayes, UB4 0LP

### Directions

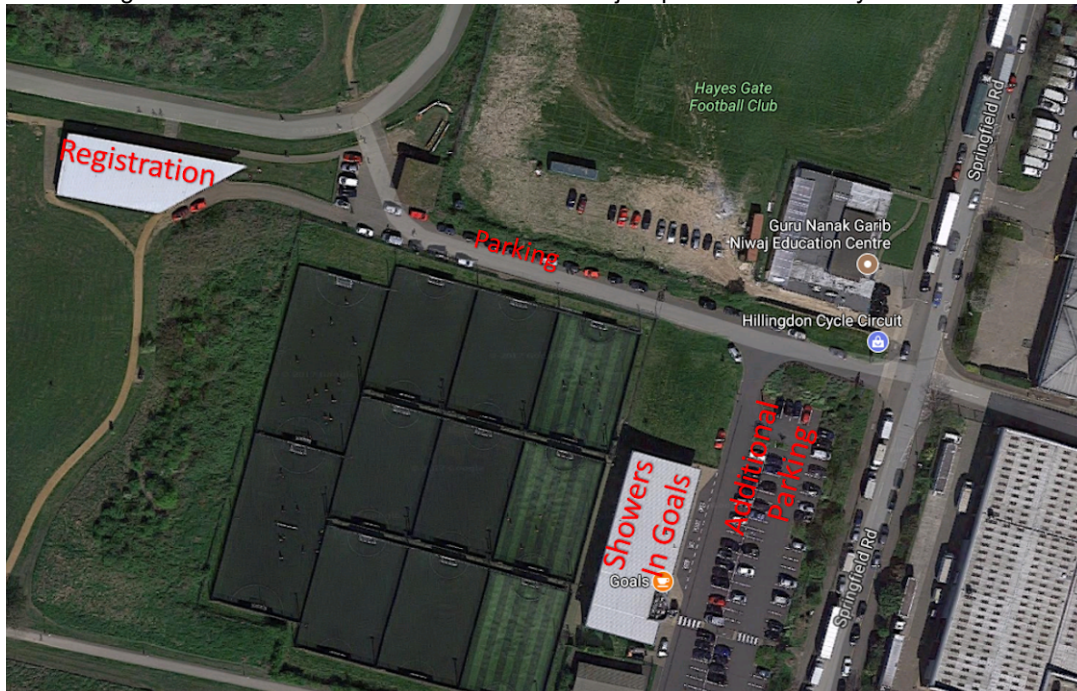
From M4 junction 3, or from A40 westbound take exit for A312 Hayes / Southall. (From the A40 London bound take exit A4180 towards Hayes and then join the A312).

Continue on the A312 to the A4020 exit. At the roundabout follow signs for Southall / Ealing and as you exit the roundabout, keep in the right-hand lane to turn right into Springfield Road at the traffic lights. (Look for tall building Hyatt Place). Continue along Springfield Road and the entrance to Goals / Cycle Circuit is on the right (before the sharp left hand bend).

(Anyone travelling from West London on the A4020 on Sunday, please note that there will be road closures around Ealing Broadway from about 8:00am)

There is some parking in the small road leading to the cycle circuit, once this is full please use Goals car park, users of the cycle circuit are allowed to park in there. All parking is free.

Anyone arriving early and looking for coffee before 8:00, exit the A312 in the same place but at the A4020 roundabout go in the Uxbridge direction and there is a 24hr Mc Donald's just past the Sainsburys.



By train, nearest stations are Southall or Hayes and Harlington, both about 1.7 miles.

### Times

Registration, from 8:00, will be inside the cycle circuit clubhouse where there will be tea / coffee and you will be issued with your race number, and a tag. Please attach the tag to your right hand side about waist height with the barcode showing. Those of you running more than one day can keep your number (replacements will be available if required).

8:55 Race briefing

9:00 Start (If you arrive late, you will still be able to run but the clock will start at 9:00).

## Shoes

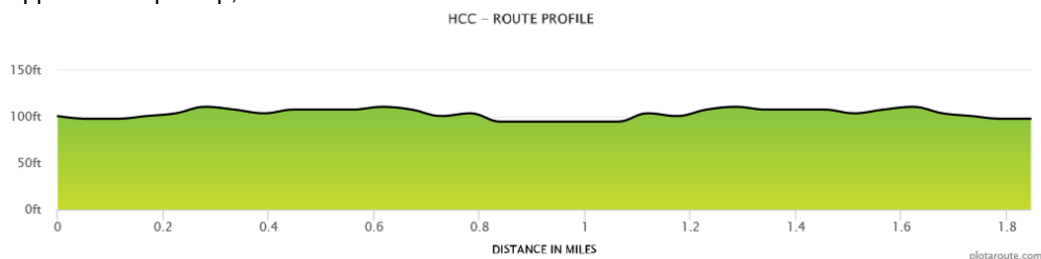
Road shoes, the whole course is on the tarmac cycle circuit.

## Course

The course is on the cycle circuit, you will start by the clubhouse and in an anti-clockwise direction follow the track to the turnaround point (almost back at the start) from there you go in the opposite direction to arrive back at the start / finish having completed one 1.88 mile lap. One or more laps makes you a finisher, 7 laps make a half marathon, 14 a marathon, 15 or more an ultra and 17 for a little over 50k.



The course has some long gentle slopes and just a couple of very short steeper sections. In total, the elevation gain is approx. 15m per lap, 200m for a marathon.



As we are using the circuit in both directions you will have others running in the opposite direction, so whilst giving each other waves, smiles and encouragement, please keep on the left-hand side of the track to avoid colliding with each other. The course has been measured taking into account that you will never be further to the right-hand side than the centre of the track, so anyone using the right-hand side around the right-hand bends will not have completed the full distance and will be required to complete a bonus lap!

We have exclusive use of the track for the day and therefore cyclists are not allowed to use it. However, it is located in a country park that is open to the public, so it is possible that you will encounter some pedestrians, cyclists and dogs crossing the track.

## Lap Counting

At the end of every lap your tag will be scanned in order to count your laps. From the 2nd lap onward we will also call out your number and confirm the number of laps that you have completed.

As there is no set distance, you can stop after any number of laps. You will need to inform us when you have completed your desired number of laps so that we can present your medal, and in exchange for your tag you can select the items for your goody bag and your time and distance can be recorded from the last scan.

You must have started your final loop by 6 hours 00 minutes after the start. As long as you have started the lap before the 6 hours 00 minutes limit you'll be able to complete that loop (even if you finish a little after the 6-hour threshold). There will be no mileage credit for partial laps.

## Toilets

Toilets are located inside the clubhouse at the start / finish of each lap. There are also changing rooms. Showers are located in Goals next door which are free for you to use.

## Baggage

Bags can be left inside the clubhouse which is only a few metres from the track. Anything left is at your own risk.

There will also be a table by the start / finish of each lap where you can leave your personal supplies but please mark your items to avoid others taking in error.

#### Aid station

There will be water and squash available in jugs to refill bottles or reusable cups, we still have stock of plastic cups so these will be available as well. There will also be a selection of sweet and savoury nibbles.

#### Bins

There will be a bin at the aid station and a couple on the course so please use these and do not drop any litter.

#### Headphones

As the route is traffic free you are allowed to wear headphones, but please make sure you can still hear sufficiently to be aware of others around you.

#### Your safety

Please ensure that you only run on the day if you are medically fit to do so, please visit <https://runnersmedicalresource.com/en/fit-compete/> for further information. There will be a first aider at the start finish area, if you are in need of urgent assistance on the course or see someone who is please alert us by calling 07426 004107, this is also printed on your race number.

#### Weather

The current weather forecast is showing very similar each day being dry, with sunny intervals and a gentle breeze, cooler starts at around 8°C rising to around 15°C .....however this may well change so please check and be prepared with suitable clothing.

If you have any questions in the meantime then please feel free to email me at [runningmilesuk@gmail.com](mailto:runningmilesuk@gmail.com)

Steve