

FAQ's – Five2go

What time does the marathon start and what time should I register?

Registration from 08.30am
Marathon starts at 10.00am

How do I get to the start of the race?

We would recommend the ONE railway system, who operate a service from London Liverpool Street to St Margarets on a 30min frequency. www.onerailway.com (*Please note that this is St Margarets in Hertfordshire and NOT South London). The train station is a 5-10min walk from the race start at St Margaretsbury Sports Ground.

If travelling by car, there is parking around Hackney Marsh and then a short bus journey to Liverpool Street Station or Tottenham Hale www.tfl.co.uk There is NO parking at St Margaretsbury Sports Ground due to the access required for runners and logistics vehicles. There is, however, parking in St Margarets itself on the streets of the main town centre, or a pay and display car park at the train station.

Getting to and from the race.....

In response to demand we have hired a coach to transport runners from the finish to the start of the race on race morning. This coach will pick up from Stratford Rail station at 7.30am and then Hackney Marsh (pavilion beside Homerton Road) at 7.45am. It will then leave Hackney Marsh to go direct to St Margaretsbury Sports Ground for the registration/race start (arriving by 9am).

Places on this facility are strictly limited and will be allocated on a first come, first served basis. As we are a charity, we have had to levy a (very reasonable) £5 charge per runner, payable on the day to cover the cost of this facility.

Places MUST be booked in advance. To book your place, please email Kaye Olszak, kaye@parentsforchildren.org.uk stating which pick up point (Stratford or Hackney Marsh).

Please note that there is no facility to transport spectators to the start, this is for runners only.

******NEW****** Also in response to your suggestions we have now booked a coach to transport runners from the finish back to the start in the evening. The coach will leave Hackney Marsh (pavilion beside Homerton Road) at **16.30pm**. Again £5 charge per runner, payable on the day. It has been difficult to find a time that suits all runners so we hope **16.30** will be okay, there will be hot food/drink outlets and entertainment available on the marsh until this time.

To book your place, please email Kaye Olszak, kaye@parentsforchildren.org.uk stating which pick up point, stating this is for **after the race**.

Please note that this is for runners only and we have 33 places available – I am happy for you to check with me if available space for family/friends nearer the time but runners have priority.

Will there be anywhere to store our bags?

There will be a secure lorry to transport your bags/luggage from the start to the finish for your collection after the race. You will be given a ticket to collect your bag with at the end of your run.

When will I receive my race pack and number?

Full race info has been sent out 1st November 2007. Your timing chip and actual number will be picked up on race day.

What surface is the trail marathon run on?

The marathon is run along the towpaths of the River Lea. The paths are almost entirely level and firm, with some gentle slopes at locks and bridges. Very wet weather may make one or two sections muddy, but trail shoes are not necessary, normal road running trainers are perfectly suitable.

As the route is run along a towpath, it is quite narrow (2 people wide) in areas. Please note, however, that there will be a 1 mile loop around the St Margaretsbury Sports Ground before the runners hit the towpath and a maximum of 300 running. This should ensure an enjoyable race for all..

What is included in the entry fee?

Your entry fee pays for the logistics involved in organising this race. You will receive a chip to record your time, water and energy drinks along the route, and a commemorative teddy and medal at the end of the race.

Is there a cut off time?

Due to light restrictions and therefore health and safety, there is a cut off time of 6 hours for the marathon.

How many drink stations are there on the Marathon route?

Water available at:

- Dobbs Weir (4.1m)
- Holyfield Water loop - in (8.2m)
- Holyfield Water loop – out (11.9m)
- Swan and Pike Road and Ordnance Road (15m)
- Tottenham Marsh/Stonebridge Lock (20m)
- Hackney Marsh

Water and Energy Drinks (High5) at:

- Holyfield Water loop - in (8.2m)
- Holyfield Water loop – out (11.9m)
- Tottenham marsh/Stonebridge Lock (20m)

There will also be tea, coffee and energy drinks (Lucozade) available to purchase at the St Margaretsbury Sports Club at the start and food and drink outlets available at the finish, please carry a small amount of cash to purchase if required.

Is it possible to enter on the day?

Unfortunately it is not possible to enter the marathon on the day. However, we welcome entries for the 5k and 1k on the day.

Do I get a refund or can I defer to next year if I have to withdraw from the race?

Unfortunately, due to the large administrative and set up costs involved in organising the marathon it is not possible to refund your entry fee. We will, however, make sure that you are top of the list for 2008's *four2go* marathon. You will still have to pay an entry fee, but with strictly limited places, this will ensure you are the first to know about registering for this event.

What happens if I need to drop out?

We will have designated first aiders along the route if you feel unwell or injured. Depending on the severity, we can then get you transported to the finish. If you feel unable to finish but aren't in need of medical attention, there are points along the route with access to the ONE railway system. These are at (from North to South):

Rye House
Broxbourne
Cheshunt
Waltham Cross
Enfield Lock
Ponders End
Tottenham Hale

Where can my friends and family watch me?

There are various points along the route where there is access onto the towpath. Again, public transport via the ONE Railway system is preferable, and stations are listed in the section above.

There are also certain points along the route which are accessible by car and the following points along the route are good vantage points:

The Start

Due to restrictions on car parking, we do not encourage spectators at St Margarets unless travelling by public transport.

Dobbs Weir

The Fish and Eels (pub)
Dobbs Weir Road
Hoddesdon
EN11 0AY

Broxbourne

The Crown (pub)
Old Nazeing Road
Broxbourne
EN10 6QT

Cheshunt

Access to towpath near Cheshunt Canoe Centre/Cheshunt Railway station
(via B176)

Enfield Lock

The Greyhound (pub)
425 South Ordnance Road
Enfield
Middlesex
EN3 6HR

Picketts Lock

Access to the towpath is available via a short walk from the
Lee Valley Athletics Centre
Picketts Lock Lane
London
N9 0AS

Tottenham Marshes

The main car park is off the A1055, Watermead Way, and is the same exit as
Stonebridge Lock which is sign posted from the main entrance and car park.

Springfield Marina

Lee Valley Marina,
Accessible via Spring Hill, London, E5 9BL

The Finish

This is where your support is really encouraged, come along and cheer the runners
around the final loop of Hackney Marsh East.

On street parking is available at Homerton Road, just beside Hackney Marsh,
E9 5PF.

Are there toilets on the route?

Due to budget constraints we are not able to provide dedicated toilets for this event.
However, the above vantage points (with the exception of Picketts Lock) all have
toilet facilities. There are also toilets and limited changing facilities at the start of the
race and toilets at the finish and at Tottenham Lock.

Are there changing facilities at the end?

We have use of the changing facilities and limited showers at both Hackney Marsh
East and the main Hackney Marshes at the end of the race. These facilities usually
service the footballers and are communal and fairly basic, but they do the job!
These facilities will be available for marathon runners only.

Useful Links

For further information please visit the following links:

Transport:

<http://www.onerailway.com/>

<http://www.tfl.gov.uk/>

<http://www.addisonlee.com/>

Accommodation:

<http://www.alondonguide.com/Eastlondon.html>

<http://www.a1tourism.com/uk/london-east.html>

<http://www.london-discount-hotel.com/>

Hackney:

<http://www.myhackney.co.uk/hackney/community-marshes.htm>

<http://www.hackney.gov.uk/index.htm#>

Lee Valley:

<http://www.leevalleypark.org.uk/>

<http://www.leevalleypark.org.uk/en/content/cms/Leisure/Leisure.aspx>

St Margarets:

<http://www.hertfordshire.com/pages/towns/show-data.asp?id=553>