

VAC 5 Mile Road Race and Race Walk

TUESDAY 7 MAY 2024

Start time: 6.50pm for the Race Walk, 7pm for the Road Run

Battersea Park, London SW11 4NJ

PARTICIPANTS' INSTRUCTIONS

From Ben Noad, Race Director

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I hope you are excited to race in VAC's 5 mile road race and race walk on a fast, flat, traffic free, 5 mile course in London's Battersea Park. The event is on Tuesday 7 May and is hosted by Veterans AC. Please read the information below carefully so that you are aware of the timings and the logistics for the day.

Location and Course Map

The race will take place on tarmac roads in Battersea Park, London SW11 4NJ. A map is available at this link:

[VAC 5M Course Map and Marshals.pdf \(vetsac.org.uk\)](#)

The map shows the Bandstand (Race HQ), Start and Finish points, the designated Toilets, the Rosary Gate and the Millennium Arena. The course consists of 3 anti-clockwise laps plus a finish section. The marshal points are also shown on the map.

Travel

The nearest train station to Battersea Park is Battersea Park station, approximately ten minutes' walk away. The closest tube stations are Battersea Power Station on the Northern Line (15 minutes' walk) and Sloane Square on the District & Circle lines (20 minutes' walk). There are also buses which use Chelsea Bridge Road adjacent to Battersea Park. Check the [Transport for London website](#) for details and planning your journey.

For those driving, there are three car parks within Battersea Park. Charges apply until 5pm. The biggest car park is accessed via the Rosary Gate. The others are reached via Albert Gate and Chelsea Gate. There should be plenty of spaces. There could be some free street parking on the roads off Prince of Wales Drive on the south side of Battersea Park but please check for any restrictions, such as residents parking only.

Please be aware that Battersea Park is **inside TfL's Ultra Low Emission Zone (ULEZ)** which applies all day, every day. You must pay the ULEZ charge (£12.50) online if you enter the zone and your vehicle is in the chargeable category. Battersea Park is **NOT** in **London's Congestion Charge Zone** but if you are driving, please be aware that the boundary is nearby in Lambeth and Westminster. The Congestion Charge (£15) applies from 7am to 6pm on weekdays. Check [Transport for London's website \(Driving in London\)](#) for information about the ULEZ and Congestion zones and liability for charges.

Facilities

Please come ready to race if possible. Changing and showering facilities are available at the Millennium Arena in Battersea Park. Please note that a charge is made for the use of these facilities, which are independent of our event.

The designated public toilets for competitors are close to Race HQ at the Bandstand on Central Avenue.

Bottles of water will be available at the finish after the race but please consider bringing your own.

There will be a Baggage Area within the Bandstand. A race marshal will be in attendance nearby but please note that we do not claim that the area is secure. Lockers are available (at an extra charge) in the Millennium Arena for those who pay to use the changing/showering facilities.

Registration/Race HQ

You must pick up your race number (front of vest), age-group number (back of vest) and a timing chip (to be attached to your foot) from the Registration Desk at the Bandstand on Central Avenue. It will be open from 5.30pm. Please allow plenty of time. Safety pins will be available but please consider bringing your own. Please remember to complete your emergency contact and medical information on the reverse of your bib number.

Race Logistics

The race will start in two waves. The race walkers will start at 6.50pm. The road runners will start at 7pm. To prevent congestion, the fastest runners will be asked to line up at the front of the second wave with the slowest runners at the back.

On the start line, you will receive a pre-race briefing. This will cover details of the course and instruct you to keep to the left of the carriageways. It will also remind you that we are sharing the park with other park users, for example cyclists, walkers, dogs, children and other runners and walkers. Always be courteous, follow the marshals' instructions and be prepared to give way to the other users of the park.

PLEASE REMEMBER TO REMOVE YOUR TIMING CHIP AFTER YOU FINISH AND PLACE IT IN THE BUCKETS PROVIDED.

First Aid

First aid is provided by two medics from a professional company. There will be a medical vehicle parked at the Bandstand. There will be one medic at the Bandstand and one at the finish. If you are injured or feel unwell at the event, please seek their advice. If you are injured or feel unwell during the race, and need support, consult a marshal or ask another runner to do so. The marshals can summon help if necessary.

Medals

The race is a 5 Mile Championship. The awards Ceremony will take place at the Bandstand soon after 8pm. Please stay and support the presentation which is always lively!

All runners are eligible for individual VAC medals which are awarded to the first three finishers in each five-year age category from 35 to 100+ for both the Road Run and the Walk. There are also trophies for the first male and female VAC member in the road run.

Results

The provisional results will appear soon after the finish of the race at a link to be provided. They will also be loaded onto OpenTrack and can be viewed from the [Competition Entry Page](#). The final results will be submitted to Po10/Runbritain within 48hrs. Please do not attempt to ask officials or seek paper copies near the finish line.

If you have any questions, do let me know. I look forward to welcoming you to Battersea Park for a fine celebration of Masters' racing.

Kind regards
Ben Noad
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07547 154352

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