



**THE LONDON™**  
**ultra**  
**50K • February 20 • 2011**  
**londonultra.co.uk**

## FAQ

*1. What happens if it snows?*

The event will take place regardless of weather conditions.

*2. Transportation to the start*

We will be arranging accommodation with a special discount for the night before the event and laying on bus transport from this hotel to the start at Streatham Common. There will be a fee for the bus, to be confirmed, but the service will be provided on a no-profit basis. We will update this document as and when we have further information - hotel details are likely to be confirmed by the end of August, 2010.

*3. Accommodation*

To confirm details in line with above.

*4. What should I take?*

Our recommended kit list can be found on the race page on our [WEBSITE](#).

*5. Will there be an early start?*

No, the mass start is at 09:00. At the start you can leave your overnight bag with our team which will be transported to the finish.

*6. When is registration?*

Registration is between 15:00 and 20:00 on Saturday 19th February at the EXPO.

*7. What happens at registration?*

You will be given a bag containing your **Race Number**, **Race Map** and **Technical T-shirt**.

**8. Will the route be difficult to navigate?**

The route is very straight forward - most of it is more than adequately signposted with Capital Ring signs. Our 'Ur' arrowed stickers will mark out any sections we think could cause confusion.

We will also be handing out detailed map printouts at registration which is why we recommend you bring a waterproof map case.

**9. How many checkpoints are there?**

There will be 4 checkpoints approximately every 10K. They will be clearly marked on the maps. Please make sure your running numbers are **clearly visible** (on the **FRONT**) at each checkpoint to enable our marshals to make a note of your times.

**10. What will be provided at the checkpoints?**

Lucozade who sponsor all of our events will be providing bars, gels and energy drinks at each of our checkpoints. We will also provide a range of sweet and savoury snacks, 9Bars (natural energy bars) and water at each checkpoint. At CP3 there will be hot drinks and soup to warm you up!

**11. Who do I contact if I need help?**

Emergency contact numbers will be printed on your running numbers. They are:

Rory Coleman: 07866 477051

Jen Salter: 07775 921665

**12. What happens at the finish?**

You will be awarded your finishers medal. You will then need to remove your shoes and place them on the tarpaulin outside the hotel before going inside to warm up.

**13. Is there a time limit?**

There is no time limit. Just come along and enjoy the race.

**14. Prizes /trophies**

Trophies will be awarded to the following:

- 1st, 2nd and 3rd Male
- 1st, 2nd and 3rd Female
- 1st Veteran