

MARATHON WALK LONDON

How fit do I need to be?

This walk is a huge endurance test and it is essential that you put in the training for this challenge. You're looking to complete the challenge in no more than 10 hours, which is no mean feat. This is not something you should consider without being totally committed to a great deal of training; do not underestimate it.

Training is crucial as you will need to build up your endurance fitness and make sure that you are confident walking long distances over a period of time. If you can commit to your training now, you can complete the event safely and enjoyably. You will need to be mentally prepared too – self-belief and determination goes a long way!

What will the challenge be like?

We walk on tarmac paths and pavements around the city and its parks. It's mainly flat with a few minor inclines. We have carefully planned the route but be prepared that some parts of the route may be congested with tourists and locals. The walk should take approximately 8-9 hours for fit and strong walkers; others should allow longer, up to 10 hours. You can go at your own pace, it's not a competitive event. If we are concerned about you being able to finish the distance safely, we will recommend you stop early.

Where do we meet?

Registration will be from 8am at Jubilee Gardens on London's Southbank next to the London Eye. You will be provided with the address and details in good time before the challenge. You will be given a full briefing about the event at registration, led by the Simplyhealth Events team, and will set off at 9am. If you have any difficulties getting there on the day, we will provide contact details nearer the time.

What are the travel arrangements?

You need to make your own way to and from where the walk starts and finishes. Parking is extremely limited in the area therefore we don't recommend driving! Public transport options are the best.

What about travelling home after the challenge?

You will be tired when you have completed this challenge! Please be aware of this when you are planning your return travel home. You will find public transport easier than driving.

Who accompanies us on the walk?

Your trip will be led by the experienced and friendly Simplyhealth Events team who have the ability to safely and effectively deal with any situation that arises. If you have any queries, be sure to flag them down and they'll be very willing to assist where possible. They are equipped with a substantial medical kit that will cover the most common complaints but can also advise if they feel further/on-going treatment is required.

What footwear should I wear?

A pair of good quality, supportive walking shoes/trainers or walking boots (not too heavy) to cope with the distance. They should be well worn in; we recommend you wear the pair you have been training in. The concrete pavement and roads will be tough underfoot so make sure your feet are as comfortable as possible. Cushioning is important!

What about other clothing and kit?

This event requires appropriate, good quality clothing. You will enjoy the walk more if your equipment keeps you warm/cool as appropriate, and comfortable. Make sure that you have plenty of layers to wear – you will want to add and remove layers frequently – as well as spares in case you get wet and cold. You will need to carry a day-sack with layers, waterproofs, small first aid kit, sun cream, water snacks and anything else you need.

Can I run?

No unfortunately not. The challenge is designed and supported as a walk; timings are set accordingly, and is not suitable for runners.

How will I find my way? What if I get lost?

You will be issued with a map booklet in your registration pack on the day of the event. We will also provide you with details to log on to app so that you can track the route on your phone if you would prefer to do so (just remember to bring a portable phone charger). You will be given emergency contact numbers within your registration pack, so that you can contact your trip leader for guidance in the unlikely event you lose the route.

Do I need to finish by a certain time?

We want everyone to finish the challenge but we also need to ensure that the route is safe. Although we have no official cut-off time, we would like to see that everyone has reached the finish line around 19:00. The route was not created to be completed in the dark, so we would ask that if anyone has not finished at this time, to call the leader (number provided on the day) to inform him or her of your whereabouts. Everyone is capable of being able to complete the full route in the time allowed, but you do need to pace yourself and not spend too much time at the check-points and lunch stop.

Is any food provided?

You will be provided with plenty of food and snacks throughout the day to keep your energy levels up. You may wish to bring extra snacks to keep you going, though don't weigh yourself down too much. We recommend a combination of slow and fast release snacks such as protein bars, nuts, chocolate and sweets. If you want to use special energy drinks then please bring them with you, but experiment with them when training as they can cause stomach upsets. Bringing a combination of treats will keep you interested in snacking as consistent energy levels are important.

How much do I need to drink?

Hydration is essential to your success and enjoyment of this challenge. You should aim to drink 2-4 litres of water throughout the challenge. 1 litre of water weighs around 1kg and it's good to carry a couple of litres when you're training so you're used to carrying the weight.

What about toilets?

Toilet facilities are not always in the most convenient places, if you cannot spot a public toilet, you may sometimes need to quickly stop and ask at a local café but we recommend buying something small to keep the owner happy! We will pick pit stops where there are toilet facilities.

Will there be Wi-Fi, phone reception and charging points?

The phone reception should be good but it is unlikely that there will be Wi-Fi at any of the water stops and there won't be access to power for charging devices. We recommend bringing a portable phone charger.

Can I cancel/defer my place?

You are able to cancel, however you will forfeit your registration fee.

How old do I need to be?

The minimum age for this event is 14. Anyone under the age of 18 must be accompanied by an adult.

Can I bring my dog?

Unfortunately we do not allow dogs on this challenge.

Can my friends and family come to support me?

Of course, the more the merrier! The start/finish and all check points are accessible and obviously they can choose any of the iconic locations along the route, so it can make a great day out for them as well! We will share the route map a few weeks before the start date, so they can plan where to cheer you on.