



Runner's Guide

Event date: Saturday 23 March 2024

Dear runner,

Thank you for your entry and support of Queen of the Suburbs Ultra.

We're excited to welcome you to our brand new ultramarathon, London's greenways and blueways ultramarathon.

In creating Queen of the Suburbs Ultra, we wanted to showcase the stunning and varied landscapes of the London Borough of Ealing – known as the 'queen of the suburbs'. The route travels through numerous parks and greenspaces, hidden trails and canal and riverside towpaths. So, thank you for being part of our inaugural event.

The event is a lockdown-legacy. Back in 2020, when we could not run together, we set the virtual challenge of running around 13 of Ealing's parks. Some participants chose to run between, as well as around the parks, and the idea for Ealing's ultramarathon was born. Fast forward 4 years and you are about to experience an ultramarathon in and around Ealing. We are thrilled to see so many take up the challenge of the two distances; Trail 25km and Ultra 50km.

We've written this Runner's Guide to provide all the information for you to be prepared for and maximise your enjoyment of the event. Please read the document and let us know if you have any questions,

Thank you again for your support. We hope you enjoy the experience of running the Queen of the Suburbs Ultra.

Kind regards

We Run Ealing team



Event Overview:

Event Date: Saturday 23 March 2024

Start:

Gunnersbury Park, Popes Lane, London, W3 8LQ
What3Words W3W: ///diner.resort.tent

Please arrive at the start least 45-60 minutes before your start time. You will need to register, drop your small bag and collect your bib number from registration. There will be a mandatory race briefing for each individual start wave immediately before each wave start. Exact start times/waves will be [available here](#) from Tuesday 19 March.

Ultra 50km

Arrival time: From 06:15

Start Time: First start wave 07:15, final start wave 08:30. Start waves in order of slow to fast. Number of runners: c130

Trail 25km

Arrival time: From 09:00

Start Time: First start wave 10:00, final start wave 10:50. Start waves in order of slow to fast. Number of runners: c130

Note – for all Trail 25km participants, please be aware that Gunnersbury parkrun starts at 09:00. On arrival, please keep paths clear and yield to all runners in the parkrun event.

Finish:

Dickens Yard, Longfield Avenue, Ealing, W5 2TD. W3W: ///leaps.snow.silks

Terrain:

The event is on mixed terrain. The route includes sections of footpath, towpath, pavement and road, the surfaces of which include gravel, grass, tarmac and in some areas bare earth/mud. Some sections of the Ultra 50km route are liable to flooding. Participants should expect some level of mud/water along the route.

Event Control:

07935 259001 (IMPORTANT - please save this phone number into your phone for the event)

Pre-Event Checklist:

Pre-Event, we recommend you do the following ahead of the event:

- Mobile phone
- Money/debit/Oyster cards to run with
- Running kit and running shoes
- Small bag to drop at start (Gunnersbury Park) and collect at the finish (Dicken's Yard, Ealing)
- Drink, food and energy bars/gels for your run

- Drink and food that you may want at the end of the run (in your small bag)
- Warm top for post run
- Collapsible cup for Checkpoints
- Save the Event Control telephone number 07935259001 into your phone
- Download the Queen of the Suburbs Ultra GPX/KML file (see below)
- Save the event Google map for your reference
- Download What3Words app on your phone
- Plan your journey to/from the event
- Arrange with friends/family where you might see them on the route and at the finish
- Plan to arrive at Registration/Start at least 45 mins before your start time

Travel:

We recommend that you plan your travel to/from the event. Queen of the Suburbs Ultra is an A to B route. However, the start and finish are only 3km apart.

The event starts in Gunnersbury Park and ends in Dicken's Yard, Ealing, so you'll need to consider how you either get to the start or back from the finish. There is no official parking for the event. Parking information in Ealing is [available here](#).

The area is well serviced by public transport with local connections possible on the Central Line, Elizabeth Line, District Line on the Tube, as well as National Rail services linking into Ealing Broadway and West Ealing. The area is also well serviced by bus routes. We recommend using public transport.

Bag Drop:

We offer a bag carrying service for one small bag per participant from start to finish. Bags will be tagged with your Bib Number. To collect your bag at the finish, you will need to show your Bib Number.

The Queen of the Suburbs Ultra Route:

The route is waymarked. We do recommend that you download the GPX file of the route and upload on your favoured app and that you run with your mobile phone. This will enable you to navigate using the GPX file, if necessary. It will also enable you to call Event Control, if required.

The following are available to download:

Ultra 50km route:

[GPX file](#)

[KML file](#)

Trail 25km route:

[GPX file](#)

[KML file](#)

Trail 25km and Ultra 50km routes (including checkpoints):

[Google map](#)



The route is 'open road' and not 'closed road'. There are no road closures. Participants will run on pavements and will need to yield to other pavement users and cross roads, where available at pedestrian crossings.

Safety is paramount and it is important to follow the instructions of the race briefing and of our advice in this guide.

Event Day:

Arrival Time - You should aim to arrive at the event at least 45-60 minutes before your start time. This should give you enough time to arrive, check in with the registration team and drop you bag off at the baggage collection point. Runners missing their start time can be allocated to another start wave, however, there will be no starts after 08:30am for the Ultra 50km and no starts after 10:50am for the Trail 25km.

Baggage

One small bag per runner may be given to the team in Gunnersbury Park. They will place a tag on your bag, with the same number as you are running with. The baggage van will depart Gunnersbury Park immediately after the final start wave at 10:50am. We recommend that you do not include any items of value in your bags and all bags are left at owner's risk.

Registration

On arrival at Registration, please check in with our team. They will give you your bib and be on hand for any questions you may have. Your wave start time will be confirmed. Please make sure you are at the start **10 minutes BEFORE your start time** to ensure you are present for the mandatory race briefing.

Please check that the back of your runner bib is completed with your details etc. Attach your runner bib to the front of your vest/t shirt with safety pins. You'll need to be at the start line 10 minutes ahead of your start time for your race briefing.

If available, you can also purchase some Queen of the Suburbs Ultra merchandise at Registration. Any purchases can be arranged to be taken to the finish for you.

The start waves will start at the following times:

Ultra 50km

1. 07:15am
2. 07:25am
3. 07:35am
4. 07:45am
5. 07:55am
6. 08:05am
7. 08:15am
8. 08:30am

Trail 25km:



9. 10:00am
10. 10:10am
11. 10:20am
12. 10:30am
13. 10:40am
14. 10:50am

Please note: You MUST start in your allocated start wave. Changes of start wave are possible, but must be made at registration.

The start waves are arranged in order of slow to fast, based on the estimated completion times that you entered when you registered for the event.

The route:

When running as a small group, please take care for yourself, and not simply follow the runners ahead of you, particularly at road crossings. Just because the runner in front crosses the road ahead of you, it does not necessarily mean that the road is safe to cross for you. Please yield to other pavement/footpath users at all times, and where necessary run in single file.

There are two routes: Trail 25km and Ultra 50km. Both routes follow the same route initially. At 15.9km the route splits (split point). This is at Spikes Bridge. The Trail 25km runners will turn right off the canal tow path and then left onto a passageway (NOT crossing the canal bridge), before coming out on Spike Bridge Road.

The Ultra 50km participants will turn right off the canal tow path, and then right again to go over the bridge over the canal.

The two routes then rejoin each other later (at 18.6km on the Trail 25km route and 43.8km on the Ultra 50km route). This is the Merge point. Thereafter the routes will share the same route to the finish.



Waymarking:

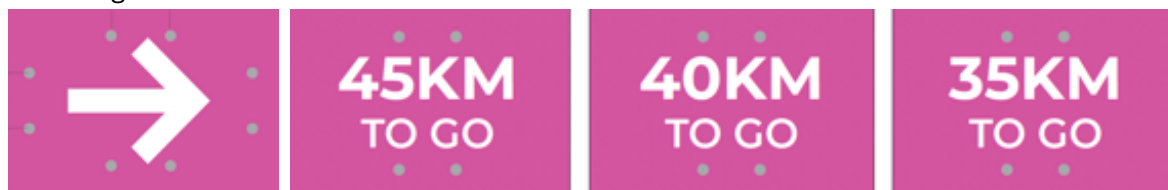
The route is waymarked using some arrows (see below), pink ribbon and in some places chalk. There are some 'Wrong way' signs placed at various locations to show you that the route you are currently on is not correct.

The route will also have 'KM to go' markers (see below) to show the distance remaining to the finish. Initially, on the first shared section there will be two signs showing the KMs to go in the Ultra 50km route and KMs to go in the 25km route.

If you get lost, we suggest you first retrace your steps back to the last way marking tape or arrow that you saw and try to navigate from there. You can use your GPX file to navigate, use the [Google Map](#), or, if these actions have not helped, you can call Event Control to assist you. We recommend that you download the What3Words (W3W) app on to your phone prior to the run, and when talking to Event Control give them your W3W location which will be in the form of 3 words to pinpoint any 3m x 3m square in the world. This location will help our Event Control to assist you back onto the route.

It is possible that some signs may be tampered with. If you are in doubt of the signs on the route, please check your route on the Google map/GPX file.

Route signs:



Checkpoints

There are 4 different Checkpoints along the route.

Trail 25km has two Checkpoints, however both are the Fox Inn, Hanwell, which is passed on the way out and back at 8.4km and 20.3km.

Ultra 50km has 5 Checkpoints. Checkpoint 1 and 5 are the same location – the Fox Inn, Hanwell at 8.4km and 45.4km.

The Checkpoints on the Ultra 50km route are:

1. Fox Inn, Hanwell 8.4km
2. Northala Fields 24.0km
3. Horsenden Hill 29.9km
4. Pitshanger Park 39.4km
5. Fox Inn, Hanwell 45.4km

Water and some snacks are provided at each of the Checkpoints. You do not have to stop at the Checkpoints, however when approaching the Checkpoints, please make sure your bib number is clearly visible to the Checkpoint team. They will be recording the numbers of every runner. If the Checkpoint team are dealing with other runners, you can shout out your number to them as you pass. It is preferable that the Checkpoint teams record your number as you pass through, but not mandatory. Recording your location and time at the Checkpoints is helpful for tracking purposes.

The only exception to this is the Fox Inn Checkpoint, as this location is 40m off the route, therefore it is not mandatory that you pass through this Checkpoint.

Medics

Qualified medical professionals will be at the start and finish. There is a medic at Checkpoint 3 (Ultra 50km route) at Horsenden Hill and a medic on a bicycle at the Fox Inn (Checkpoints 1 and 2 of the Trail 25km and Checkpoints 1 and 5 of the Ultra 50km). The medics will base themselves at these locations, but it is possible that they may get called at any time to a specific location on the route.

If there is an emergency situation, please call emergency services on 999 first. Only after calling 999, should you call Event Control.

The Start

The starts will be in small groups of up to 30 runners. It is essential that all participants in each times wave are in the correct wave. Start times are 'gun starts', with individual finish times recorded for each finisher.

We strongly recommend that you run with your phone, money/credit/debit and Oyster cards in case you need to retire from the event and continue your journey on public transport. We also recommend that you run with at least one other person at all times.

Timing

The event is app timed. There are no timing chips. Runners are placed in start waves of similar paced runners and each individual start wave is given its own gun start time for timing purposes. Every finisher will be given an individual finish time. There is likely to be a small margin of error in recording each individual's time.

Toilets

Toilets on the route are located at the following positions for the Ultra 50km:

- Start – Gunnersbury Park (0km)
- Checkpoint 1 – Fox Inn, Hanwell (9km)
- Checkpoint 3 – Horsenden Hill (29km)
- Checkpoint 5 – Fox Inn, Hanwell (45km)

Toilets on the route are located at the following positions for the Trail 25km:

- Start – Gunnersbury Park (0km)

- Checkpoint 1 – Fox Inn, Hanwell (9km)
- Checkpoint 2 – Fox Inn, Hanwell (21km)

Retiring from the run

If you need to retire from the event please make sure you call Event Control immediately. Event Control will record your number and if required, they can help direct you to relevant public transport, for you to get home or to the finish for collection of your bag.

It is essential that you call Event Control immediately to register a retirement.

Sweep

We ensure that one of our team is the last person on the route. There will be a sweep along both routes. If you are towards the back of the event, please do not deviate off route for any period of time, as it may result in the sweep missing you and discounting you from the event.

Cut off time

The cut off time for the Queen of the Suburbs Ultra is 18:00 at the finish. Sunset is 18:19.

In order to help manage the cut off time for the event, we have two earlier cut off locations and times:

1. 13:00 at Horsenden Hill (Checkpoint 3) for the Ultra 50km participants only
2. 17:00 at Fox Inn, Hanwell (Checkpoint 2) for the Trail 25km and Checkpoint 5 for the Ultra 50km

Participants missing the cut off time at Horsenden Hill will be directed to Perivale Tube station, from where they can travel to Ealing Broadway on the Central Line. Participants missing the cut off time at Checkpoint 2/5 – Fox Inn, Hanwell will be directed to local bus services to get to the finish. Participants missing the cut off time will need to hand their bib numbers into the Checkpoint.

The cut off times are needed to help safely manage the welfare of our volunteer team and to ensure that no-one is still on the route after sunset.

Finish

The finish line is at Dicken's Yard, Ealing. The finish line will be marked with flags, however the actual finish is recorded when the participant touches the famous Ealing Rock (see below).



Results

Results from the event will be presented in alphabetical order. On completion of the Queen of the Suburbs Ultra you will be sent your time/result. [Results page here](#). You will receive a text with your time, if you supplied a mobile number in your registration.

Post Event

There are restaurants and bars within the nearby area, should you wish to celebrate your achievements further. There are toilets within the area at various retail and food and beverage locations. In order to help show our positive impact on the businesses in the area, and to show value to our stakeholders, please do frequent these locations as a customer, if using their facilities.

Social Media

Please do share your experiences and photos on social media. Use #QueenOfTheSuburbs and mention us @QueenOfTheSuburbsUltra (Instagram), @QueenOfTheUltra (Twitter) and Facebook/QueenOfTheSuburbsUltra

Please also encourage your friends and club mates to join you on our register interest list for next year. [Register interest here](#).