

Final instructions (may be updated so please keep checking)

Hello, on the behalf of Farnham Weyside Rotary, thank you for entering the Farnham Pilgrim Marathon or Half Marathon.

Do not leave home if you suspect are feeling generally unwell. We will have a medical team available on the start/finish field and a further medical unit at the halfway point. Should you become unwell or become injured during the run please alert a marshal who will telephone base and you will receive medical attention should you require.

This year we will not have a photographer available so any videos you take on the run we would welcome a copy if you were able. Likewise, any photographs family or friends take we would love to have a copy

We are hoping for a local physiotherapist, who will be offering free sports massages on the start/finish field.

The Woodlarks Centre, a residential care home for physically disabled adults aged between 20 and 75, will be selling bacon rolls and cups of tea and coffee from around 8am. Please support this very worthy charity. The Woodlarks Centre cares for adults suffering with MS, MND, Strokes and other physically debilitating illness.

We are very pleased to be supported this year by The Farnham Institute, Winkworth Sales and Letting, Farnham Town Council, South East Water.

Do not let someone else take your place. Ensure you write your details on the back of your number in the space provided.

Start Times

PLEASE BE AWARE THAT THE CAR PARK WILL BE TEMPORARILY CLOSED AT 8:25 am UNTIL THE MARATHON RUNNERS ARE ON THEIR WAY. WE ASK THE HALF MARATHON RUNNERS TO MAKE SURE THEY HAVE ENTERED THE FIELD PRE 8:25 am TO GIVE YOURSELF TIME TO REGISTER, USE THE LOO AND ANYTHING ELSE YOU MIGHT NEED PRIOR TO YOUR START AT 9am.

Full Marathon start time 8:30am (this is slightly earlier than previous years).

If your expected time to RUN the marathon is over 6 hours on your entry, we will be allowing a 7.30am start. John Applebee the final runner will set this off and run with you as he is aware of the route. John has been our last runner for the past 15 years. The **cut off is 3pm when we will expect all runners to have completed.** If you want to take advantage of an early start, we must inform you that the marshals will not be in place at all stops until at least 8:30am. until marshals are available. Please note that you set off early at your own risk as we cannot take responsibility for providing signage or marshals until 8:30am.

Half Marathon start time 9am (earlier than previous years)

Information for all runners

There will be a pre-race number pick up on Saturday 9th September, 10am to 4pm at Alton Sports at the bottom of Castle Street in Farnham. All other numbers can be collected on the day. Remember, if you are in the full marathon, the start will now be 8:30am so you need to leave enough time to collect your number (at least 15 – 20 minutes) prior to the start. Would Half Marathon runners please hold back on collection until 8am for your start at 9am.

Please arrive at race H.Q. early enough to collect your own race number. It is very important that you fill out the details on the reverse of your number.

WE ASK THAT YOU ENSURE YOU HAVE TAKEN THE FOLLOWING PRECAUTIONS TO SAFEGUARD YOURSELF:

We recommend you take:

- A minimum of 500ml of water to carry with you where possible;
- A portable cup for refills; there will be cups and water at water stations throughout the course
- A fully charged mobile phone. Please add the Course Director's number to your fully charged mobile phone – **for emergencies only – 07808988250.**

- Please apply insect repellent as you will be running through open fields and between hedges.
- Make sure you have applied appropriate and adequate sunscreen.
- You know yourself best, so please remember that if you are feeling unwell at any stage of the run you should alert a marshal - there are marshals along the route at many stages. If you are not near a marshal, please ask a fellow runner to alert the next marshal on your behalf.

There are plenty of water stops throughout the course as follows:

- Base
- Totford Hatch: Marathon & Half : 3 Miles - water available: Return: 23.8 miles/10.7 water & food available.
- Good Intent: Marathon and Half : 4.4 miles -water available: Return: 20miles water & food available.
- Watts Gallery: Marathon only : 6.1 miles - water available Return: 18.2 miles water & food available.
- Littleton: Marathon only : 8.6 miles : water available: Return: 16 miles water available.
- Chilworth: Marathon only : 11.9 miles: water available.
- St Martha's: Marathon only : 13 miles - water available.
- Shalford North: Marathon only : 15.4 miles - water available.
- Rodshall Manor: Marathon and Half : 21.9 /6.2 miles - water available.
- Britty Wood: Half only : 8 miles - water available.

The water has been kindly donated by South East Water and all the empty bottles and cups will be recycled or disposed of responsibly

Please come to this page regularly to get further information or via the [Facebook](#) page.

NOTE: We are trying to avoid on the day race entries so please try to ensure that you are entered on-line. On the day entries will be very limited.

[How do I get there?](#)

The start is at **Sandy Farm, The Sands, Farnham, Surrey, GU10 1PX**. Please look out for the “Pilgrim “direction signs, these will be from Runfold. If you use what 3 words as follows

you will be directed to the correct location : [///fallen.tables.pound](http://fallen.tables.pound)



From Farnham: At the Shepherd and Flock roundabout take the A31 to Guildford, on the A31 take the next exit, sign posted to Runfold, follow the slip road round to the T junction, turn right, then about 80 metres on turn left (just before Barfield School), follow the road and turn next left - the FREE car park is on the right hand side opposite the Golf Club. The race start is from the car park.



From Guildford / London: On the A31 Hogs Back, look out for the Seale turn off; as you come down the slip road and reach the T junction, turn right towards Runfold, at next T junction turn right, again towards Runfold, Follow the road down the hill and around a right hand bend, pass Thatcher's car sales and turn next left (just before Barfield School), follow road and turn next left - the FREE car park is on the right hand side opposite the Golf Club. The race start is from the car park.

The car park is FREE but there will be a bucket for donations to charity.

On Arrival

Marshals will guide you to a parking spot – please note there will **not be a bag drop**, please leave belongings in your car.

There are toilets available – you must **use your hand sanitiser** before entering the toilets and afterwards.

Aid Stations

There will be water stations every 3 miles and, for the Marathon & Half Marathon returns, the water stations will also have high juice drinks, jelly babies, Mars bars, etc. Only the Jelly beans are known to be vegan We will also be able to refill your own cups with water if required. If you require any water, please take a cup. **Please dispose of the cup in the rubbish bins provided at the water stop or take the cup to the next marshal - Do not throw rubbish into hedgerows.**

The course

What shoes? We suggest you use trail rather than normal running shoes.

The course will be marked with Pilgrim markings - black arrows with orange circle on a white background. There will be marshals at critical points throughout the course - please listen to any instructions they provide.

Please respect other members of the public who are also using the course paths.

Bin bags will be in place at the water stations and at Registration.

The Finish

As you approach the finish a medal will be available.

As mentioned, The Woodlarks Centre, a residential care home for physically disabled adults, will be selling bacon rolls and cups of tea and coffee with cake at the finish - please support this very worthy charity – and there will be water available should you need it.

PLEASE ENJOY THE RACE AND KEEP SAFE!

Thank you to everyone for your much appreciated support. Since the Covid pandemic we have experienced a drop in the number of participants. We would like to get back to pre-2020 numbers of around 750, so if this is your first time running The Pilgrim and you have enjoyed it, please tell your friends and families for next year and help us to re-build the number of entries. The Pilgrim is run entirely by volunteers, and it is our aim to increase the donations to the local charities who are all worthy causes.

Best wishes,

Lynda – Rotarian & Race Organiser

Rotary Club of [Farnham Weyside](#)



Contacts

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**This event is organised for charity on behalf of the Rotary Club of Farnham Weyside -
Registered Charity number 1053391.**