

## **Informal Ultra-Distance training walk**

**Richmond Park – Saturday 7<sup>th</sup> August 2021 at 7.30 am**

I am organising an informal 12 hour training walk for people who wish to see if they could complete 100 miles in 24 hours and qualify for membership of [The Centurions](#). The training walk will consist of seven laps of Richmond Park and is not a race. Each lap will start at a scheduled time (see below) which will enable walkers to come and go as they like – there is no obligation to complete all seven laps. Each lap will be walked at a pace of approximately 9 minutes per kilometre/14 ½ minutes per mile – which is the required pace to complete 100 miles in 24 hours.

It is hoped that both experienced and less experienced walkers will participate, with experienced Centurions sharing their knowledge with less experienced walkers, providing guidance on proper ultra-distance racewalking technique and sharing their training and racing strategies.

Richmond Park offers a variety of trails for training walks with the most popular route being the 11.75km trail around the park perimeter (blue line on the map below). The intention is to complete each lap in a little under 1 ¾ hours, allowing time for toilet breaks and refreshments between laps. Anyone who walks faster will wait at the start/finish for everyone to catch up before starting the next lap.

Each lap will start and finish at the Pembroke Lodge carpark (as marked on the map below). Seven laps will total 82.25km (51.1 miles) and take 12 ¼ hours.

The walk will start at 7:30am – 30 minutes after the Richmond Park gates open to cars.

The map below shows the 11.75km perimeter trail (blue line) and a shorter loop of 9.75km (red dots show a shortcut through the middle of the park) which would be ideal for any walkers that want a longer rest between laps or are slower than the proposed pace of 1 hour and 45 minutes per lap (just under 9 minutes per kilometre).

Walkers can either do all seven laps, join later in the day for as many laps as they want, or finish after completing as many laps as they want.

The start time for each lap will be:

Lap 1: 7:30am – park opens to cars at 7:00am

Lap 2: 9:15am

Lap 3: 11:00am

Lap 4: 12:45pm

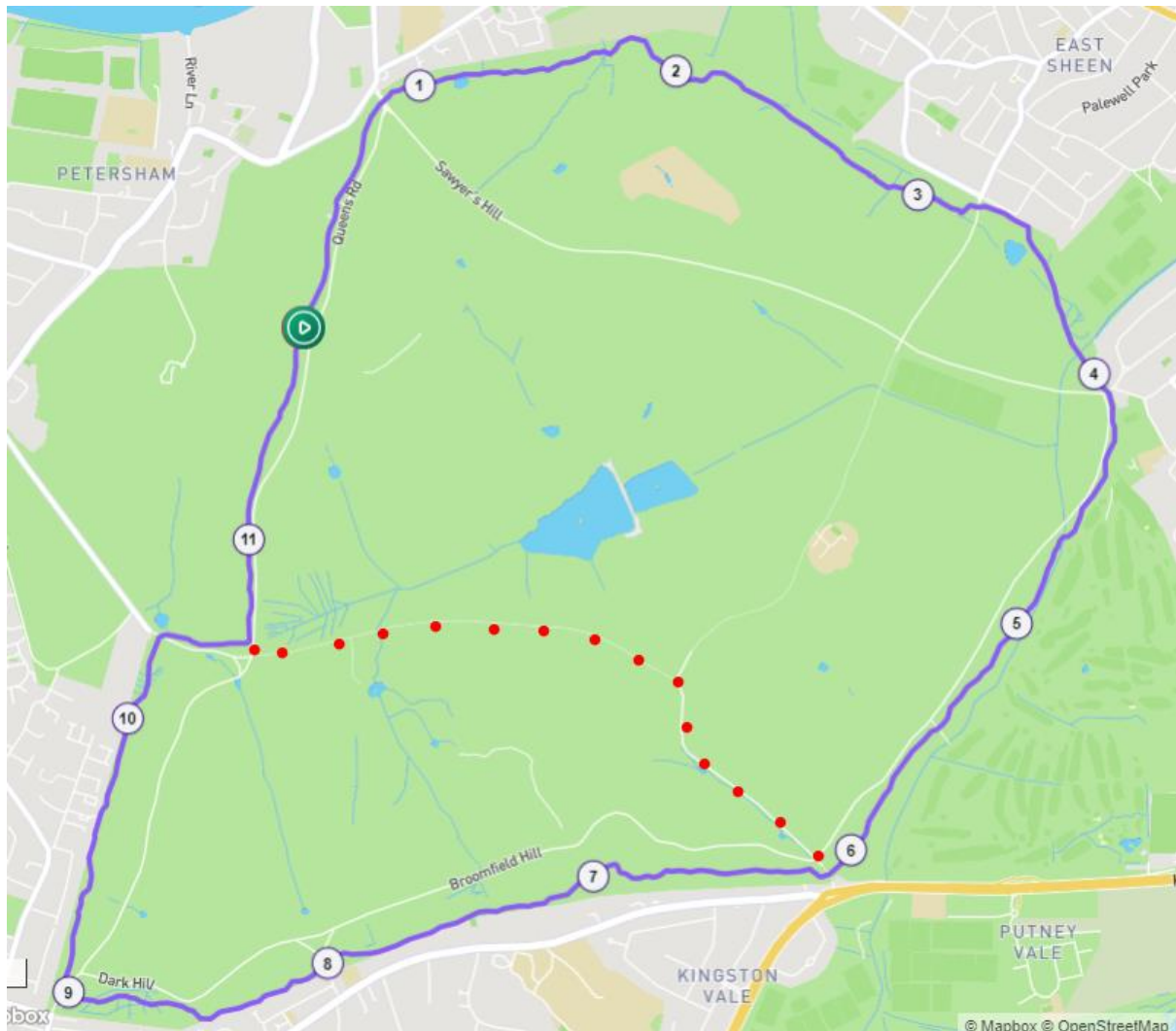
Lap 5: 2:30pm

Lap 6: 4:15pm

Lap 7: 6:00pm

Finish 7:45pm – park closes to cars at 8:30pm

## Course Map:



## Lap profile:



The shortcut through the middle of the park will avoid the hill between 7 and 9km.

## Toilets:

There are public toilets at the start/finish of each lap as well as at Richmond Gate (1km), Sheen Gate (3km), The Roehampton Gate carpark (4.5km), Robin Hood Gate (6km), and Kingston Gate (10.5km).

### Refreshments:

The walk will pass two food kiosks – one at Pembroke Lodge carpark (start/finish) and one at Roehampton Gate carpark (4.5km) but when the park is busy there are often long queues, so I recommend bringing refreshments with you.

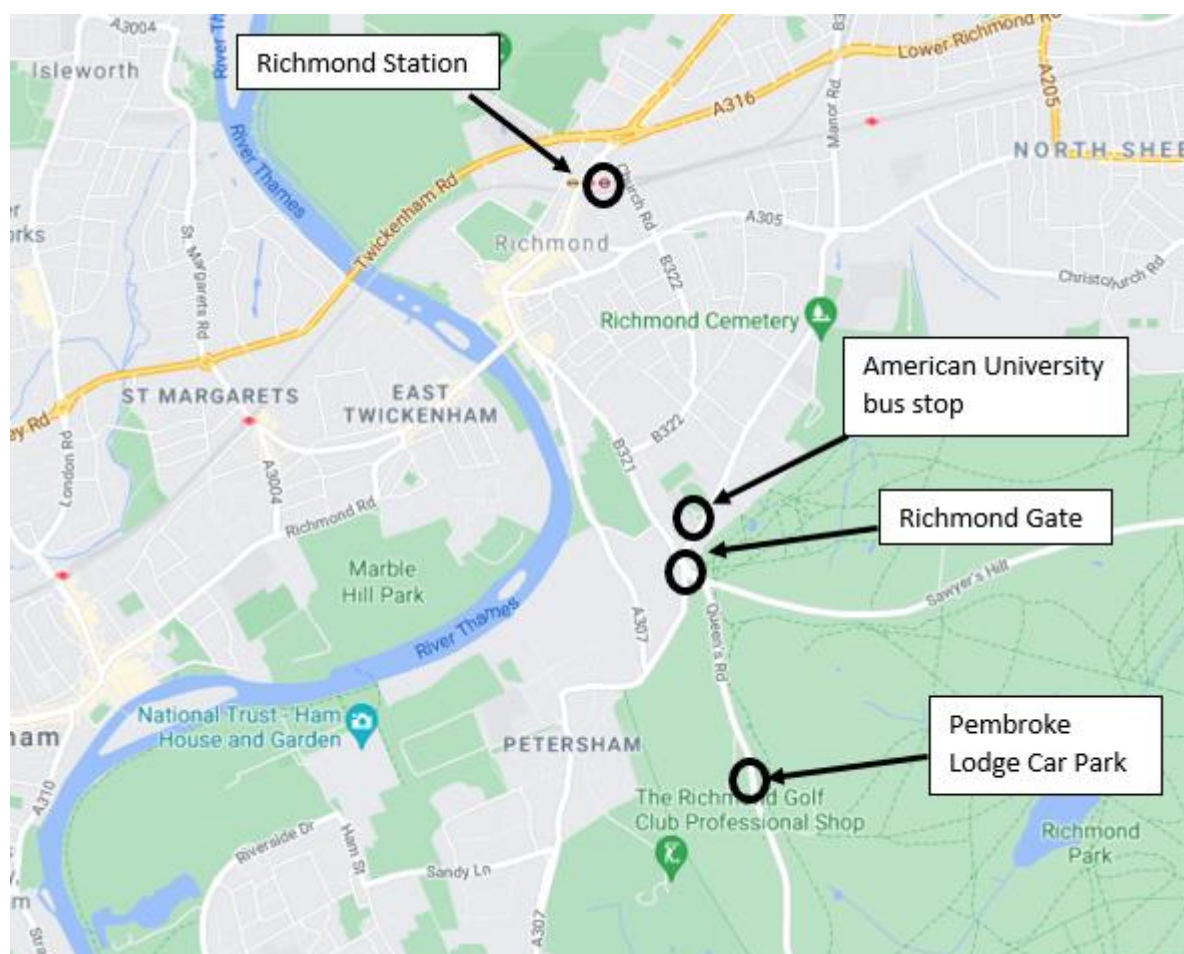
A third food kiosk is in the middle of the park and walkers who choose the shorter 9.75km lap will walk near that kiosk at approximately 7km.

### Getting there:

For people travelling by car (use Post code TW10 5HX to be directed to Pembroke Lodge car park), you will enter the park via Richmond Gate and drive along Queen's Road for approximately 1km. Pembroke Lodge carpark will be on your left.

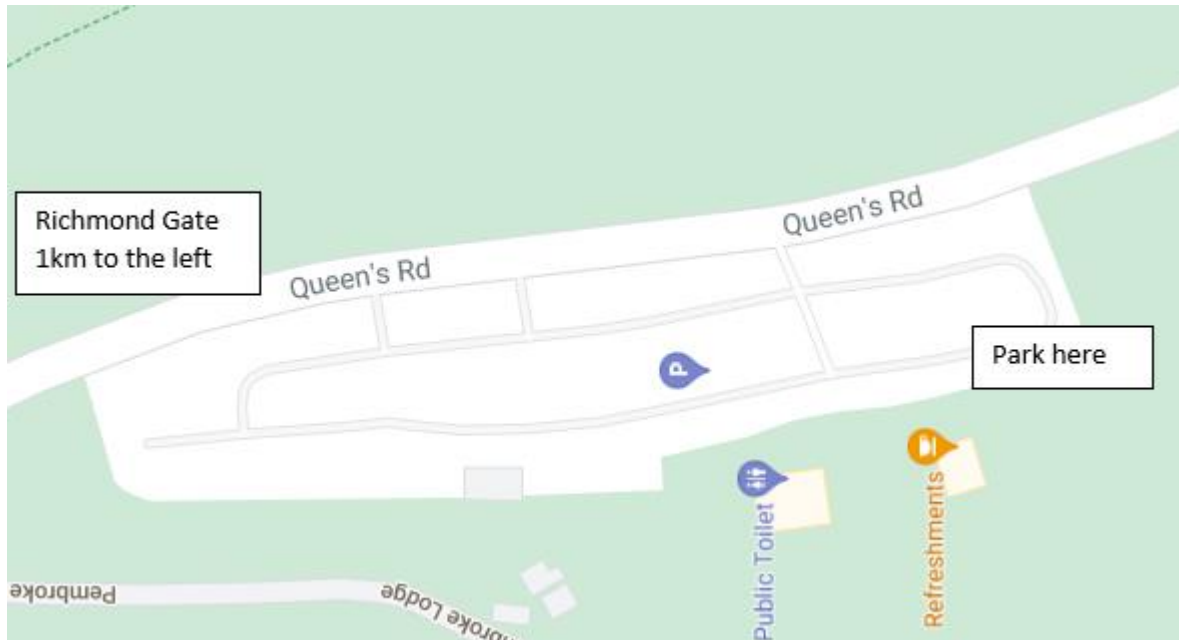
The carpark at Pembroke Lodge will be almost empty in the early morning although it normally fills up from about 8:30am with parkrun starting nearby at 9am. I recommend parking in the bottom left-hand corner of the carpark (see map below) as that is where we will start/finish each lap.

For people travelling by public transport the 371 bus from Richmond Station to Kingston stops just before Richmond Gate (bus stop name: American University) and from there it is a 1km walk to Pembroke Lodge.



**Carpark:**

On entering Richmond Gate, drive/walk along Queen's Road for approximately 1km to the Pembroke Lodge carpark. Please park at the left-hand end of the carpark as that is where we will start/finish each lap.

**parkrun:**

Richmond parkrun will start near Richmond Gate at 9am. We will avoid the start of parkrun by starting our second lap at 9:15am but runners will be running towards us as we head from Richmond Gate towards Sheen Gate (between 1km and 3km).

**Disclaimer:**

This will be an informal training walk organised by local walker, Richard McChesney. Those taking part will do so at their own risk and no liability for injury or damage or loss of personal effects will be placed on the organiser or The Centurions which is not officially associated with this event.

Please direct any questions to:

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