



Birmingham Canal Canter Event Instructions

Event HQ/Start & Finish

The head quarters for the event is Mosely Rugby Club

The start and finish will be on site. There are toilets available. There will be showers available after the finish

Car Parking

There is plenty of parking. The parking just before the gates to the rugby club. There should be marshals directing you. Please follow their instructions.

There is a public car park before the entrance & gates that should have ample parking for early arrivals.

If travelling to HQ by car please be aware there is an emissions control zone in Birmingham City Centre. If coming from the north of Birmingham be aware some routes through the city centre will result in a charge if you have a vehicle that incurs emission based charges. There are numerous routes that do not require you to go into the charging zone.

None of the checkpoints are within the charging zone. The route of the walk does pass through the charge zone but pedestrians are exempt from the charge.

Public Transport

There are public transport options to get to Mosley RFC

Closest train station – Yardley Wood station (about 1 mile away) (Turn Left out of station to roundabout and then second exit up Tritton Road)

Bus services 2 and 3 stop at the gate, the 11C and 11A, 169, 27 and 76 are all close as well.

Equipment to carry with you

Drinking Vessel (mug, cup etc)

There will be no cups at the check points so a drinking vessel is a necessity.

Navigation aid

Options should be carried. The route descriptions, GPX file (loaded on an appropriate device), Maps (OS Landranger Sheet 139/Explorer 220), Birmingham A-Z The landranger map is likely to be a challenge.

Emergency Rations

There will be snacks, water and squash at all the CP but some rations should be carried. Rarely are the shops far away from the route but you will not pass many shop doorways.

First Aid Kit

An appropriate first aid kit for your needs should be carried.

Weather appropriate additional clothing

It is August, it is England, the route is exposed to the elements but it could rain or the sun could shine. The undergrowth is largely kept at bay. Last 2 running of the canal canter sun cream was more important than waterproofs. There is a surprising amount of shade on the route but some sections are exposed to the sun.

Tally Cards

A tally card will be issued at registration. It will have your tally number, name and the check points you are expected to visit (given your route choice).

26.3 mile route Marathon Check ,CP1,CP2 ,CP3, CP4 & CP5

25.8 miles CP1,CP2 ,CP3, CP4 & CP5

18.7 mile route CP1, CP4 CP5

Timetable

7:30 Registration and Car Park opens

8:25 1st Briefing (For walkers on 25.8mile route)

8:30 Start (25.8 mile walkers)

9:25 2nd Briefing (Marathon, Mini and all runners)

9:30 Start (Marathon, Mini and all Runners)

Check point open and close times

Marathon	Clip point (Road side)	9:40	10:15
CP1	Ackers Trust Base Camp (Indoors)	9:45	11:45
CP2	Spaghetti Junction (Canal towpath)	10:45	12:45
CP3	Soho Loop (Canal towpath)	11:30	14:15
CP4	The Vale (Canal towpath)	11:00	15:30
CP5	Guillotine Lock (Canal towpath)	11:30	17:00

The open time is the earliest you will be checked through. Please do not arrive early you will have to wait for the opening times. (If you expect to be so fast this will be a problem please ask for a later start time)

The close time is the time you should leave the CP

Finish times

The finish opens at 12:00. The finish closes at 18:30

Check point menu

CP1 – (Breakfast) Tea, Coffee, Squash, Water, Toast, and Overnight Oats

CP2 – (Elevenses) Water, Squash, Fruit, Biscuits, Nuts

CP3- (Lunch) Water, Squash, Pop, Frittata, Vegan Sausage rolls, Samosa, Wraps

CP4 (Pudding {Lunch for short}) Water, Squash, Frittata, Vegan Sausage rolls, Samosa
Jaffa Cakes, Barfi, Fruit and nut balls, Chocolate mousse, fruit yogurt

CP5 (Afternoon Snack) Water, Squash ,Pop, Fruit, Crisps

There will be a selection of sweets at all CP some of the sweets will be vegan.

Retirement

Walkers/runners wishing to retire from the event should do so at a staffed checkpoint, Transport will then be arranged to get you back to the HQ.

If you choose to retire not at a CP you must phone the number on the Tally card to advise the event control that you have withdrawn from the event. (We do not want to search for you if you are at home.)

Changing route

If you choose to switch route (in particular from the long to the short after starting) please advise event control (the emergency no on the tally card) so we don't wait for you at the CP you will not visit.

Tracking your progress

You will be checked into the CP and the time recorded.

Start lists will be compared to CP list to identify missing participants at a CP.

If an entrant is significantly slower than expected they will be contacted by mobile phone to check that they are not in difficulty.

There will be sweepers on both routes from CP1 to the end. The purpose is to ensure that any participants are making sufficient progress to reach the next CP/finish in time to make the close cut off. If you leave the route the sweepers may pass you while you are away from the route. If the sweepers reach a check point and they have not seen you event control will try to contact you to check you are OK.

A time will be recorded at the finish.

Results will be produced listing the completion time and distances. Times to check points may be in the results.

The times recorded at the finish will be those that appear in any results.

The accuracy of the timing is based on non-synchronised timing devices so are indicative. If you want an accurate time please use your own timing device. We will not adjust the results to reflect your timings.

Route Information

Route Descriptions

One for the Canal Canter Marathon (26.3 miles) 2 sides of A4

One for the canal canter (25.5 miles) 2 Sides A4

One for the Mini Canter (18.7 miles) 2 sides of A4

GPX file

One each for the 3 routes

Maps

Maps (OS Landranger Sheet 139/Explorer 220), Birmingham A-Z

There will be a marked up map at HQ prior to the start.

Signage

There will be signs with the canal canter logo on at the points the routes split. The rest of the route will not be waymarked. There will be a map at HQ with photos on it to highlight the key points

Toilets

There are toilets at HQ and CP1.

The other 4 CP are outdoors on the canal towpaths. There are no toilets at these CP.

Along the route (Particularly in the centre of Birmingham) there are numerous bars cafes and shops that have toilets close or on the canal – these may require a purchase to access the toilets.

There are public toilets available inside the ICC (where the route rejoin after CP3 you will have to cross the canal and enter the ICC toilets are on the left at the far end of the ICC)

University Station has toilets(Approx 1 mile past CP4) has facilities that are open during the time that event passes it. There is access to the station directly from the canal

Sainsburys Selly Oak has toilets though they are a fair hike from the canal

After CP5 (Bridge #3 there is an Aldi that has toilets that are accessible while it is open)

The finish is not that far away and you would be adding distance to your walk)

HQ Facilities

Toilets-Ladies and Gents available.

Showers -Showers are available – they are a short walk around the site

Carparking - Ample

Bag Storage – Bags can be left at the club but they will be at the owners risk

Food will be served, squash, hot and cold drinks will available (you will need your mug)

There may be a bar available but no promises. (Drinks at the bar will have to be paid for)

Results

The results will be published on the LDWA Heart Of England website.

Emergency phone on the day

The emergency numbers will be printed on the tally cards.