



ROTARY CLUB OF READING ABBEY

**Thames Walk to End Polio
Sponsorship Event
Sunday 22nd May 2016**

Event Day Information for Walkers and Team leaders

Emergency Contact

Ring 07824 332001 in case of emergency.

Barbeque at the Crowne Plaza, Caversham

The BBQ will be available between 4 and 5 pm, so please plan your arrival as close as possible to 4 pm.

The Route

The Thames Path is very well signed along the route, and is walkable without a map. At all decision points you should follow the Thames Path sign.

Wallingford – Caversham route:

Take care where the path leaves the river, near Moulsoford (between Wallingford and Goring), a few kms beyond Goring, and just beyond Mapledurham Lock at Purley (between Pangbourne and Caversham). The route is flat apart from two sections; a few kms beyond Goring there is a steady climb through trees, followed by a sharp down and up section, and beyond Mapledurham Lock at Purley there is a climb through a housing estate away from the river. There are no stiles along the route.

Marlow – Caversham route:

The route is relatively flat throughout with no stiles. The path leaves the river about 3 km after Hurley, returning to the river via the road with the Flower Potpub on your left.

Having crossed the bridge at Henley, the route leaves the river again after about 2.5 km, on the approach to Shiplake. Details of this part of the route are given later.

Finally, there is well signed Thames Path diversion just before Reading Bridge.

OS Explorer Map 171 covers the whole of the Wallingford leg, and the Marlow leg beyond Hurley.

Parking and Public Transport

Parking is available at the Crowne Plaza Hotel Car Park throughout the day, for those who want to leave a car early and walk back to it, or for pick-ups at the end of the walk.

Please note that a 4-digit code is required to exit the car park, which is available from the hotel reception.

For those wishing to use public transport before or after the walk, the official Thames Path website has a useful travel planning section,

<http://www.nationaltrail.co.uk/thamespath/public-transport> .

Food and Drink

Team Leaders are responsible for ensuring that their team takes on regular food and drink to keep up energy levels and avoid dehydration. There are drinking water points at Wallingford Cattle Market Car Park, Goring-on-Thames Car Park, Pangbourne Recreation Ground, and Mapledurham Lock (Wallingford leg), and at Temple Lock, Hurley Lock and Shiplake Lock (Marlow leg).

Emergencies

Team Leaders should have their own contingency measures in place during the walk.

They must carry a mobile phone and should ring the emergency services if considered necessary. Otherwise a support vehicle will be available for call-up (Ring 07824332001).

First Aiders will be on station at the Crowne Plaza between 3pm and 5pm.

Training

It is recommended that those who are not regular long distance walkers, and who intend to start from Goring/Henley, and especially Wallingford/Marlow, should do some training before the event, although this is ultimately down to the judgement of the individual or team leaders.

Walking Speed

Depending on fitness levels, and what kind of experience you are looking for, your walking speed is likely to be in the range 2.5 to 3.5 mph. 3 mph is a good average walking speed for this kind of terrain for a reasonably fit person.

The Walk

Wallingford Starters

The table should help you to plan your arrival at the Crowne Plaza close to 4 pm.

From	Distance (km)	Start (24hr)	End (24hr)	Time (hrs)	Rest (min)	Speed (Km/hr)	Speed (mph)
Wallingford	28	8:00	16:00	8.00	60	4.0	2.5
	28	9:00	16:00	7.00	60	4.7	2.9

Use the Cattle Market Car Park off Wood Street, (Grid Reference SU608893) which is free on Sundays, and has toilets. Turn left at the driver's exit towards Thames Street, where a Thames Path sign directs you to the right. At the street corner a further sign on the left will lead you through a passage towards the river.

The next toilets are at Cleeve Lock, shortly before Streatley. (Recommended, as the toilets at Goring are off the route, see below.).

Team Leaders note: Shortly after a railway viaduct, the path leaves the river and meets the busy A329 through Moulsoford, which it follows for over a kilometre before turning left down Ferry Lane back towards the river. The path later crosses the river at the bridge from Streatley to Goring, which also involves a road crossing.

Goring Starters

The table should help you to plan your arrival at the Crowne Plaza close to 4 pm.

From	Distance (km)	Start (24hr)	End (24hr)	Time (hrs)	Rest (min)	Speed (Km/hr)	Speed (mph)
Goring	17	11:00	16:00	5.00	45	4.0	2.5
	17	11:45	16:00	4.25	45	4.9	3.0

Use the Goring-on-Thames Car Park off Station Road (Grid Reference SU599807), which is free on Sundays, and has toilets. Turn left out of the car park, past the toilets, along a passage to the High Street, and then turn left towards the river, where you will see a Thames Path sign, again on the left. On reaching the river turn left, and walk for about 300 metres to a grassed area..

Team Leaders note: The path follows a busy road for 700 metres on the approach to Whitchurch Bridge, Pangbourne.

Pangbourne Starters

The table should help you to plan your arrival at the Crowne Plaza close to 4 pm.

From	Distance (km)	Start (24hr)	End (24hr)	Time (hrs)	Rest (min)	Speed (Km/hr)	Speed (mph)
Pangbourne	10	13:00	16:00	3.00	30	4.0	2.5
	10	13:30	16:00	2.50	30	5.0	3.1

Use the River Meadow Car Park off Whitchurch Road, which is free on Sundays (Grid Reference SU636767). If this is full, there is an alternative car park at the Recreation Ground. Turn left out of River Meadow Car Park, and then left again into Thames Avenue. At the end of the road turn left and then right. This car park has toilets, which are also signed from the riverbank. From either start point, walk directly towards the river. There are also toilets at Mapledurham Lock.

Team Leaders note: Immediately after Mapledurham Lock, the path turns right away from the river, and soon joins Mapledurham Drive. *Do not continue on the path along the river.* At the top of this road, turn left and then immediately right, following the Thames Path signs. Once over the railway bridge, turn left into Hazel Road, and eventually turn right into Skerritt Way. At the end of the cul-de-sac, take the footpath off to the left leading up to the busy A329. Turn left and follow the road for 250 metres until the Roebuck pub, where you turn left again over a railway bridge, back down towards the river.

Marlow Starters

The table should help you to plan your arrival at the Crowne Plaza close to 4 pm.

From	Distance (km)	Start (24hr)	End (24hr)	Time (hrs)	Rest (min)	Speed (Km/hr)	Speed (mph)
Marlow	29	8:00	16:00	8.00	60	4.1	2.6
	29	9:00	16:00	7.00	60	4.8	3.0

Use the Car Parks in West Street or Institute Road, both of which charge £1 for all day parking on Sundays. There are public toilets at Higginson Park (SU850863), just off to the right of the High Street on your way down to Marlow Bridge. Walk to the right of the bridge down to the river. The path leaves the river about 3 km after Hurley. On your return to the river, you will pass the Flower Pot pub on your left. There are toilets at Temple Lock and Hurley Lock on this section, and then at Mills Meadow, Henley (SU766822).

Team Leaders note: The path crosses the river at the Henley Bridge, which also involves a busy road crossing.

Henley Starters

The table should help you to plan your arrival at the Crowne Plaza close to 4 pm.

From	Distance (km)	Start (24hr)	End (24hr)	Time (hrs)	Rest (min)	Speed (Km/hr)	Speed (mph)
Henley	16	11:15	16:00	4.75	45	4.0	2.5
	16	12:00	16:00	4.00	45	4.9	3.1

Use the Kings Road or Greys Road car parks, which are free on Sundays, and have toilets. Walk down the High Street to Henley Bridge. From the bridge walk about 500m towards Reading. The route leaves the river after about 2.5 km, on the approach to Shiplake. On walking passed large riverside houses on your left on Bolney Road, look out for a narrow cut diagonally off to your right. Turn right over the railway line, then left at the Baskerville pub into Mill Road, following only Thames Path signs. After about 1 km, turn left by the sign to Lashbrook House, back down towards the river.

Team Leaders note: There are toilets at Shiplake Lock and Sonning Lock, and a water point at Shiplake Lock. The path crosses the river at Sonning. There is well signed Thames Path diversion just before Reading Bridge. Turn left into King's Meadow Road, then right to cross the Reading Bridge Road .Finally turn right down Lynmouth Road back to the river.

Sonning Starters

The table should help you to plan your arrival at the Crowne Plaza close to 4 pm.

From	Distance (km)	Start (24hr)	End (24hr)	Time (hrs)	Rest (min)	Speed (Km/hr)	Speed (mph)
Henley	6	14:30	16:00	1.5	15	4.0	2.5
	6	14:45	16:00	1.25	15	4.8	3.0

Follow the path towards Reading. There is well signed Thames Path diversion just before Reading Bridge. Turn left into King's Meadow Road, then right to cross the Reading Bridge Road .Finally turn right down Lynmouth Road back to the river.

All teams should check-in with the marshalls at the Crowne Plaza.

