

ellenor.x

STEP UP

ELLENOR'S TOWER RUN CHALLENGE

STEP UP: THE DETAILS

– 1 TOWER –

– 35 FLOORS –

– 877 STEPS –

WHERE?

Broadgate Tower, EC2A 2EW

WHEN?

Saturday 14th October from 11am

WHO?

Individuals and teams



You'd have to
be stair crazy!

GETTING TO BROADGATE TOWER...

ellenor will be running a coach for participants from our Gravesend Hospice to Broadgate Tower. **Booking is essential** - to book your seat please email emma.bowles@ellenor.org

If you would prefer to make your own way to Broadgate Tower, please see details below;

BY TUBE

Liverpool Street Station: Central, Circle, Metropolitan and Hammersmith & City line, London Overground and TFL rail (8minute walk to the start line).

CYCLING

If you're planning to cycle there will be numerous bike parking facilities in and around the area.

PARKING

Broadgate Tower Car Park, underneath Broadwalk House (EC2A 2EW), is a fully manned 24/7 service with 85 spaces open to the public. No pre-booking is required. Simply turn up, take a ticket on the way in and park in any space that is not marked as reserved. Payment is made at the pay station before you leave, with both cash and cards accepted.

0-2 hours: £15/ 2-4 hours: £20/ 4-6 hours: £25

ON THE DAY

TIMETABLE

08.40 am	Arrive at Hospice to board coach
09.00 am	Coach leaves Hospice for Broadgate Tower
10.00 am	Registration opens
11.00 am	Race starts (Waves*)

* Your official wave time will be confirmed via email so please ensure you keep an eye on your inbox in the lead up to the event.

BEFORE YOU STEP UP...

Approx .15 minutes before your wave start time you will be taken to the starting area where you will complete a warm up with a professional fitness trainer before hitting the stairs.

RUNNER INFORMATION

RACE NUMBERS & CHIP TIMING

Your race number with chip timing will be available for collection at the registration desk on the day, please ensure you arrive at least 45 minutes before your wave race time to make sure you have enough time to register.

BAG DROP

The bag drop will be located in the reception of Broadgate Tower.

CHANGING AND TOILET FACILITIES

On the day you'll have access to toilets on the ground floor, where you can change. You'll be able to use these facilities throughout the event.

PHOTOGRAPHY

We will have a photographer on the day taking photos of the event and participants. Feel free to share your own photos on social media, please don't forget to tag us at ellenorcharity #StepUpForEllenor

RUNNER INFORMATION CONT...

FOOD

There will be water and light refreshments available at the end of the race. If you would like anything more substantial Broadgate Tower will have a variety of restaurants and cafes open on the day.

WATER STATIONS

You can collect your free water bottle at the end of your run, or if you find you are in need of something refreshing on your ascent, marshals will also have water to hand!

MARSHALS

A team of wonderful volunteer marshals, wearing **ellenor** tops, will be ready to help on the day and will be situated at various points up the staircase to cheer you on.

THE FINISH

Once you have conquered all 877 steps of Broadgate Tower you will have an opportunity to experience panoramic views of London from 541ft, before getting the lift back to the ground floor. Finishers will receive a medal and official chip time.

RUNNER INFORMATION CONT...

SPECTATORS

Spectators are welcome to attend on the day to cheer you on from the start line. Unfortunately, spectators are unable to use the stairwell or be present at the finish line on the day.

FURTHER QUESTIONS

If you have any further questions or concerns, please contact Emma Bowles via email on emma.bowles@ellenor.org or via telephone on 01322 626506.

THANK YOU!

Your sponsorship will help to change the lives of children and families facing terminal illness



Registered Charity No. 1121561