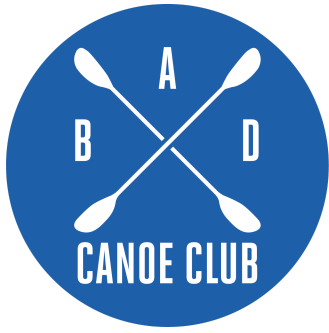




BARKING AND DAGENHAM

WINTER SERIES MARATHON

Sunday 23rd November 2025

Car Park Marshalling Guidelines

Event Date: 23/11/2025

Car Park Location: The Malthouse, 62-76 Abbey Rd, Barking IG11 7BT

General Information:

We are pleased to inform you that we have been granted permission to use the Malthouse parking facilities for the duration of our event. Please adhere to the following car park marshalling guidelines to ensure the smooth and efficient use of this space. Your cooperation will help us maintain a safe and organised environment for all participants and spectators.

1. Arrival & Parking:

- Follow the marshal's directions upon entry.
- The speed limit is **5 mph**. Drive cautiously.
- Park in designated spaces only, as directed by marshals.

2. Boat Unloading:

- Boats must be carried up the stairs and to the right, heading to the waterfront.
- Drop boats only in the marked areas.

3. General Rules:

- Keep the car park clean; please take all rubbish with you after the event.
- Follow the marshals' instructions for both parking and exiting.

4. Safety:

- Be aware of pedestrians at all times.
- In case of emergency, contact the nearest marshal.

Thank you for your cooperation, and enjoy the race!