

RACE BRIEFING – TRAIL MAPLEDURHAM

Welcome to the Trail Mapledurham, we've been waiting for this one for a long time but we're delighted to be back at one of our favourite event venues.

Please make sure that you have read the race instructions on the event website, and have double checked your own start time. It is assumed that you have read and understood this brief prior to attending the event.

Do not attend the event if you are feeling unwell, have any coronavirus symptoms, are in a period of quarantine/isolation or are awaiting test results.

You must use the hand sanitiser when appropriate where it is available.

Race day timings-

Note the start time for your event, found on the website, and please arrive in good time to register before that. Race numbers are to be collected at registration on the morning, which is open from 08:00 until 09:40. Our start line team will call you into position 5 mins before each event start.

Registration is found in the larger white marquee, and the start/finish line is marked by our red gantry. Car Parking is all very close by, so if you're driving please leave kit in your cars, and the toilets are approx. 300m along the riverbank.

The Canicross 10km will now be starting from 09:45, with a rolling start, meaning that you can start anytime you're ready between 09:45 & 09:50.

The course-

We have a lovely multi terrain course for you. It is around 50% off road. Most of our course is the same across all three distances.

The Canicross 10km & 10km cover exactly the same route as each other. You complete 1 Lap and use two 'short cuts' from the other events.

The Half Marathon completes 2 Laps, at 6.7 miles you turn left to start lap two, and at the same place next time around (12.7 miles) you turn right to head back to the finish.

The Marathon completes 4 Laps, using the same course as the half marathon, with one small variation on your final lap. At 24.7 miles, you turn left and follow signage to the Marathon Finish.

The off road terrain portions are largely firm underfoot with only limited sections that are muddy. Either road shoes or trail shoes are fine. We suggest making your choice of shoes down to the weather in the 48 hours prior to the race. At the moment, we would still be using road shoes.

There are some quiet road sections on the course and a couple of short sections on narrow footpaths. Keep tight left on all road sections and please be courteous of footpath users. There are some undulations, but nothing 'nasty'! What goes up, must come down also - please be careful on the downhill.

Water stations -

There are now going to be two water stations on each lap on course, and then at the start/finish. You will need to bring your own drinking vessels. All water stations are self service – a reminder again – **there are no cups provided.**

Marathon runners can have their own nutrition taken to the first water station on course, found at 1.1 miles, 7.4 miles, 13.6 miles, 19.8 miles and lastly at 25.2 miles. This nutrition must be sealed (eg a sandwich bag) and labelled with your race number, and left in the boxes at race registration by 08:30 latest. Your race numbers can now be found within the Start List on the website.

Safety-

There are some quiet road sections, and there is likely to be occasional traffic. Listen to the marshals instructions and please keep tight to the left hand side at all times, ideally single file once you have spread out sufficiently.

Signage-

The courses are signed with yellow arrows as well as red and white tape. Each mile point and kilometre point will be marked. If you do not see any signage, go back to where you last saw an arrow.

The courses do split at 2.7 miles/4.4km & again at 4.8 miles/7.7km – just prior to the courses splitting will be a 'COURSE SPLIT AHEAD' sign.

Signage that is only for 10km runners will be PINK, signage that is only for Half Marathon runners will be ORANGE and then signage for Marathon runners only will be BLUE. Pay attention!

Finish-

As you cross the finish line back at the country park your result will be live online. On finishing, please keep moving and help yourself to your finishers medal and some snacks. Water containers are ready for you to fill your own bottles. Remember – no cups are provided. Hot & Cold drinks & food are available to buy. Prizes will be issued at the finish line where possible or posted after the day if they require verification. Massage is available.

Thank You -

Firstly, thank you to the Mapledurham Estate for allowing us to use their grounds, Runners' Retreat, and our wonderful charity the Royal Berks Charity. Thank you to our race timer, Rogue Racer, our medics from Cloud9 Pursuits, Marlow Party Planners, North Hampshire Sports Massage & Coops Coffee. Our sponsors, Absolute Mug and Stillman Insurance. Most of all though, and please show your appreciation when you see them, thank you to our race day volunteers and our photographer, Peter Cook.

We hope you enjoy your race.