

Welcome to the Chiltern Hills 100K

Thanks for entering, we're really looking forward to seeing you on race day.

The key details are all listed within this document, if you have any questions please email us at hello@runawayracing.com.



Chiltern Hills 100K
ULTRA MARATHON

[Race website](#) >

[Race downloads](#) >

1. Overview

The race takes place on **Saturday 26th April 2025**, starting at **0700**.

The run follows a looped route, starting and finishing in Chesham.

The total distance is **100K** and follows public footpaths throughout.

There is a total elevation gain of **1800m**.

Start/Finish

Girl Guiding Headquarters
9 Bury Ln, Chesham
HP5 1HX

Please note there is no parking at this location. see below for more info on where to park

[Google Maps](#) >

2. Getting there

All participants and spectators must arrive at the start/finish on foot. There are several large public car parks a short walk away.

Parking

There is **no parking directly at the event venue**. We recommend using either of the following car parks for all-day parking.

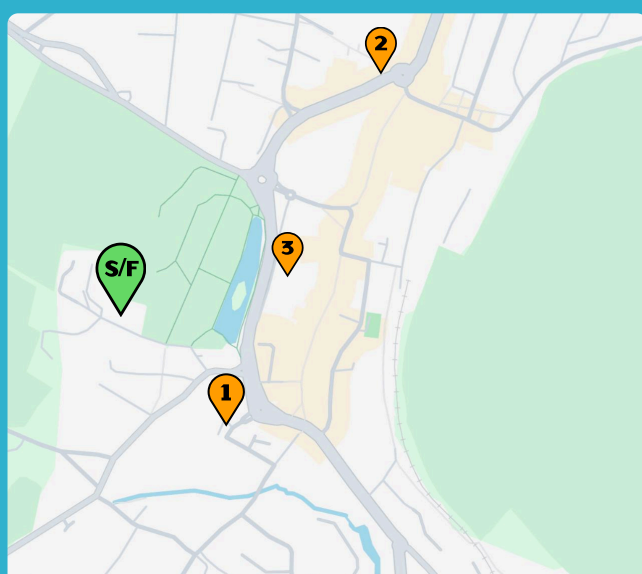
1 Water Meadow Car Park, HP5 1LF

£3.80, 350m walk

2 Albany Place, HP5 1EP

£4.20, 650m walk

For short-stay parking you can also park in **Star Yard Car Park** (max 4 hours).



3. Pre-race (registration, trackers & bags)

Race registration will be open on **Friday 25th April between 1800-1930**, and on **race morning between 0530-0630**.

You will be given your **race number** and have your **GPS tracker** attached to your running pack.

Please bring all your kit with you to registration, as we will be carrying out a check of your mandatory items.

Registration Window 1

Friday 25th April, 1800-1930

Location

St Mary's Church Rooms
Church St, Chesham, HP5 1HY

Please note this is a separate location to the start/finish, a few minutes walk away

Registration Window 2

Sat 26th April, 0530-0630

Location

Girl Guiding Headquarters
9 Bury Ln, Chesham, HP5 1HX

Bag Drop

You may drop off **two bags** at the start, on the morning of the race. Both these bags must be clearly labelled with your name and race number.

1 - On route drop bag

To be transported to CP3 (41.4km) and then returned to the finish.

Max Size

30L

2 - Finish line bag

To be kept safe during the race and returned to you at the finish.

Max Size

60L

Important - In the event of a DNF, it is your responsibility to return your GPS tracker and collect your drop bags. Lost trackers that are not returned cost £120 to replace 🙄!

4. On-route Cutoffs

There is an overall **18 hour time** limit to complete the total distance. Therefore, the official race cut-off time is **1am**.

We will be enforcing the following cut-off times during the race. You must **leave** the checkpoint by the time stated to be allowed to continue.

CP2 - Little Gaddesden (28km) - 12:00

CP3 - Hastoe Village Hall (41.4km) - 14:30

CP4 - Whiteleaf (57.8km) - 17:20

CP5 - Bledlow Village Hall (75.3km) - 20:30

CP6 - Little Hampden (88km) - 22:40

5. Route information

Route details

Our route is **100km** with **~1850m** of elevation gain.

The route is available to download as a **GPX** or via **Garmin, OS Maps & Google**.

You **must** have the route on your phone or watch as a back up to our signage.

[Route Downloads](#) >

Important note - The route is open to the public, please be respectful to all trail users and be careful not to drop any litter.

Checkpoints

There are **six checkpoints** on the route, these will contain a mixture of fluids and nutrition, such as:

Drinks - Water, Coke & Electrolyte mix at all CPs. Hot water at CP1,2,3,5.

Fuel - Gels, sandwiches, flapjacks, sweets, fruit, crisps + much more.

CP1 - Hastoe Village Hall (14km)

CP2 - Little Gaddesden Village Hall (28km)

CP3 - Hastoe Village Hall (41.4km)

Following the route

The route will be **signposted** and **marshalled** in several locations. An example of our signage is below.



Crewing Information

Crews are **permitted** to see their runners at **CP4 and CP5**.

Crews are **not permitted** at **CP1, CP2, CP3 or CP6** due parking limitations. Crews may meet runners along the route outside of CP locations.

Please visit our [spectator guide](#) for more info.

CP4 - Whiteleaf Hill Car Park (57.8km)

CP5 - Bledlow Ridge Village Hall (75.3km)

CP6 - Little Hampden (88km)

6. During the race

Mandatory kit

You **must** carry the follow items at all times during the race. Time penalties will be applied to anyone not carrying the correct gear.

- Mobile phone (emergency number saved)
- GPX of the route via your watch or phone
- Refillable water/hydration system (0.5L min)
- Waterproof or windproof jacket
- Additional long sleeve layer (to be kept dry for emergencies)
- Additional full leg cover (to be kept dry for emergencies)
- Head torch + spare battery
- Warm hat/buff & gloves
- Reusable cup
- Basic first aid supplies (plasters/tape/bandage/foil blanket)
- Bag/vest/belt to put everything in
- £20 cash or bank card
- Race nutrition

Emergency info

To contact the event director or medical team, please use the following phone number:

07874 947339

Spectators/crews welcome

Please use the PDF below for details of the race route, locations of the checkpoints, and where crew access points are.

[Spectator Guide](#) >



Results

Live results & GPS tracking will be available at

runawayracing.com



Refreshments

Hot food will be available to all runners at the finish.



Photos

A selection of race photos will be available for free download 24-48 hours after the event.

