Welcome to the Chiltern Ridge Winter 50K

Thanks for entering, we are 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.

Race website ›

CHILTERN RIDGE WINTER

1. Overview

The race takes place on **Saturday 16th November 2024**, starting at **0800**.

The run follows a looped route, starting and finishing at our Berkhamsted Cricket Club.

The total distance is **50.5K** and follows public footpaths throughout.

There is a total elevation gain of **800m**.

📍 **Start/Finish**

Berkhamsted Cricket Club, Castle Hill

HP4 1HE

Please note there is no parking at this location

Google Maps ›

2. Getting there

🚗 **Parking**

There is **no parking directly at the event venue.** Please park in one of the following car parks:

1. **Berkhamsted Station** - £10, 500m walk
2. **Lower Kings Road** - £4, 850m walk (Floor 4-7 for all day parking)
3. **St John Wells Lane** - £4, 1km walk

Once you are parked, please walk to: Berkhamsted Cricket Club, Castle Hill, HP4 1HE

🚆 **Arriving by train**

Berkhamsted Train Station is a 500m walk from the event venue.

We recommend checking train times via **thetrainline.com**

3. Event timings

Please arrive at the event in plenty of time to register.

Registration opens at **0630** and will close at **0740.** You will be given your bib and timing chip. Safety pins will be provided.

🎒 **Bag Drop**
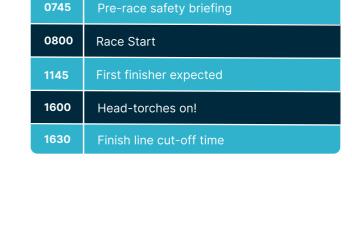
Bags and jackets can be dropped off at registration and will be kept indoors for the duration of the run.

0630	Event base & registration opens
0740	Registration closes
0745	Pre-race safety briefing
0800	Race Start
1145	First finisher expected
1600	Head-torches on!
1630	Finish line cut-off time

⏱ **On-route Cutoffs**

In order to complete the run in the 8.5-hour limit, you must depart the following checkpoint locations by the times listed.

We will enforce a strict cut-off at CP3 for the safety of the runners and our marshalling teams.

CP1 - Aldbury (18km) - 11:00

CP2 - Boswells Farm (30.8km) - 1310

CP3 - Wiggington (41.2km) - 1455

4. Route information

📍 **Route details**

Our route is 50.5km with ~800m 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 **three checkpoints** on the route, these will contain a mixture of fluids and nutrition, such as:

Drinks - Water, Coke, electrolyte mix
Fuel - Gels, flapjacks, sweets, fruit, crisps

CP1 - Aldbury Playing Field (18km)
CP2 - Boswells Farm, Wendover (30.8km)
CP3 - Wigginton Playing Field (41.2km)

📌 **Following the route**

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

⬆	⚠ CAUTION ROAD CROSSING	WRONG WAY ❌ WRONG WAY

This is a cupless race!
If you would like to take on fluids at the aid station you will need a refillable soft cup or bottle.

We do not allow the following on route

❌ **No Dogs Allowed**

No pacers or cyclists

5. 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 jacket
- Head torch
- Warm hat & gloves
- Additional long sleeve layer (kept dry in bag)
- Cash or bank card
- Reusable cup (recommended)

🆘 **Emergency info**

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

07874 947339

🗣 **Spectators welcome**

Spectators are welcome to support runners along the route and at the start/finish. See our spectator guide for suggestions of where to go.

Please note there is no vehicle access to CP2.

Spectator Guide ›

6. Post Race

🏅 **Results**

Live results are available immediately after the race at **runawayracing.com**

🍕 **Refreshments**

There is a full licensed bar and a selection hot food available at the cricket club.

📷 **Photos**

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

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