

Welcome to the Dunstable Downs Half

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](#) >

1. Overview

The race takes place on **Sunday 14th July 2024**, starting at 10:30AM.

The event starts and finishes at the Dunstable Downs National Trust Estate.

Address

Dunstable Downs, Dunstable Road, Whipsnade LU6 2GY

[Google Maps](#) >

2. Getting there



Arriving by car

Please make your way to the Dunstable Downs Visitor Centre, located on Dunstable Road.

There is plenty of parking available on site. Parking is £3.50, or free for National Trust members.

Postcode for Sat Nav
LU6 2GY

[Google Maps](#) >



Arriving by public transport

The best way to get to the event via public transport is to take the train to Luton and then catch the bus to Dunstable (every 20 mins).

Search on Google to find more detailed information.

3. Event Timings

Itinerary

0915	Event base & registration opens
1015	Registration closes
1020	Event safety briefing
1030	Race start
1430	All runners finished

On arrival

- 1 Make your way to the main visitor centre where registration is located.
- 2 Collect your bib number for the race
- 3 Get warmed up and be ready for our safety briefing at 1020 and then race start at 1030.

4. Route information

Route details

Our route is 21.2km with 450m of elevation gain.

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

An aid station will be available at 10.7km into the route, containing water and gels.

[Route Downloads](#) >

Important note - The route is open to the public, please be respectful to all trail users.

Following the route

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



5. During the race



Mandatory kit

There is no mandatory requirements, however we would recommend the following:

- Wear trail running shoes
- Carry your mobile phone
- Load the route to your watch/phone for peace of mind



Emergency info

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

07874 947339

5. Post Race



Spectators welcome

There is plenty of space for friends and family to gather at the start/finish.



Refreshments

There is a brilliant National Trust cafe onsite that will be open from 10AM.



Results

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



Photos

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

