

## 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 22nd June 2025**, starting at **09:45AM**.

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.

On arrival, follow signs and marshal instructions to the event car park, the entrance is located 200m before/after the main entrance.

Please use the pin linked below



# **Arriving by public transport**

Unfortunately Dunstable Downs is not very close to a train station.

For more information on how to get to

Dunstable Downs via public transport, please visit <a href="https://www.goodjourney.org.uk/">https://www.goodjourney.org.uk/</a> attractions/dunstable-downs/

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3. Event Timings

## **Itinerary**

0815	Car park and registration opens
0930	Registration closes
0940	Event safety briefing
0945	Race start
1345	All runners finished

On arrival

registration is located.

Collect your bib number for the race

Make your way to the main visitor centre where

- Get warmed up and be ready for our safety

briefing at 09:30 and then race start at 09:45.

# Following the route

4. Route information

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

Route details

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

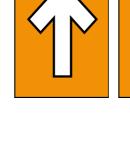
An aid station will be available at 10.7km into the route, containing water and gels.

**Route Downloads** 

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

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

**WRONG WAY** 







### There are two aid stations on route at 6.7km and 13.7km. Fluid

Aid stations

Water, Coke

Precision Hydration Gels and Chews, jelly babies

**Fuel** 

This is a cupless race! If you would like to take on fluids at the aid

station you will need

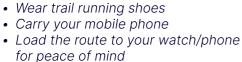
cup or bottle.



### There is no mandatory requirements, however we would recommend the following: To contact the event director or medical team,

5. Post Race

5. During the race



**Mandatory kit** 

07874 947339

**Emergency info** 

please use the following phone number:



**Spectators welcome** 

There is plenty of space for friends and

family to gather at the start/finish.



open from 10AM.

There is a National Trust cafe onsite that will be





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

**Results** 



**Photos** 

