

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

[Google Maps](#) >



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 <https://www.goodjourney.org.uk/attractions/dunstable-downs/>

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

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

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.



Aid stations

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

Fluid

Water, Coke

Fuel

Precision Hydration Gels and Chews, jelly babies

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



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 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.

