

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.





1. Overview

The race takes place on **Sunday 22nd June 2025**, starting at 09:00AM.

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

Address

Dunstable Downs, Dunstable Road, Whipsnade LU6 2GY



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

For more information on how to get to

close to a train station.

Dunstable Downs via public transport, please visit https://www.goodjourney.org.uk/ attractions/dunstable-downs/

3. Event Timings

Itinerary

0/30	Cal park and registration opens
0830	Registration closes
0845	Event safety briefing
0900	Race start
1300	All runners finished

Make your way to the main visitor centre where

On arrival

registration is located.

Collect your bib number for the race

- Get warmed up and be ready for our safety 3

briefing at 0845 and then race start at 0900.

Following the route

4. Route information

Our route is 21.2km with 450m of elevation gain. The route is available to download as a GPX or

Route details

via Garmin, OS Maps & Google.

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

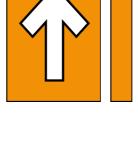
Route Downloads

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







5. Post Race

5. During the race

we would recommend the following: · Wear trail running shoes

Carry your mobile phone

 Load the route to your watch/phone for peace of mind

Mandatory kit

There is no mandatory requirements, however

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

Emergency info

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

Spectators welcome



Refreshments



the race at runawayracing.com



free download 24-48 hours after the event.

