

Welcome to the **Greensand Country 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.





1. Overview

The race takes place on **Sunday 26th May** 2024, starting at 9AM.

The event follows a looped route, starting and finishing at our event base within Shuttleworth.

footpaths throughout.

The total distance is **50.2K** and follows public

There is a total elevation gain of **430m**.

Shuttleworth, Alder Drive, Biggleswade

Event Base

SG18 9DT



Arriving by car

2. Getting there



The entrance to **Shuttleworth** is accessed

via the **B658**. Upon turning onto Alder Drive, follow the

track for 2km until you reach the main event field. A marshal will instruct you where to park. **Postcode for Sat Nav**

Google Maps

SG18 9DT



The closest train station is **Biggleswade**. There are regular trains from London St

0730

0840

Arriving by train

Pancras International. Please check thetrainline.com for timetables. The event base is an 8-min drive from the train station. Please book ahead if

you require a taxi.

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

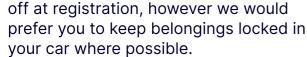
3. Event timings

Registration opens at **0730** and will close at **0840.** You will be given you bib and timing

Bag Drop

Small bags and jackets can be dropped

chip. Safety pins will be provided.



On-route Cutoffs

In order to complete the run in the 9-hour

time limit, you must depart the following

Our route is **50km** with **~430m** of elevation gain.

	The rade datety briefing
0900	Race start
1245	First finishers expected
1800	Final finish arrive in Shuttleworth
1830	Event base closes

Event base & registration opens

Registration closes

checkpoint locations by the times listed. If the start time is delayed the cutoffs are

also extended by the same amount.

4. Route information

CP1 - Broom (16km) - 1152

CP2 - Shefford (28km) - 1400

CP3 - Haynes (41km) - 1622

several locations. An example of our signage is below. The route is available to download as a GPX or

You **must** have the route on your phone or watch as a back up to our signage.

via Garmin, OS Maps & Google.

Route details

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.



CP2 - Shefford (28km)

Drinks - Water, Coke, electrolyte mix Fuel - Gels, flapjacks, sweets, fruit, crisps **CP1 - Broom Village Hall (16km)**

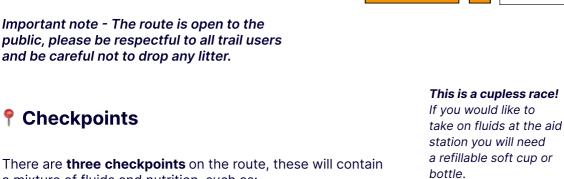
a mixture of fluids and nutrition, such as:

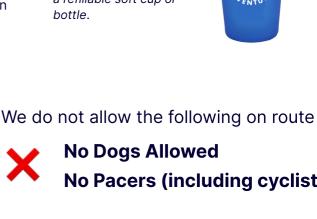
CP3 - Haynes Village Hall (41km)

烤 Following the route

ROAD CROSSING **WRONG WAY**

The route will be signposted and marshalled in





WRONG WAY

No Dogs Allowed No Pacers (including cyclists)

5. During the race



to anyone not carrying the correct gear.

during the race. Time penalties will be applied

 Reusable cup to use at checkpoints · Jacket or emergency blanket

 Mobile phone (emergency number saved) GPX of the route via your watch or phone

Refillable water/hydration system (0.5L min)

07874 947339

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

Emergency info

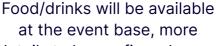
Spectators welcome

There is plenty of space for friends and family to



Live results are available

immediately after the race at runawayracing.com



at the event base, more details to be confirmed soon.

Refreshments

6. Post Race



will be available for free download 24-48 hours after the event.



Cash or bank card

gather at the start/finish.