

## 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](mailto:hello@runawayracing.com).

[Race website](#) >



### 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.

The total distance is **50.2K** and follows public footpaths throughout.

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

#### Event Base

Shuttleworth, Alder Drive, Biggleswade SG18 9DT

[Google Maps](#) >

### 2. Getting there



#### Arriving by car

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  
SG18 9DT

[Google Maps](#) >



#### Arriving by train

The closest train station is **Biggleswade**. There are regular trains from London St Pancras International. Please check [thetrainline.com](http://thetrainline.com) for timetables.

The event base is an 8-min drive from the train station. Please book ahead if you require a taxi.

### 3. Event timings

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

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

#### Bag Drop

**Small** bags and jackets can be dropped off at registration, however we would prefer you to keep belongings locked in your car where possible.

#### On-route Cutoffs

In order to complete the run in the 9-hour time limit, you must depart the following checkpoint locations by the times listed.

If the start time is delayed the cutoffs are also extended by the same amount.

0730	Event base & registration opens
0840	Registration closes
0845	Pre-race safety briefing
0900	Race start
1245	First finishers expected
1800	Final finish arrive in Shuttleworth
1830	Event base closes

**CP1 - Broom (16km)** - 1152

**CP2 - Shefford (28km)** - 1400

**CP3 - Haynes (41km)** - 1622

### 4. Route information

#### Route details

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

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

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

[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.**

#### Checkpoints

There are **three checkpoints** on the route, these will contain a mixture of fluids and nutrition, such as:

**Drinks** - Water, Coke, electrolyte mix  
**Fuel** - Gels, flapjacks, sweets, fruit, crisps

**CP1 - Broom Village Hall (16km)**  
**CP2 - Shefford (28km)**  
**CP3 - Haynes Village Hall (41km)**

#### Following the route

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



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



We do not allow the following on route



**No Dogs Allowed**  
**No Pacers (including cyclists)**

### 5. During the race



#### Mandatory kit

You **must** carry the follow items at all times during the race. Time penalties will be applied to anyone not carrying the correct gear.

- Mobile phone (emergency number saved)
- GPX of the route via your watch or phone
- Refillable water/hydration system (0.5L min)
- Reusable cup to use at checkpoints
- Jacket or emergency blanket
- Cash or bank card



#### Emergency info

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

**07874 947339**



#### Spectators welcome

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

### 6. Post Race



#### Results

Live results are available immediately after the race at [runawayracing.com](http://runawayracing.com)



#### Refreshments

Food/drinks will be available at the event base, more details to be confirmed soon.



#### Photos

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

