

## Welcome to the Tewinbury Trail 10K

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 7th April 2024**, starting at 11:30AM.

The event starts and finishes at the Tewinbury Countryside Farm & Hotel.

#### Address

Tewinbury (North Entrance)  
Churchfield Rd, Tewin, Welwyn AL6 0JW

[Google Maps](#) >

### 2. Getting there



#### Arriving by car

Enter Tewinbury via the **North Entrance** on **Churchfield Road**. Follow our blue signage to the event car park.

Postcode for Sat Nav  
AL6 0JW

[Google Maps](#) >



#### Arriving by train

The closest train station is **Welwyn North**. There are hourly trains from Kings Cross taking 33 minutes. Please check [thetrainline.com](http://thetrainline.com) for timetables.

The event base is a 1.5 mile (25 min) walk via public footpaths.

[Walking Route](#) >

### 3. Event Timings

#### Itinerary

0930	Event base & registration opens
1115	Registration closes
1115	Event safety briefing
1120	Walk to start
1130	Race start
1330	All runners finished

#### On arrival

- 1 Follow signs to registration and collect your **race number**
- 2 Grab a **pre-race coffee** from the onsite cafe.
- 3 Leave a small bag or jacket at bag drop. *(For those without a car)*
- 4 Get warmed up and be ready for our safety briefing at 11:15 and then race start at 11:30 - Please note it is a short walk to the start.

### 4. Route information

#### Route details

Our route is **10km** with **180m** of elevation gain.

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

Water will be available at approx 6.5km into the route

[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.



### 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

Visit one of the on-site cafe's or restaurants. They get busy so we recommend booking to avoid disappointment

[Reserve table](#) >

#### Results

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

#### Photos

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

