

# Welcome to the **Tewinbury Trail 5 & 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.

Race website



## 1. Overview

The race takes place on **Sunday 8th June 2025**, starting at 11:00AM.

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



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



# 2. Getting there



# **Arriving by car**

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

AL6 0JW

**Postcode for Sat Nav** 



## **Arriving by train** The closest train station is Welwyn North.

There are hourly trains from Kings Cross taking 33 minutes. Please check thetrainline.com for timetables. The event base is a 1.5 mile (25 min) walk via

public footpaths.







3. Event Timings

# **Itinerary**

0900	Event base & registration opens
1030	Registration closes
1045	Event safety briefing
1050	Walk to start
1100	Race start
1330	All runners finished

On arrival

race number

Follow signs to registration and collect your

Grab a **pre-race coffee** from the onsite cafe.

briefing at 10:45 and then race start at 11:00 -

- Leave a small bag or jacket at bag drop.
- (For those without a car) Get warmed up and be ready for our safety
- Please note it is a short walk to the start.

# Following the route

4. Route information

### Both routes are available to view/download as a GPX or via, OS Maps & Google Maps.

Route details

Water and nutrition will be available at 5.3km into the 10K route.

**Route Downloads** 





### The route will be signposted and marshalled throughout. An example of our signage is below.

**WRONG WAY** 







# **Emergency info**

5. During the race



**Mandatory kit** 

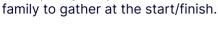
There is no mandatory requirements, however

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

Carry your mobile phone

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

5. Post Race



**Spectators welcome** 

There is plenty of space for friends and



# disappointment

Refreshments

Visit one of the on-site cafe's or restaurants. They

Reserve table



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





