

Welcome to the Chiltern Ridge 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.

[Race website](#) >



1. Overview

The race takes place on **Sunday 16th June 2024**, starting at 10:30am.

The event follows a looped route, starting from Wendover and taking you out to Whiteleaf Hill along some amazing trails.

The total distance is **21.2km** and follows public footpaths throughout, including large sections of **The Ridgeway**.

There is a total elevation gain of of ~525m.

Event Base

Hampden Meadow, South Street, Wendover, HP22 6DY

[Google Maps](#) >

Wendover Station Car Park

Station Approach, Wendover, HP22 6BX

[Google Maps](#) >

2. Parking

All runners are instructed to park at **Wendover Train Station**.

With over 300 entrants, it's extremely important we don't overwhelm the smaller car parks in Wendover that businesses and residents rely on.

The train station has plenty of room for everyone and is a short walk to our event base on South Street.

Wendover Station Car Park

Station Approach, Wendover, HP22 6BX

[Google Maps](#) >

3. Bib pick-up & timing

Please arrive at Hampden Meadow in plenty of time to register.

Registration opens at **0900** and will close at **1015**.

You will be given your bib and timing chip at registration. Safety pins are provided.

Bag Drop

Bags and jackets can be dropped off at registration and will be kept safe whilst you are out running.

0900	Registration opens at Hampden Meadow
1015	Registration Closes
1020	Pre-race safety briefing
1025	Short walk to the start (400m)
1030	Race Start
1200	First finishers expected
1430	Finish cut-off time

4. Route information

Route details

Our route is **21.2km** with **~525m** of elevation gain.

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

It is recommended that you have access to the route on your phone/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

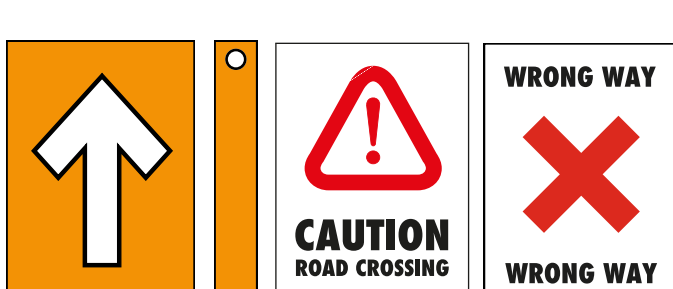
There is **one checkpoint** on the route, that you pass twice, at 6.7K & 13.4K.

Drinks - Water, coke

Fuel - Precision Hydration 30G Gels, Precision Hydration Chews, Jelly babies

Following the route

The route will be **signposted** throughout 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.



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 (recommended)
- Reusable cup to use at checkpoints (recommended)
- 500ml water (recommended)



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

Food

There are plenty of pubs, restaurants and cafes on Wendover High Street.

Drinks

The King & Queen pub is a 2-minute walk from the finish and the perfect place to celebrate your achievements.



Results

Live results are available immediately after the race at runawayracing.com



Photos

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

