



Wantisden Hall, Wantisden Park, Fenn Row,
Wantisden, Woodbridge, IP12 3PQ



GATES OPEN
8:00am

REGISTRATION & START
[See website](#)

LONG

24km

+132



MIDDLE

17km

+88



SHORT

9km

+60



EMERGENCY CONTACTS: 07792 516035 & 07545 017476

TERREX



Jiminy's

PRECISION
HYDRATION

RUNDERWEAR

EXPOSURE
LIGHTS



Barebells
FUNCTIONAL FOODS

MOJU

Ordnance
Survey

Race information



EVENT PARKING

The venue will open at **8:00am** to allow runners to get prepared, please do not arrive before this time.

All parking on the day will be **free of charge**. Please follow parking signage and race marshals who will direct you



REGISTRATION

Upon arrival please report to registration (see website for registration times). Please bring a copy of your entry confirmation.

You will be asked to sign in and you'll receive your race number. **Numbers must be worn at all times.**



OUTPOSTS

There will be **up to 3 nutrition and hydration outposts** on course. Food will only be available on Long routes and you will need to bring a cup.

Please bare in mind that these are there as a top up for you and shouldn't be your only source of nutrition for the race. As you're running in a fairly remote location, the spacing of these along the route will be inconsistent.

Please help yourself but **DO NOT litter!** There will also be first aid at each outpost.



DURING THE RACE

Your routes will be **clearly signed** with arrows, tape, and small flags. Please look out for all of our signage on course and pay attention to any safety warnings.

We take pride in our course laying so if you spend anytime running and you do not see signs after 0.5km you will be off course for some reason, please check.

Run your own race and do not follow the person in front they may not be paying attention to the signs.

Please **listen to our on course marshals** and take care at road crossings. You'll be running on public footpaths and bridleways, so please be considerate to other users.



ROUTES

There are **3 route options** on the race. Please make sure you look out for the 'course split ahead' signs and follow the correct route at that point.

If, during the race, you feel that you have chosen a route that is too much, you can choose a shorter route. If you do this, please let us know at the finish line and we will adjust your time accordingly.



PLASTIC FREE!

We're running a plastic free season. Support us and run with a re-usable cup or bottle. Maverick Cups are available to purchase at each event and online.



Mandatory items

- ✓ Hand sanitiser
- ✓ Face mask for venue



Recommended items

- ✓ Trail shoes
- ✓ Rain jacket
- ✓ Mobile phone (in case of emergency)
- ✓ Re-usable cup/bottle (for hydration outposts)
- ✓ Enough food and drink to last you the race - there will be hydration & nutrition outposts on course provided by Precision Hydration and Tribe.



EMERGENCY CONTACTS

Race HQ: 07792 516 035 / 07545 017 476

This number will be on your race numbers, so don't hesitate to call if you need help.