

## RACE BRIEFING – MIDSUMMER MURDER

Welcome to the Midsummer Murder trail run. It is assumed that you have read and understood this brief prior to attending the event.

Please make sure that you have read the race instructions – it's the best way to ensure you don't have any surprises on the day.

### **Arrival & Registration-**

Both the 10 mile and Half Marathon events start together at 09:00. Arrive in good time to park up and collect your race number. Race numbers are to be collected at registration on the morning, which is open from 07:45 until 08:45. You will be called to the start area from 08:55.

### **The course-**

The 10 mile event uses a 1 lap circuit, with the first 0.75 of a mile being the same as the last. The Half Marathon course is the same as the 10 mile until a course split at 6.2 miles. From here Half Marathon runners complete a 2<sup>nd</sup> lap of a portion of the course, before reaching the course split point again at their 10 mile mark. From here, you follow signs for the finish.

There is a cut off time of 3 hours for each event. Half Marathon runners who have not reached the course split (at 6.2 miles) by 1 hour 25 mins will be asked to continue on the 10 Mile course instead.

The course is around 75% off road. The off road terrain is largely firm underfoot -at the moment road shoes are fine. Underfoot conditions are uneven throughout. We suggest making your choice of shoes down to the weather in the 48 hours prior to the race. Short sections are on narrow single track paths and there are four notable hills for the 10 milers and 7 for the Half Marathon. What goes up, must come down also - please be careful!

Above all, enjoy the course. It might be hilly, and you won't run a PB, but it is very very pretty!

Be warned the Half Marathon course is long, measuring at 13.7 miles.

### **Water stations -**

There are 3 water stations on the course for 10 milers, and 4 for Half Marathon runners, and then at the start/finish. You will need to bring your own drinking vessels. All water stations are self service – a reminder again – **there are no cups provided**. The water stations on course are found at 2.9 miles, 5.6 miles & 7.5 miles for the 10 milers, and at 2.9, 5.6, 9.4 & 11.2 miles for the Half Marathon.

### **Safety-**

There are a number of small roads to cross, listen to the marshals instructions and STOP if you have to briefly. You're adults, it is your responsibility to decide when the road is safe to cross. Along the road sections of the course, please keep tight to the left hand side unless you see 'KEEP RIGHT' signage. KEEP RIGHT signage will always immediately precede a right hand turn.

### **Signage-**

The course is signed with yellow arrows as well as red and white tape. Each mile point will be marked. If you do not see any signage, go back to where you last saw an arrow.

### **Finish-**

Be careful on the downhill back to the finish at the Dene in Hambleden. As you cross the finish line your result will be live online. On finishing, please keep moving and help yourself to your finishers medal and a snack. Water containers are ready for you to fill your own bottles. Remember – no cups are provided. Hot drinks are available to buy. Overall prizes will be issued at the finish, with age category prizes being sent out in the post. Massage is available for £12 for 15 mins.

**Your car will be parked in what is normally a pay & display area – please consider that parking charges commence again from 12:30. If you frequent the wonderful Stag & Huntsman pub afterwards (100m from the finish line), register your car with them for a further two hours free parking.**

**Thank You -**

Firstly, thank you to the Hambleden Sports & Social Club & Culden Faw Estate for allowing us to use the Dene, the local parish councils for their assistance & the Huttons Farm Estate for use of their lovely land. Thank you to our race timer, Rogue Racer, our medics from CriticareUK, Coffee on the Green, and Marlow Sports Therapy. Our sponsors, Runners Retreat and Stillman Insurance. Most of all though, and please show your appreciation when you see them, thank you to our race day volunteers and our photographer, Kerry Eastwood.

