



RACE THE SUN 50KM 2024

RACE GUIDE
SATURDAY JUNE 1ST



RACE SUMMARY

Parking – free onsite at the North Maidenhead Sports Club, Summerleaze Rd, Maidenhead, SL6 8SP
<https://w3w.co/preoccupied.trader.almost>

Registration – all race numbers to be collected on the day between 11:00 – 11:45

Entries on the day – none. All entries are in advance of race day.

Bag Drop – bags to be left in cars or at Race Registration desk at runners own risk.

Race Briefing – online in advance of race day

Start Time – starts between 12:00 – 12:30. Final start times confirmed on Weds May 29th.

Onsite facilities – toilets, bar serving coffee pre event & a full bar menu post event.

Course signage – fully signed course using arrows, red & white tape. A GPS route is provided within race week, along with a Google Map route also.

Terrain – towpaths, footpaths, woodlands & roads. 50km single lap course. Most likely suitable for road shoes.

Checkpoints – 4 on course, mandatory to check in. Offering water, cola & sweet and savoury snacks. Personal nutrition can be delivered to checkpoints 3 & 4 *No cups will be provided.*

Chip Timing & Race Tracking – you are chip timed, with split times taken at each checkpoint. There is also free predictive tracking and live GPS tracking (app based) for spectators to follow your progress.

Cut off – 21:12 (sunset) at the finish line and specified times for on course checkpoints.

Finish – medals, drinks & snacks & Race the Sun memento

Prizes – 1st, 2nd & 3rd female & males overall & age categories. Age group prizes posted out after race day.



GETTING TO THE EVENT

The event takes place from the North Maidenhead Sports Club, Summerleaze Rd, Maidenhead, **SL6 8SP**.
<https://w3w.co/preoccupied.trader.almost>

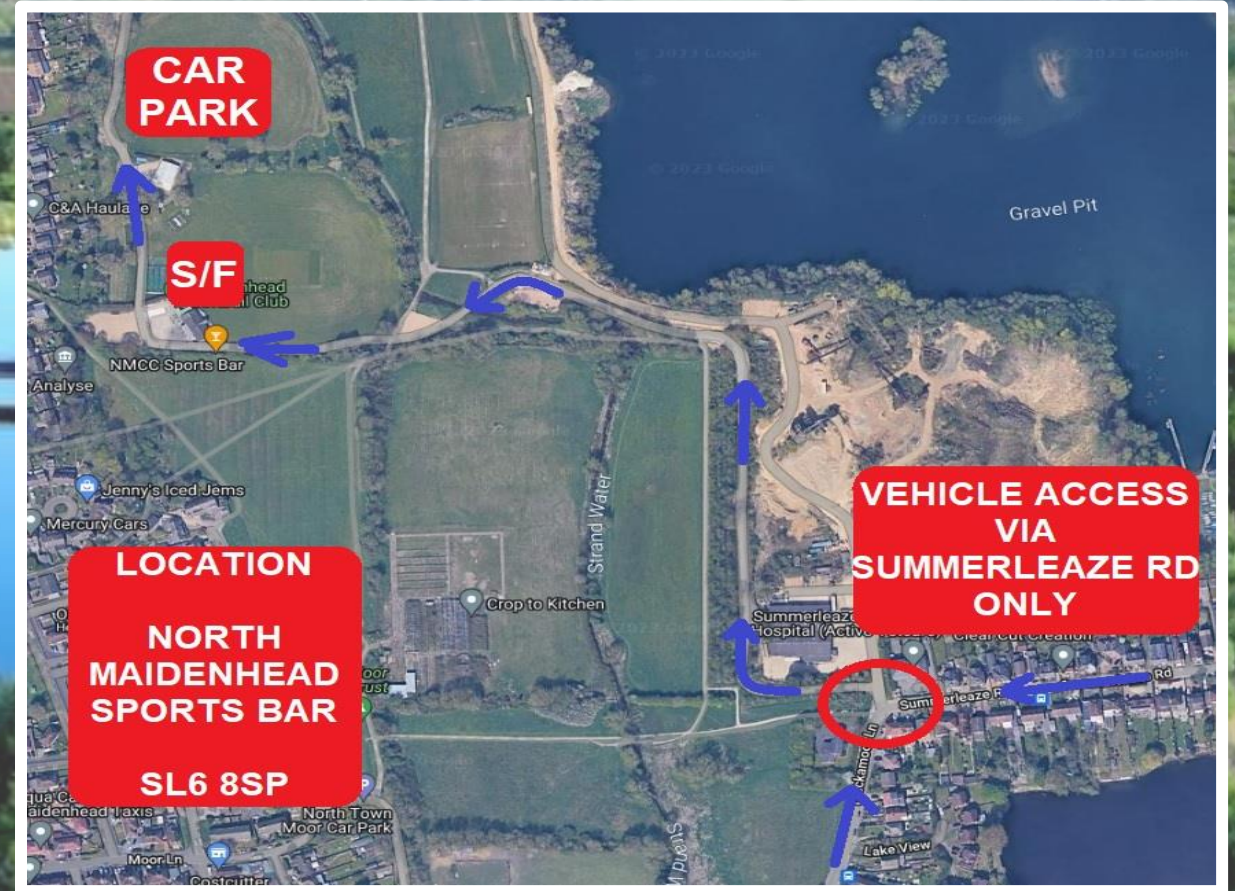
Please plan to arrive in good time to collect your race number and be ready for your start.

Event parking is free and will be signed from the turn off Summerleaze Rd & our marshals will guide you once onsite.

Race registration, toilets and the Start/Finish area are all within a stones throw.

Public transport – Furze Platt train station is half a mile away.

Cycling – there are plenty of spaces onsite to lock up your bikes.





BEFORE THE START

Registration - open between **11:00 – 11:45** and will be found at our event marquee.

Collect your race number and pins, also your buff or bottle if you've ordered them. Your race number should be visible & pinned on your front.

Start Times – you'll be setting off in groups between 12:00 & 12:30. Final start times will be confirmed on May 29th. Approach the start area 5 mins before your start time and our start line team will call you forward.

Chip Timing – your timing chip is on the back of your race number, so your own start & finish times are taken along with a split time from the course.

Personal Nutrition Drop – if you have any dietary preferences or just want to use the nutrition you've trained with, we will take it out onto the course for you. Label with your race number and checkpoint locations and place it in the boxes at race registration. Personal nutrition must be dropped off by **11:45**. **Note – this is available for Checkpoints 3 & 4** only.

Baggage – leave your bag in the car if you can. If you are unable to do this, label your bag with your race number and leave it with the team at race registration. Bags are left at your own risk.

Toilets – these are found at the sports club.

General Rule – arrive ready to go, kit checked, GPS & phone charged!





ON THE COURSE

Race Briefing – important details and final reminders will be in the briefing. This will not be presented on the start, but online in advance, on the website and emailed to you on May 29th.

It is assumed that you will have read the race briefing – if you have any questions you need to contact the organisers before the end of Weds May 29th, you may not get a reply after that!

Terrain - The course is mixed terrain and on firm ground throughout. We use towpaths, footpaths, woodland trails and road. The ground is firm throughout & suitable for road shoes. Approx 70-75% is off road.

Hilly/Flat? The course is flat with only 235m of elevation gain through the 50km.

Signage – the course is fully signed with arrows at decision points, and red & white tape.

Additional Navigation - We will provide you with a course GPX file for use on GPS devices. Also, a Google MyMap version of the course which can be viewed on a phone and is marked with checkpoint location, toilets etc.

Headphones – we politely request that you do not use in-ear headphones for your own safety.

Course Etiquette – please be courteous to other path users. Short sections are narrow, please be patient and overtake when suitable.

Mandatory Kit –

- Fully charged mobile phone with emergency numbers included (found on your race number)
- Drinks Vessel (bottle/hydration pack etc) holding a minimum of 500ml at the start (please bring ready-filled)
- Foil Blanket

Recommended Kit -

- Waterproof/Showerproof jacket
- Method of payment, in case of emergencies

We appreciate that the need for some items may seem unlikely, however we have to plan for your safety in an emergency.

Medical Back-up – there is dedicated medical provision throughout the event. Due to the nature of the course, our medics may take some time to reach you. In a life threatening emergency, you should contact emergency services via 999.



COURSE MAP

Profile – the first half of the course is flat largely following river towpaths. The course undulates between 30km & 42km, taking in Taplow & Burnham before reaching Wooburn Green. The final 8km are flat via the Thames at Bourne End & the Green Way.

Checkpoint 1 – 10.9km
Cut off time – **14:20**

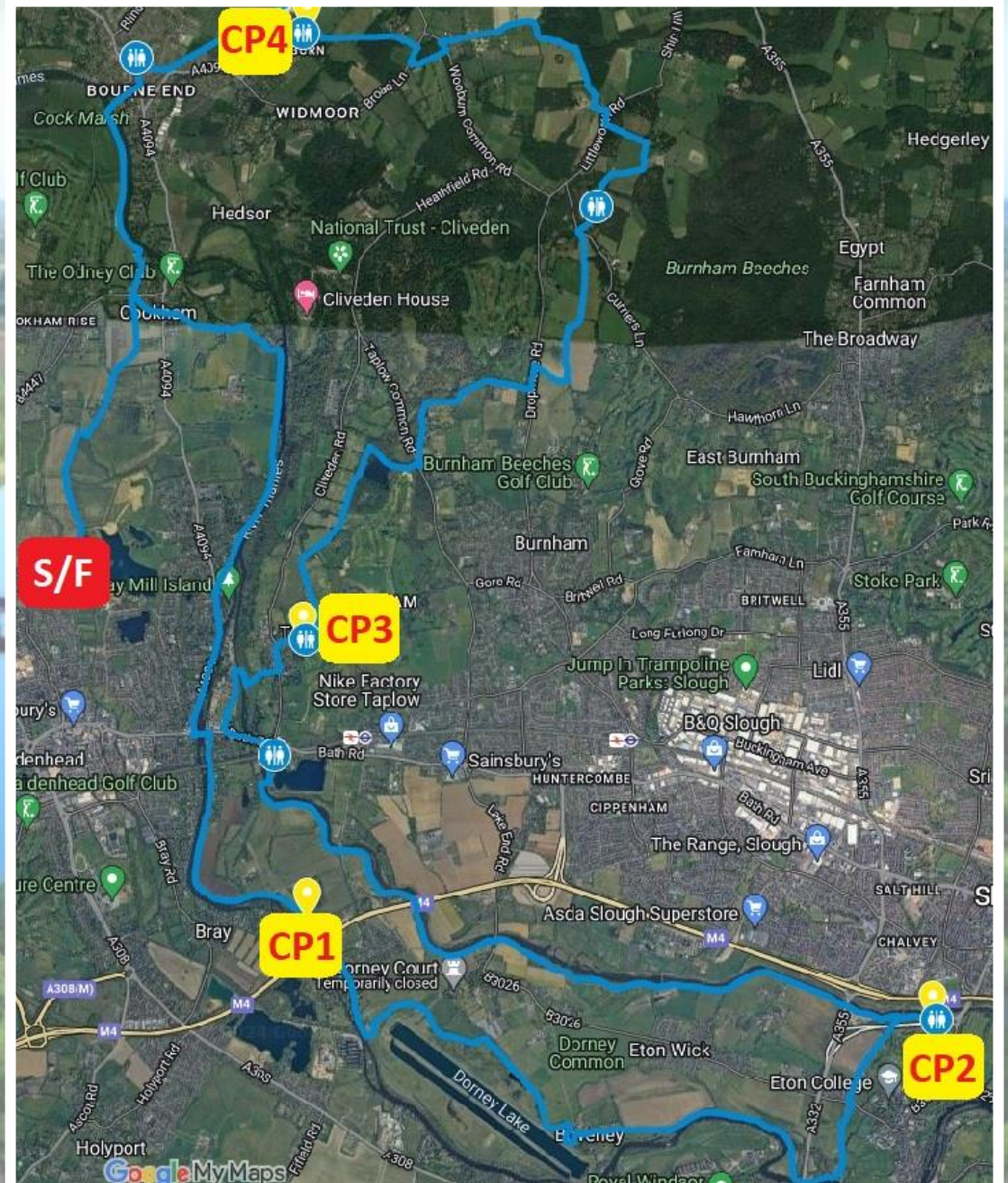
Checkpoint 2 – 20.4km
Cut off time – **15:55**

Checkpoint 3 – 30.7km
Cut off time – **17:40**

Checkpoint 4 – 42.5km
Cut off time – **19:45**

FINISH – 50.2KM
Cut off time – **21:12**

There are toilets around the route, either directly at the checkpoints or near them, and at sporadic points around the course.





There are four checkpoints around the course, you'll find them at 10.9km, 20.4km, 30.7km & 42.6km. *It is compulsory for you to cross the timing mats, even if you don't need anything to eat or drink.*

What to Eat? Each checkpoint will stock a selection of individually wrapped snack items including bananas, biscuits, sweets, crisps, chocolate bars, savoury snacks and water to replenish your bottles with, along with cola & squash.

No Cups – we will be not be providing plastic cups at the checkpoints. If you want to use a cup for cola etc you'll need to bring your own.

Personal Nutrition – available for checkpoints 3 & 4 only. Put your nutrition into sealed & labelled bags – mark with your race number and which Checkpoint they should go to on each bag. Drop at registration before 11:45 and nutrition will be taken out to checkpoints on the course for you.

Checkpoint Guidance –

- A tail-end runner will advise any participants if they are behind the cut off times; you are required to be self-sufficient if you have to retire from the event
- Cross the timing mats on the floor
- We are unable to return any personal items left at checkpoints
- Supporters should not come to the checkpoints, access is limited and required by the event team and medical staff



CHECKPOINTS

AT THE FINISH



Back at the North Maidenhead Sports Club you'll see our big red Racing Line Running gantry. Cross the line and your result is automatically recorded.

You can then pick up your finishers medal & Race the Sun memento. There will be water, cola & snacks to help yourself to.

The sports club bar will be open all day, offering a full menu of food & drink.

Results & Prizes – live results will be online courtesy of our timers *Rogue Racer*. **Live GPS tracking & predictive tracking is available to runners/spectators for free.**

Overall prize winners will receive their awards at the finish line with age group prizes going out in the post shortly after race day.

Massage – available courtesy of Muscle & Mind for £20 for 20 minutes.

Spectator Info

The Race the Sun 50km course is great for spectators as all locations are within a 20 min drive of the Start/Finish. We would request that spectators don't visit checkpoint locations as they may become congested.

We suggest visiting accessible locations such as Maidenhead riverside, the Jubilee River, Taplow, Burnham and Bourne End.

