## READING 1020 2025

# RACE GUIDE SUNDAY MARCH 16TH

### RACE SUMMARY

Parking – Free, onsite at the Mapledurham Estate, RG4 7TR <a href="https://w3w.co/lunch.trio.wipes">https://w3w.co/lunch.trio.wipes</a>

Registration – all race numbers to be collected on the day between 08:30 & 09:45

**Entries on the day** – UPDATE – NO ENTRIES ON THE DAY NOW AVAILABLE.

Bag Drop – available for non drivers only

Race Briefing – online in advance of race day

Start Times – 20 Mile at 09:30, Half Marathon at 09:45, 10 Mile Canicross at 09:55 & 10 Mile at 10:00

Course signage – fully signed course using arrows, red & white tape and distance markers

Terrain – footpaths, woodlands & roads. 45% is on road surfaces, 55% off road on various trails. 1 Lap for 10 Mile runners, and 2 Laps for 20 Mile runners. The Half Marathon uses 1 small lap & 1 large lap.

Water Stations – 2 on each large lap, plus 1 at the end of the first lap for Half Marathon & 20 mile course. Self service, no cups will be provided so you'll need to carry your own cup/bottle. Personalise nutrition drop available for 20 mile runners.

**Cut off** – 4 hours 30 mins from 09:30 start time – 14:00.

Finish – medals, water, cola & snacks

Prizes – 1<sup>st</sup> Female & 1<sup>st</sup> Male Canicross. 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Female & Male runners in Half Marathon & 20 mile events. 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Female & Male runners, and age category winners in 10 mile event. Age group prizes to be posted out after race day

#### GETTING TO THE EVENT

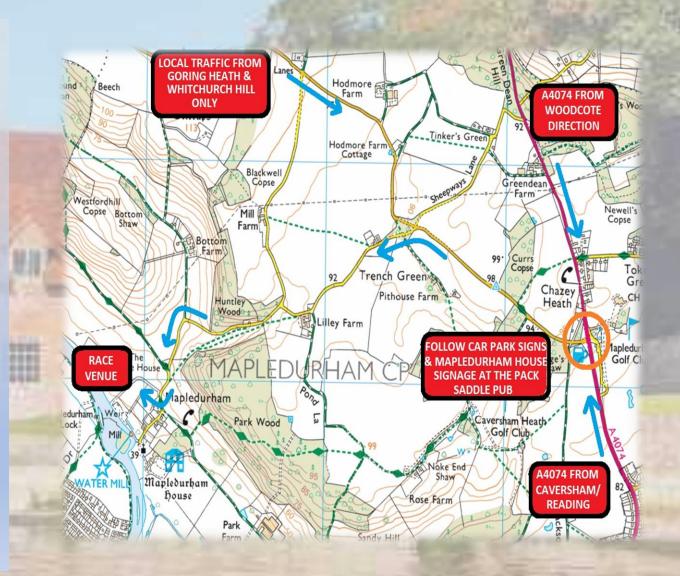
The event takes place from the Country Park area within the Mapledurham Estate, RG4 7TR. Please plan to arrive in good time.

Follow our event car parking signed from the A4074 at the Pack Saddle pub. Our marshals will greet you at the entrance to the race venue.

From the A4074 – either from Caversham or Woodcote directions, take the road signed for Mapledurham House at the Pack Saddle pub.
\*After half a mile turn left & continue for a mile to reach the venue on your right hand side.

Local traffic from Goring Heath & Whitchurch Hill – pick up instructions at \*

Cycling – there are spaces onsite to lock up your bikes. Ask the team when you arrive.



#### BEFORE THE START

Registration - open between **08:30 & 09:45** and will be found in our event marquees.

Collect your race number and pins. Your race number should be visible & pinned on your front. Complete the form on the reverse of your race number only if you have a medical condition that we should be aware of.

**Start Time** – the 20 mile event starts at 09:30, the Half Marathon at 09:45, with the Canicross 10 mile at 09:55, followed by the 10 miler at 10:00.

Chip Timing – your timing chip is on the reverse of your race number, so your own start & finish times are taken when you cross the line.

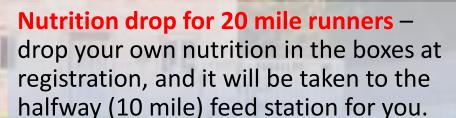
**Baggage** – leave your bag in the car if you can. We will store bags of those who cycled to race at the finish line.

**Toilets** – these are found 100m from race registration, the start line & the car parking area.









Nutrition being dropped off needs to be in a sealed bag (eg sandwich bag) and labelled with your name.

## ON THE COURSE

Race Briefing – further details about the course and final reminders will be in the briefing. This will be online only and found from March 12<sup>th</sup>.

**Terrain** - The course is mixed terrain and on firm ground throughout. We take in woodland trails, footpaths and short sections of road. Dependent on the weather in the build up, the course is most likely suited to off-road shoes — look out for updates before race day.

Flat/Hilly/Undulating? Each 10 mile lap has an elevation gain of 176m throughout, so that's 352m of elevation gain for the 20 milers. The Half Marathon has 237m of elevation gain throughout.

Canicross 10 Mile – will complete the same route as the 10 mile event. Canicross competitors must keep their dogs on a harness throughout and can run with multiple dogs should they wish. However, prizes will only be awarded amongst those running with one.

Signage – the course is well signed with yellow arrows, red & white tape and mile markers.

As a multi terrain race, there will not be a marshal at every turn, look out for the signage. At the very end of the 10 mile lap will be signage guiding you EITHER to the finish line OR onto lap 2.

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

Water Stations – 2 on the 10 mile course, 3 on the Half Marathon & 5 on the 20 mile course.

These are self service and you will need to bring your own drinks vessel with you – no cups are provided. Dog bowls are provided!

Overtaking – with some single file sections on the course, please be courteous of others. If passing a Canicross runner, please do warn them before doing so.

## COURSE MAPS



Pay attention as you approach the end of the lap/the finish.

All 10 Mile runners will need to follow signs for the Finish, whereas the Half Marathon & 20 Mile runners will bypass the finish area to commence their second lap.

At the end of the second lap, Half Marathon & 20 Mile runners should of course follow the route to the finish line.

The cut off time for the 20 Mile event is 4 hrs 30 mins, therefore to continue onto lap 2 you will need to reach 10 miles by 11:45am.

A 10 Mile multi terrain course – 1 large lap for 10 miles, 1 small lap plus 1 large lap for the Half Marathon & 2 large laps for 20 miles. There are 2 water stations on course at 4 & 7 miles, also another at the 10 Mile point (the end of the lap) for our 20 mile runners, giving them 5. Half Marathon water stations are at 3, 7 & 10 miles.

55% of your route is off-road and you have an elevation gain of 176m on each large lap.



#### AT THE FINISH

Back at the finish line in the country park you'll see our big red Racing Line Running gantry. Cross the line and your result is automatically recorded.

You can help yourself to your medal & some snacks. There will be cola & water in containers for you refill with.

Results & Prizes – 'live' results will be available online courtesy of our timers, the awesome Rogue Racer.

Overall prizes will be issued at the finish line with Age Category prizes being posted out in the days after the race.



## SPECTATOR INFO

Due to the nature of the running route, we would request that spectators don't drive offsite during the event. There are two locations within walking distance that we recommend.

Spectator Point 1 <a href="https://w3w.co/cliff.chained.pepper">https://w3w.co/cliff.chained.pepper</a> is a short walk away, whilst Spectator Point 2 <a href="https://w3w.co/again.abode.highs">https://w3w.co/again.abode.highs</a> is a 20 min walk away, but allows access to the 7/10 mile mark on the course.



#### OTHER INFORMATION

Refreshments – we are delighted to have Vicki from Coffee on the Green with us for the event, serving delicious hot drinks and hot food.

We also have Neil from <u>CrazyDayz Doughnuts</u> with his brilliant Doughnut menu.

Last but not least, we have Mihai and the team from Vanillo Cookies with us with their awesome cookies.

Massage – the fabulous team from *Muscle & Mind* will be on hand to ease those aching muscles both pre and post event.

A 15 minute massage is available for just £15 – cash payment available but contactless payment preferred.

BiBS — a fabulous local charity, we're delighted to be supporting Babies in Buscot Support (BiBS).

Marshals – thank you so much to our awesome event volunteers, we couldn't do it without you.

If you would like to marshal at any future Racing Line Running events, please get in touch via <a href="mailto:andy@racinglinerunning.co.uk">andy@racinglinerunning.co.uk</a>

Free entries & Thank You gifts are on offer.

On your way home – when leaving the event site after you've finished, please follow the 'Running Event Exit' signs, rather than your satnay. This is to ensure that you don't cross the route of any runners still out on the course.