

## RACE BRIEFING – READING 1020

Welcome to the Reading 1020 for 2025. 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 guide on the event website – it's the best way to ensure you don't have any surprises on the day.

### Arrival & Registration -

Race numbers are to be collected at registration on the morning, which is open from **08:30 until 09:45**.

Start times –

**20 Miles - 09:30, Half Marathon – 09:45, Canicross 10 Mile - 09:55 & the 10 Miles - 10:00.** Arrive in good time to park up and collect your race number.

You will be called to the start area 5 minutes prior to each start. **Note – the Half Marathon start line is 200m away from the main start area.**

20 mile runners have the option of leaving their nutritional items with us at registration. Items left must be 'bagged up' and labelled with your name. Your nutrition will be taken to the halfway feed station for you to collect as you start your second lap.

### The course -

We have a 10 mile route, for the 10 & 20 mile events; it's either one lap or two laps. The Half Marathon uses a small 3.1 mile lap followed by the 10 mile lap. The end of lap point is at the start/finish area.

The course is approx 60% on off road surfaces, with the remaining 40% using tarmac and concrete roadways, as well as firm packed gravel tracks. The off-road terrain is on footpaths with some muddy sections. Underfoot conditions are uneven throughout. The course is relatively dry, but road shoes may be unsuitable in some areas if we have further wet weather, so on balance we would suggest off-road shoes if you have them.

Short sections are on narrow single track paths and there is an elevation gain of 176m on each lap. What goes up, must come down also - please be careful!

Above all, enjoy the course and the beautiful woodland trails.

At the very end of the 10 mile lap (or 3.1 mile lap for the Half Marathon) will be a turn into the finish funnel OR a split for the 20 mile runners to commence lap two.

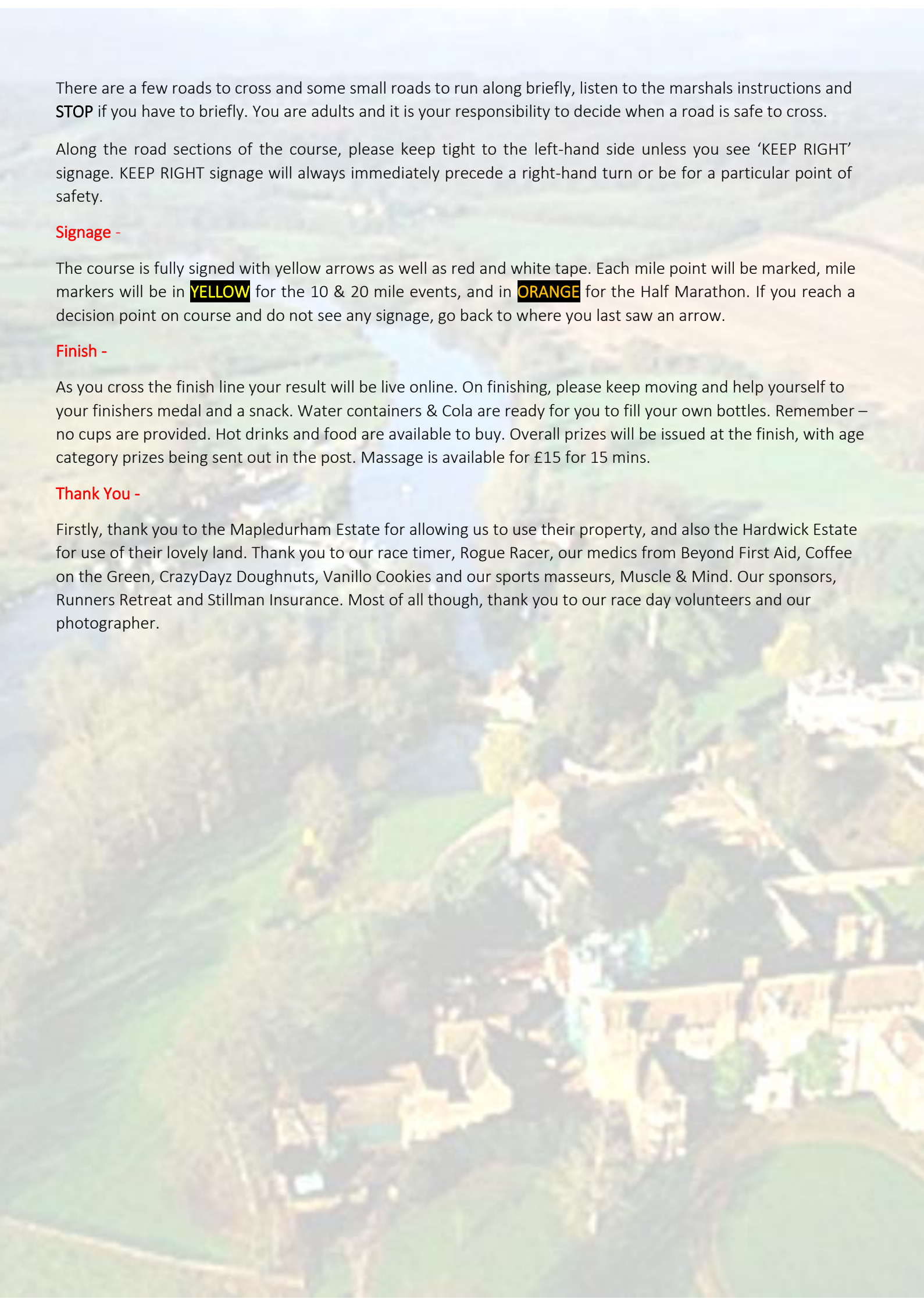
There is a cut off time of **4 hour 30 mins** from our first start time at 09:30. 20 Mile runners will need to reach the halfway point within **2 hours 15 mins (11:45am)** in order to carry on to lap 2. If you don't make that cut off, we will politely ask you stop at that stage and you will be listed within the 10 Mile event results. Note – course marshals & signage will be stood down in accordance with these timings.

### Water refill stations -

There are 2 water refill stations on the 10 mile lap, at 4 miles and at 7 miles. The Half Marathon & 20 mile runners will also pass a feed station at the end of their first lap, giving them a total of 3 & 5 respectively.

You will need to bring your own drinking vessels. All water stations are self service – a reminder again – **there are no cups provided**, if you want to drink on your way around the run, you'll need to carry your own bottles/cups/hydration packs. However, there are dog bowls on course and at the finish!

### Safety -

An aerial photograph of a village, likely Mapledurham, showing a church with a prominent spire, a river, and various buildings. The image is slightly blurred and serves as a background for the text.

There are a few roads to cross and some small roads to run along briefly, listen to the marshals instructions and **STOP** if you have to briefly. You are adults and it is your responsibility to decide when a 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 or be for a particular point of safety.

### Signage -

The course is fully signed with yellow arrows as well as red and white tape. Each mile point will be marked, mile markers will be in **YELLOW** for the 10 & 20 mile events, and in **ORANGE** for the Half Marathon. If you reach a decision point on course and do not see any signage, go back to where you last saw an arrow.

### Finish -

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 & Cola are ready for you to fill your own bottles. Remember – no cups are provided. Hot drinks and food 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 £15 for 15 mins.

### Thank You -

Firstly, thank you to the Mapledurham Estate for allowing us to use their property, and also the Hardwick Estate for use of their lovely land. Thank you to our race timer, Rogue Racer, our medics from Beyond First Aid, Coffee on the Green, CrazyDayz Doughnuts, Vanillo Cookies and our sports masseurs, Muscle & Mind. Our sponsors, Runners Retreat and Stillman Insurance. Most of all though, thank you to our race day volunteers and our photographer.