



CHILTERN RIDGE ULTRA TRAIL

📅 Saturday 3rd October 2020

📍 Hill Farm, Aston Hill, Halton, HP22 5NQ



runawayracing.com

Visit chilternridgeultratrail.com for updates and results

📍 GETTING THERE

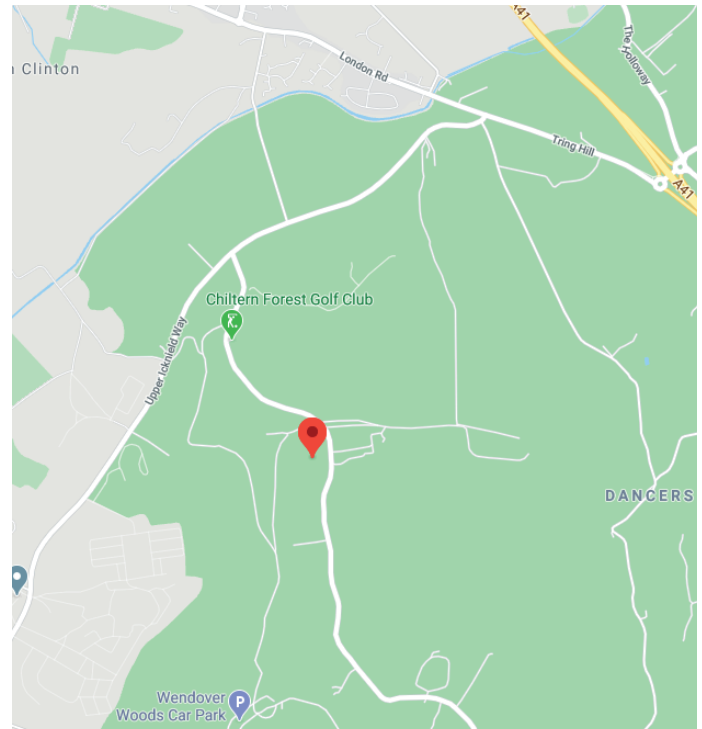
Hill Farm, Aston Hill, Halton, HP22 5NQ
(<https://w3w.co/screen.called.allergy>)

BY CAR

If you are approaching from the A41, drive up Aston Hill, past the bike park on your left and the event field is on your right marked by a large flag.

BY TRAIN

Both Tring and Wendover stations are a short taxi ride away from the event base. Please check train times before you travel and book your taxi in advance.



📄 ROUTE INFORMATION

To access GPX files and downloadable maps, visit the URL below.

chilternridgeultratrail.com/info

TOTAL DISTANCE	ELEVATION GAIN
50KM	+/-990M
21.2KM	+/- 400M

CHECKPOINTS/AID STATIONS

Ultra - 10.8km, 24.1km & 38.3km
Half - 11.7km

🕒 ULTRA SCHEDULE

Arrival: 0715-0815

Registration: 0715-0830

Start window: 0815-0900

🕒 HALF SCHEDULE

Arrival: 0915-1000

Registration: 0915-1015

Start window: 0945-1030

📞 EMERGENCY PHONE NUMBER

Please use the number below if you need to contact our event staff on race day.

07874 947339

Download the What3Words app to help us locate you in the event of an emergency.



REGISTRATION

Registration is open between **0715-0830 (ultra)** or **0915-1015 (half)**

You will receive the following items:

- Race number
- Timing wristband
- Safety pins
- Printed route map

FACILITIES

At the event base you will find **car parking, toilets and water** along with **refreshments & local beer** to purchase.

NAVIGATION

The route will be marked with **arrows and orange fluorescent tape**. We also provide a printed (course marked) map to act as a back-up.

We recommend that you upload the GPS route to your watch or phone. Compatible files can be accessed at chilternridgeultratrail.com/info



UPDATES

All runners will be emailed if there are any major updates and these messages will also be posted at the URL below:

chilternridgeultratrail.com/info

SAFETY BRIEFING

You will be emailed a video recording of the race briefing on the Wednesday prior to the event.

MANDATORY KIT

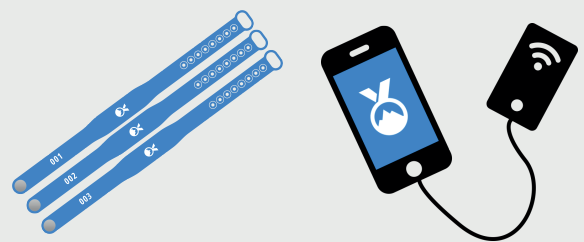
You are required to carry the following items during the race (*ultra only)

- **Mobile phone** (fully charged)
- **Refillable water/hydration system** (min 0.5L)
- **Waterproof or windproof jacket**
- **Basic first aid supplies***
(plaster, bandage, wipes at a minimum)
- **£20 cash**
- **Face covering & hand sanitizer**

RACE TIMING

We will be using **NFC timing wristbands** to collect your checkpoint and finish line times.

You will be issued your wristband at registration and will be required to scan your band at each checkpoint and the finish line.



CONTACT

If you have any questions before race day please send us an email.

racing@runawayuk.com