

Hughenden Quarter & Half Marathon 2023
Saturday 22nd April, 0900 (Half) 0920 (Quarter)

Hughenden Manor (National Trust) High Wycombe, Buckinghamshire, HP14 4LA



#### Welcome to the Hughenden Quarter & Half Marathon

Thank you for entering. In this document you will find the key details you need to know ahead of race day.

Additional information and resources are available on our website.



## 1. Getting there



#### Arriving by car

Enter **Hughenden Manor** via **Valley Road**. Upon arrival follow the track for 800m until you reach the car park at the top of the estate, a marshal will show you where to park.

HP14 4LA

**Postcode for Sat Nav** 





### Arriving by train

The closest train station is **High Wycombe**.

There are regular trains from Marylebone.

Please check **thetrainline.com** for timetables.

The event base is a 1.8 mile (30 min) walk via public footpaths.



# 2. Event timings



0800	Event base & registration opens
0845	Registration closes
0850	Event safety briefing
0900	Half Marathon Race Start
0920	Quarter Marathon Race Start
1300	All runners finished

# On arrival

- Pollow signs to registration and collect your race number and timing wristband.
- Grab a pre-race coffee from the onsite cafe.Leave a small bag or jacket at bag drop.
  - (For those without a car)
  - briefing at 0850 and then race start at 0900 (Half) or 0920 (Quarter).

Get warmed up and be ready for our safety

3. Route information

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# P Route details Our Half Marathon is 21.2km with 390m of

elevation gain.

The Quarter Marathon is **10.6km** with **195m** of

elevation gain.

The route is available to download as a **GPX** or

via **Garmin**, **OS Maps** & **Google**.

Important note - The route is open to the public, please be respectful to all trail users.

**Route Downloads** 

### Following the route

throughout. An example of our signage is below.

The route will be signposted and marshalled







**WRONG WAY** 

# Checkpoints There will be an aid station located at 13.4km into the Half

following supplies on offer: **Drinks -** Water, Coke **Fuel -** Mountain Fuel Gels, Sweets

Marathon or **3.4km** into the quarter. We will have the

take on fluids at the aid station you will need a soft cup or bottle.

This is a cupless race!

If you would like to



4. During the race



Carry your mobile phone

#### Wear trail running shoes

• Run with some water/nutrition

Mandatory kit

- Load the route to your watch/phone

· Carry a cup for use at our checkpoint

## To contact the event director or medical team, please use the following phone number:

07874 947339

**Emergency info** 

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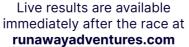
# 5. Post Race



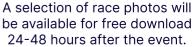
#### the start/finish.

There is plenty of space for

friends and family to gather at



Results



**Photos** 



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