



North Chilterns 50K
Sunday 8th October 2023, 0900

Putteridge Bury
Hitchin Rd, Luton LU2 8LE



Welcome to the North Chilterns 50K

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.

[Visit website](#)



1. Getting there



Arriving by car

The entrance is located on the **A505 Hitchin Road/Beech Hill** (there is no access via Putteridge Road).

If you are arriving from the Luton direction, you will need to be in the right lane after exiting the roundabout.

Postcode for Sat Nav
LU2 8LE

[Google Maps](#)



Arriving by train

There are regular trains arriving in Luton throughout the morning.

The station is 3.5 miles from the event venue. Please arrange onward travel via taxi, bus or bike - Secure bike parking will be available.

Share/request a ride

If you have space in your car and would be happy to offer a lift to a fellow runner, please add your details to our ride sharing map!

[Ride Share](#)



2. Event timings



Itinerary

0745	Event base & registration opens
0845	Registration closes
0850	Event safety briefing
0900	Race Start
1245	First finisher expected
1800	All runners finished



On arrival

- 1 Follow signs to registration and collect your **race number** and **timing wristband**.
- 2 Grab a **free pre-race tea or coffee**.
- 3 Get warmed up and be ready for our safety briefing at 0850 and then race start at 0900 -

Please note there is a short walk to the start line.

3. Route information



Route details

Our race route is is **50km** with **798m+** of elevation gain.

The route is available to download as a **GPX** or via **Garmin, OS Maps & Google Maps**.

You must have the route available on your phone or watch, just in case you need it!

[Route Downloads](#)



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

No pacers are allowed



Checkpoints

There are three aid stations along the route.

Aid - 14.7km, 28.9km (WC), 37.5km (WC)

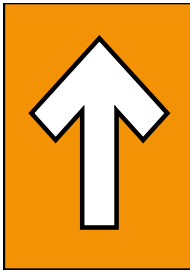
Drinks - Water, Coke, electrolyte drink (pre-mixed)

Fuel - Mountain Fuel gels, sweets, fresh fruit, energy bars (tribe/flapjacks etc), crisps + plenty more.



Following the route

The route will be **signposted** throughout. An example of our signage is below.



Race marshals will be spread along the route providing additional support on some road crossings and buiser sections.



This is a cupless race!
If you would like to take on fluids at the aid station you will need a soft cup or bottle.

4. During the race



Mandatory kit

You **must** carry the follow items at all times during the race:

- Mobile phone (emergency number saved)
- Access to the route via your phone/watch
- Refillable water/hydration system (0.5L min)
- Reusable cup to use at checkpoints
- Windproof or waterproof jacket
- Cash or bank card



Emergency info

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

07874 947339

5. Post Race



Spectators welcome

There is plenty of space for friends and family to gather at the start/finish.



Results

Live results are available immediately after the race at [runawayadventures.com](#)



Photos

A selection of race photos will be available for free download 24-48 hours after the event.



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