



ROUND READING 2024

RACE GUIDE

SATURDAY JULY 27TH

RACE SUMMARY

Parking – free parking onsite at Berkshire County Sports Club, Sonning Lane, Sonning, RG4 6ST
<https://w3w.co/uttering.ruling.congratulations>

Registration – all race numbers to be collected on the day between 06:15 – 07:15

Entries on the day – available for £70 in cash, please register before 07:00.

Bag Drop – bags to be left in cars or at Race Registration desk at runners own risk.

Race Briefing – online in advance of race day

Start Time – starts between 07:00 – 07:30.

Onsite facilities – toilets showers, bar. Serving tea & coffee pre event & bar meals post event.

Course signage – fully signed course using arrows, red & white tape and RRUM stickers. A GPS route is provided within race week, along with a Google Map route also.

Terrain – towpaths, footpaths & roads. 50km one lap course circumnavigating Reading. Road shoes.

Checkpoints – 5 on course, mandatory to check in. Offering water, cola, Active Root & sweet and savoury snacks. Personal nutrition can be delivered to checkpoints 3, 4 & 5. *No cups will be provided.*

Cut off – 17:00 at the finish and specified times on course checkpoints.

Finish – medals, drinks & snacks, ice cream & RRUM memento

Prizes – 1st, 2nd & 3rd female & males overall & age categories. Prizes posted out after race day.

GETTING TO THE EVENT

The event takes place from the Berkshire County Sports Club, Sonning Lane, Sonning, **RG4 6ST**.

<https://w3w.co/uttering.ruling.congratulations>

Please plan to arrive in good time to collect your number.

Event parking is free and will be signed, with the entrance opposite Reading Blue Coats School. Please approach via Sonning village (**Charvil Lane, Pound Lane, Pearson Road**) to allow your fellow runners to safely cross the road shortly after the start.

Race registration, toilets and the Start/Finish area are all within a stones throw.

Public transport – both Twyford & Reading train stations are 3.2 miles away.

Cycling – there are plenty of spaces onsite to lock up your bikes.



BEFORE THE START

Registration - open between **06:15 & 07:15** and will be found at our event marquees.

Collect your race number and pins, also your buff or collapsible cup if you've ordered them. Your race number should be visible & pinned on your front.

If you have a medical condition that we need to know about, please mark the front of your number with a cross and complete the details on the reverse of the number.

Start Times – you'll be setting off in groups between 07:00 & 07:30. Approach the start area 10 mins before your start time and our start line team will call you forward.

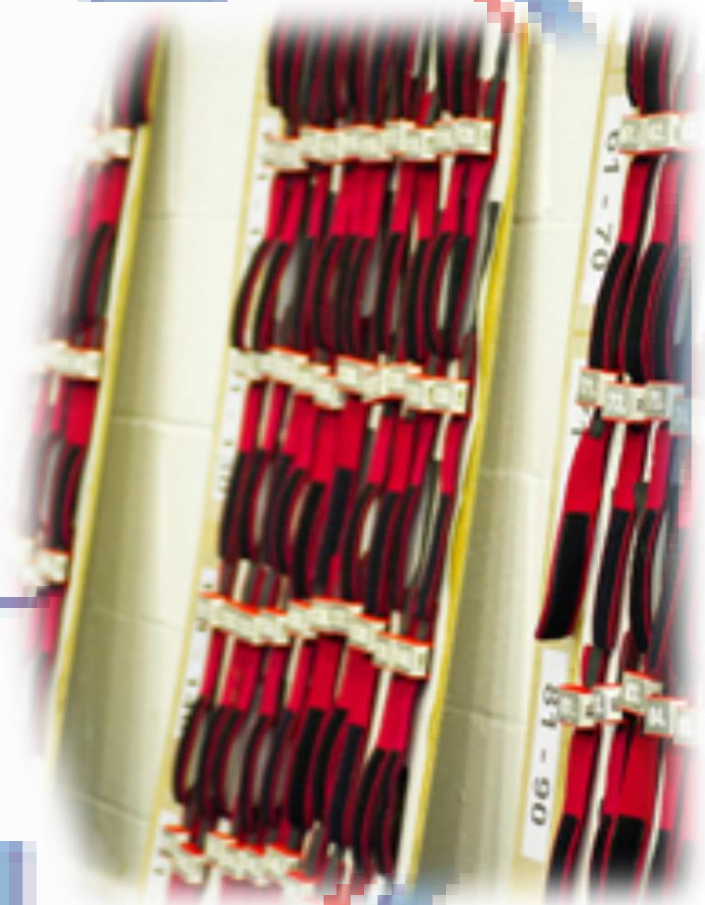
Chip Timing – your timing chip is a strap to be worn around your ankle, so your own start & finish times are taken along with split times from the course.

Personal Nutrition Drop – if you have any dietary preferences or just want to use the nutrition you've trained with, we will take it out onto the course for you. Label at home with your race number and checkpoint locations and place it in the boxes at race registration. Personal nutrition must be dropped off by **07:30**. **Note – this is available for Checkpoints 3, 4 & 5 only.**

Baggage – leave your bag in the car if you can. If you are unable to do this, label your bag with your race number and leave it with the team at race registration. Bags are left at your own risk.

Toilets – these are found at the sports club.

General Rule – arrive ready to go, kit checked, GPS & phone charged!



ON THE COURSE

Race Briefing – important details and final reminders will be in the race briefing. This will not be given on the start line, but will be emailed to you in the final week. By turning up on the day you will be confirming that you have read the Race Brief.

If you have any questions you need to contact the organisers before Wednesday July 26th.

Terrain - The course is mixed terrain and on firm ground throughout. We use river & canal towpaths, footpaths and road. The ground is firm throughout & suitable for road shoes. Approx 70% is off road.

Hilly/Flat? The course is flat with only 271m of elevation gain through the 50km.

Signage – the course is fully signed with arrows, red & white tape and our red RRUM stickers.

Additional Navigation - We will provide you with a course GPX file for use on GPS devices. Also a Google MyMap version of the course which can be viewed on a phone and is marked with checkpoint location, toilets etc.

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

Course Etiquette – please be courteous to other path users. Short sections are narrow, please be patient and overtake when suitable.

Mandatory Kit –

- Fully charged mobile phone with emergency numbers included (found on your race number)
- Drink Vessel (bottle/bladder pack etc) holding a minimum of 500ml at the start (please bring ready-filled)
- Foil Blanket
- Waterproof/Showerproof jacket
- Method of payment, in case of emergencies

We appreciate that the need for some items may seem unlikely, however we have to plan for your safety in an emergency.

Medical Back-up – there is dedicated medical provision throughout the event. Due to the nature of the course, our medics may take some time to reach you. In a life threatening emergency, you should contact emergency services via 999.

COURSE MAP

CHECKPOINT 1 – 9.2KM
CUT OFF TIME – 09:15

FINISH LINE – 50KM
CUT OFF TIME – 17:00

CHECKPOINT 2 – 19.1KM
CUT OFF TIME – 11:10

CHECKPOINT 5 – 42.3KM
CUT OFF TIME – 15:35

CHECKPOINT 3 – 26KM
CUT OFF TIME – 12:30

CHECKPOINT 4 – 32.1KM
CUT OFF TIME – 13:40



CHECKPOINTS

There are five checkpoints around the course, you'll find them at 9.2km, 19.1km, 26km, 32.1km & 42.3km. *It is compulsory for you to check in even if you don't need anything to eat or drink.*

What to Eat? Each checkpoint will stock a selection of snack items including biscuits, sweets, raisins, crisps, savoury snacks and water to replenish your bottles with, along with cola & Active Root.

No Cups – we will be not be providing plastic cups at the checkpoints. If you want to use a cup for cola etc., at the checkpoints, you'll need to bring your own. Ultra Violet collapsible cups are available to purchase via the event entry page or on the morning at race registration for £5 (cash only)

Personal Nutrition – available for checkpoints 3, 4 & 5 only. Put your food into sealed & labelled bags – mark your race number and which checkpoints they should go to on each bag. Drop at registration before 07:30 and it will be taken out to checkpoints on the course for you.

Checkpoint Guidance –

- A tail-end runner will advise any participants if they are behind the cut off times; you are required to be self-sufficient if you have to retire from the event
- We are unable to return any personal items left at checkpoints
- Supporters should not come to the checkpoints, access is limited and required by the event team and medical staff



AT THE FINISH

Back at the Berkshire County Sports Club you'll see our big pink Ultra Violet gantry. Cross the line and your result is automatically recorded.

You can then pick up your finishers medal & RRUM memento. There will be water, cola, Active Root & snacks to help yourself to.

Visit the sports club bar to collect your FREE finishers' Ice Cream! Remember to show your race number.

The sports club bar will be open all day, offering a bar menu & drinks. They also have showers and changing facilities.

Results & Prizes – 'live' results will be online courtesy of our timers *Rogue Racer*. Prize winners will receive their awards by post shortly after race day.

Massage – available courtesy of *Muscle & Mind* for £15 for 20 minutes.

