



Mapledurham Ten Race Instructions 2019 – SUNDAY 1 DECEMBER, 10am

THE MOST IMPORTANT THINGS TO NOTE:

- The event village (parking, start/finish and all amenities) is at **Mapledurham House, Mapledurham Estate, Mapledurham, Reading RG4 7TR.**
- There is a suggested voluntary contribution of £2/car which will go direct to The Teenage Wilderness Trust.
- We suggest you plan to arrive for 9am latest. Both distances **start together at 10am.**
- Race numbers and timing chips are to be collected on the morning of the event.
- Don't wear your best brand new trainers, unless you don't mind them getting potentially very muddy!
- The course map can be found [here](#)

We're very grateful to Peter Cook, our event photographer whose **PICTURES** will be online FREE to download after the event [here](#).



DB Max are timing the event this year and your **RESULT** will be available as soon as you cross the finish line at their gazebo or online [here](#).

We will have Laura onsite for pre and post event **MASSAGE** - so bring your pennies. You will receive your very own personalised **ITAB** with your finish time to go on the back of your well-earned **medal** **within 7-10 days after the event.**

Sadly, running legend Brian Bower, from Runners Retreat, can't be with us as he has to look after 3000 runners dressed as Santa in Marlow. The next chance to see Brian will be at the Muddy Welly.

NEW FOR 2019 - there will be **PACERS** every 5 minutes from 50 - 90 minutes in the 10km event brought to you by the fabulous team at [Elite Conditioning](#). Can you stick with them?!!

GOING GREENER....

We have a few "green" initiatives we would really like you to come on board with:

- Drinks at the finish line - there will be tables in registration labelled "**Finish line drinks**" - please put your bottle there and it will be on the finish line for you when you finish. There will be a limited supply of water and cups on the finish line.
- Want some mulled wine?? Silly question.....please **bring your own thermal cup.**
- Don't want to take your trainers home/have trainers at home you no longer wear? Put them in our "**TRAINER RECYCLING BIN**" and we will pass them on to The Cowshed.

