

THE FOX

20k, 41k & 62k

Saturday 25th May

EVENT GUIDE



TRAILS



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James Tilley

RunThrough Trails Race Director

I am incredibly excited to welcome you all to the second instalment of The Fox Trail 20k, 41k & 62k in just a few short days. Myself and the whole team have been working hard to put on the highest quality event possible, and we cannot wait to have you along.

Our team is made up of passionate runners and outdoor enthusiasts, who have come together to make up a collective of people who are both experts at organising events and experienced participants, having taken part in hundreds of races throughout our personal running journeys. Our motto at RunThrough Trails is 'Run Inspired', and we hope you can come away fully experiencing that.

My personal journey over the last decade has taken me from being a complete novice to now participating at an elite level on the international stage. This means that I am in a unique position from which I can relate to runners of all experience levels. I believe this is testament to the brand and environment we have worked hard to create with our races, so that people of different levels all aspire to come and run in one of our events.

We will have many runners for whom this will be their first time taking part in any trail race, as well as runners who have competed in multiple ultra distance trail events throughout their lives. I'm sure you will go through some tough moments, but this is why we take on such challenges - to test ourselves and step outside our comfort zones to learn more about who we are.

It is also of the utmost importance to me and my team that you do so in the safest way possible. With this in mind, I will personally be heading out in the early hours of race day with a few members of our team to do a final course check before our pre-race runner briefing.

I can't wait to see you all on race day so please do come and say hello, I'll be there setting you off at the start and, the best part of my job, welcoming you over the finish line!

All the best of luck and see you soon!

James Tilley

RunThrough Trails & The Fox Race Director



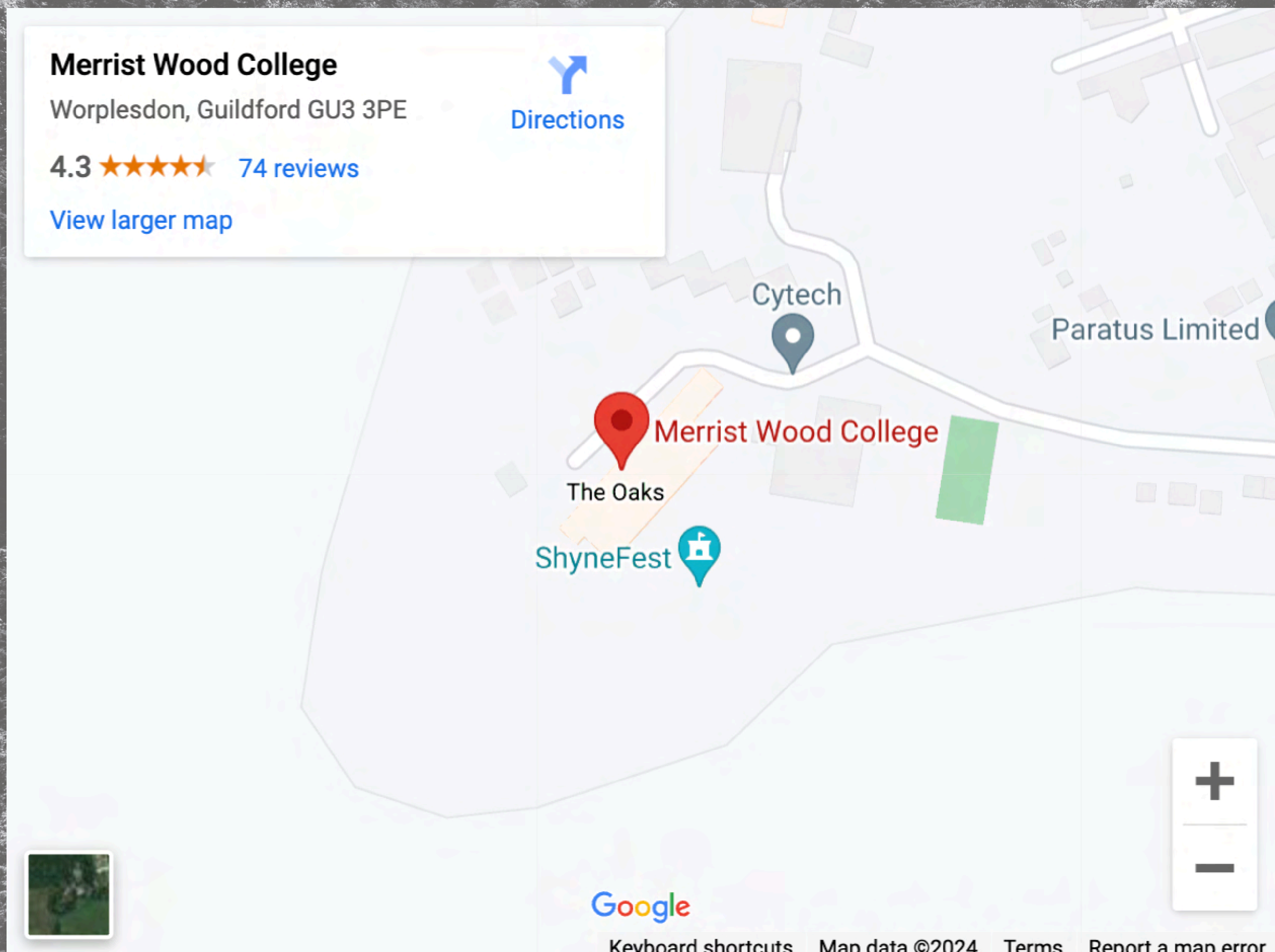
TRAILS

ARRIVAL

The event is a split-start, meaning each distance will start in a different location. Please take care reading the below to ensure you head to the correct start location for your distance. All races will link up at the finish at The Burys Field, Godalming.

THE FOX 20K

START LOCATION: Merrist Wood College, Worplesdon, GU3 3PE



**Click the map
for directions**





TRAILS

ARRIVAL

THE FOX 20K

Merrist Wood College, Worplesdon, GU3 3PE

TRAVEL

If travelling by car, we strongly recommend all 20k runners park at their start at Merrist Wood College. Parking here is aplenty (and free)!

When you reach the finish in Godalming, if you don't have a lift back to your car at Merrist Wood College, then we recommend the below journey:



Train: Godalming to Guildford



Bus: Friary to Coombe Lane



Walk: Coombe Lane to Merrist Wood College

Alternatively, you can park at the finish at Burys Field (pay and display, limited parking), and do the above journey to reach the start line before your race.

PUBLIC TRANSPORT

Guildford and Woking train stations are nearby and well linked and we recommend using a journey planner [HERE](#) to check times for the day. From Guildford, there are then regular buses to Fairlands (20 towards Aldershot) and Coombe Lane (28 towards Woking), which will be walking distance from your start location.

You can check up to date bus timetables [HERE](#) to help plan your journey.



TRAILS

ARRIVAL

The event is a split-start, meaning each distance will start in a different location. Please take care reading the below to ensure you head to the correct start location for your distance. All races will link up at the finish at The Burys Field, Godalming.

THE FOX 41K

START LOCATION: West Clandon Village Hall, West Clandon, Guildford, GU4 7TD



**Click the map
for directions**



THE FOX 41K

West Clandon Village Hall, Guildford, GU4 7TD

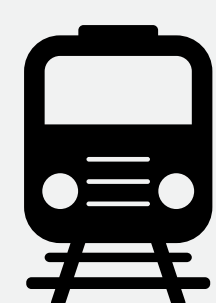
TRAVEL

We recommend being dropped off at the race start or car sharing if you can. There are a limited number of pay & display spaces available at Clandon railway station.

If driving, we suggest leaving your car at the finish in Godalming town centre. From here, it's a 5 minute walk to Godalming train station, a 22 minute train journey (via Guildford), followed by another 5 minute walk to the race start.



Train: Godalming to Guildford



Train: Guildford to Clandon



Walk: Clandon Station to West Clandon Village Hall

PUBLIC TRANSPORT

Guildford, Godalming and Woking train stations are nearby and well linked and we recommend using a journey planner [HERE](#) to check times for the day. From Guildford, there are trains to Clandon Station every 20 minutes or so.

If you prefer the bus, we'd suggest jumping on at Friary (Guildford) and taking the number 463 towards Woking. You can then hop off at Meadowlands, a very short 1 minute walk from West Clandon Village Hall.

You can check up to date bus timetables [HERE](#) to help plan your journey from wherever you're joining us from.



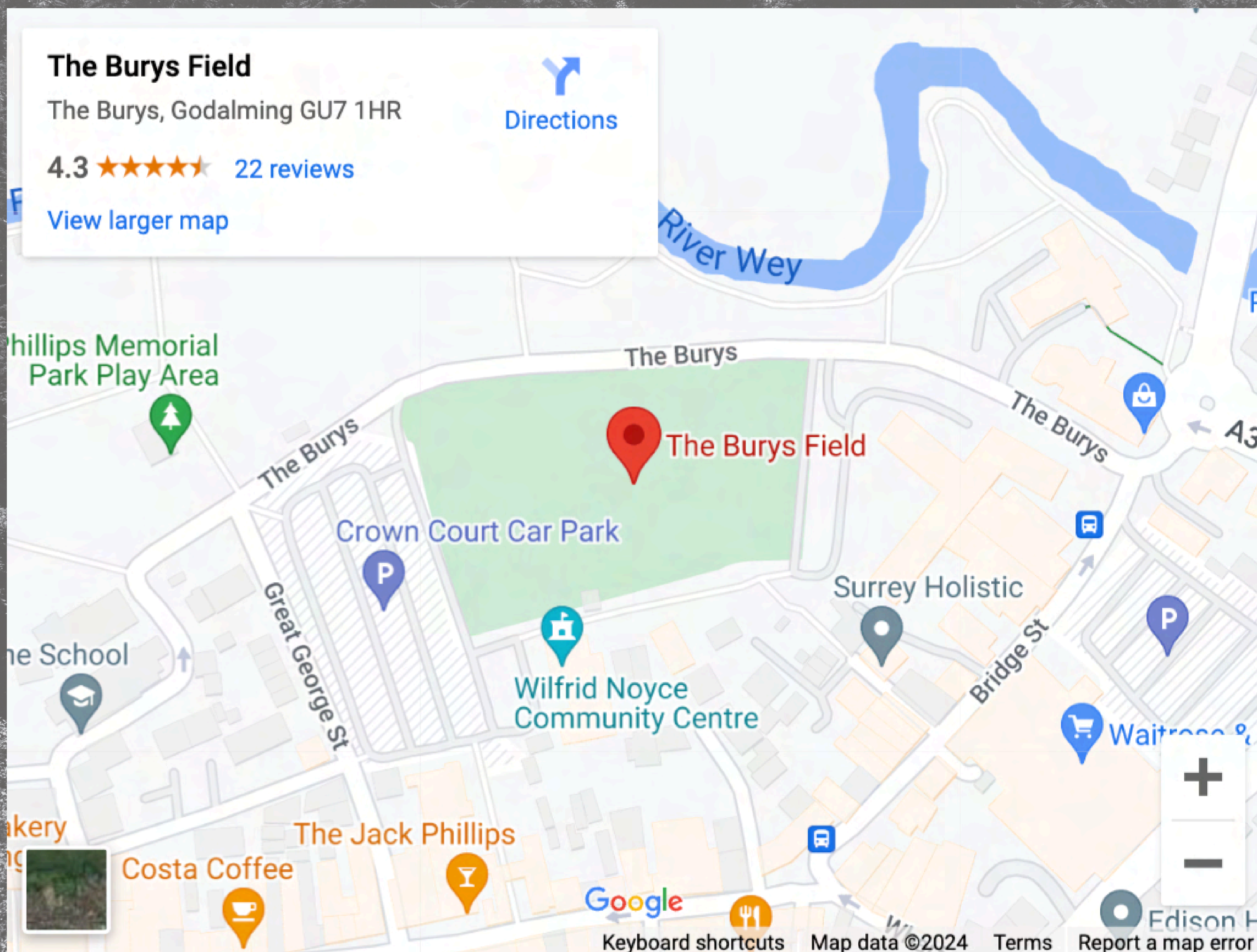
TRAILS

ARRIVAL

The event is a split-start, meaning each distance will start in a different location. Please take care reading the below to ensure you head to the correct start location for your distance. All races will link up at the finish at The Burys Field, Godalming.

THE FOX 62K

START LOCATION: The Burys Field, Godalming, GU7 1HR



**Click the map
for directions**





TRAILS

ARRIVAL

THE FOX 62K

The Burys Field, Godalming, GU7 1HR

The 62k course is a full loop, starting and finishing in Burys Field. This makes your journey pretty simple, whether you join us by car or public transport.

TRAVEL

If joining us by car, there are plenty of Pay & Display parking options in and around Godalming. Crown Court car park is right next to the event village, but be aware that spaces will fill up fast here. We suggest using parkopedia.com to plan your journey.

Make sure to pay for the whole day as the last thing you want is a time pressure to make it back before a parking ticket!

PUBLIC TRANSPORT

Godalming station is a 5 minute walk from Burys Field. This station has great links from London, Guildford, Woking and beyond. We recommend using a journey planner [HERE](#) to check times for the day. There are also multiple bus routes operating in and around Godalming, but please ensure you check timetables for updates on race morning.





| TIME | WHAT | WHERE |
|--------------|--------------------------|---------------------------|
| 6:30am | Main Event Village open | Burys Field, Godalming |
| 6:30-7:30am | 62k Race Pack Collection | Burys Field, Godalming |
| 7:50am | 62k Race Briefing | Burys Field, Godalming |
| 8:00am | 62k Race Start | Burys Field, Godalming |
| 8:30-9:30am | 41k Race Pack Collection | West Clandon Village Hall |
| 9:50am | 41k Race Briefing | West Clandon Village Hall |
| 10:00am | 41k Race Start | West Clandon Village Hall |
| 9:30-10:30am | 20k Race Pack Collection | Merrist Wood College |
| 10:50am | 20k Race Briefing | Merrist Wood College |
| 11:00am | 20k Race Start | Merrist Wood College |
| 5:00pm | Last aid station cut-off | Christmas Pie Trail |
| 7:00pm | All finish | Burys Field, Godalming |



TRAILS

RACE PACK COLLECTION

Race packs for the 20k, 41k and 62k will be posted out ahead of the event, but if yours hasn't arrived, it will be available for collection on race morning from our registration desks. You'll need to collect your pack from your race start location. Please check the details below to ensure you know when and where you're collecting this from on the day.

20K

Address for race pack collection: Merrist Wood College, Worplesdon, GU3 3PE

Collection time: 9:30-10:30am

41K

Address for race pack collection: West Clandon Village Hall, Guildford, GU4 7TD

Collection time: 8:30-9:30am

62K

Address for race pack collection: The Burys Field, Godalming, GU7 1HR

Collection time: 6:30-7:30am

62k runners: We recommend arriving at least an hour before your race start in order to collect your tracker.

RELAY

Relay packs are for collection only - please don't expect this in the post.

Address for race pack collection: The Burys Field, Godalming, GU7 1HR

Collection time: 6:30-7:30am

One member of your team can collect bibs for your whole group.





TRAILS

YOUR RACE BIB



- 1 Barcode for live tracking (62k only)
- 2 Bib number
- 3 Course elevation profile (so you can anticipate every hump n bump!)
- 4 Free food and drink voucher - take your bib to a vendor of your choice after your race for a free re-fuel!
- 5 Timing chip - tear this off and attach to your shoe pre-race
- 6 Baggage tag - attach this to your bag before handing it in



TRAILS

YOUR TIMING CHIP



Your timing chip is attached to your race bib. Simply tear this off and thread it through your laces like the pic below. Try and ensure the silver side is facing up, as this gives us a better reading from it.



We don't need this back at the end of the race, so feel free to cut it off and pop it in the bin!



TRAILS

THE COURSES



The Fox Ultra Trail Race Course Preview - Ru...



Watch later



Share

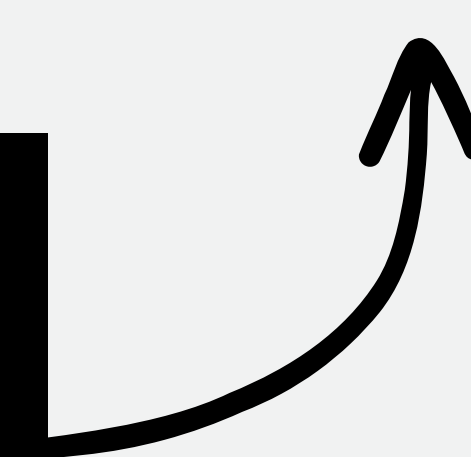
THE FOX



Watch on YouTube

COURSE PREVIEW

Have a little sneak peak of what's in store for you on race day!



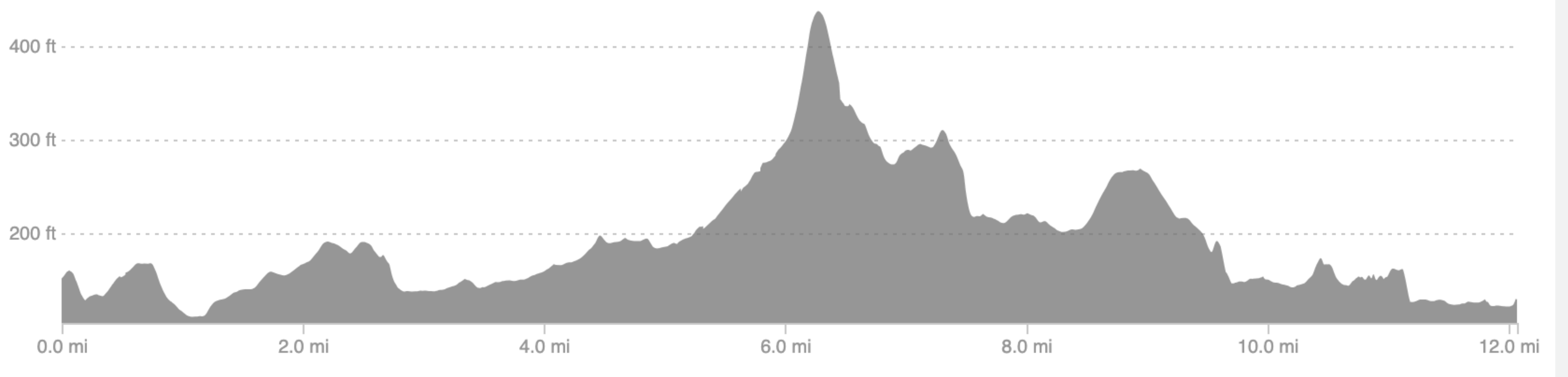
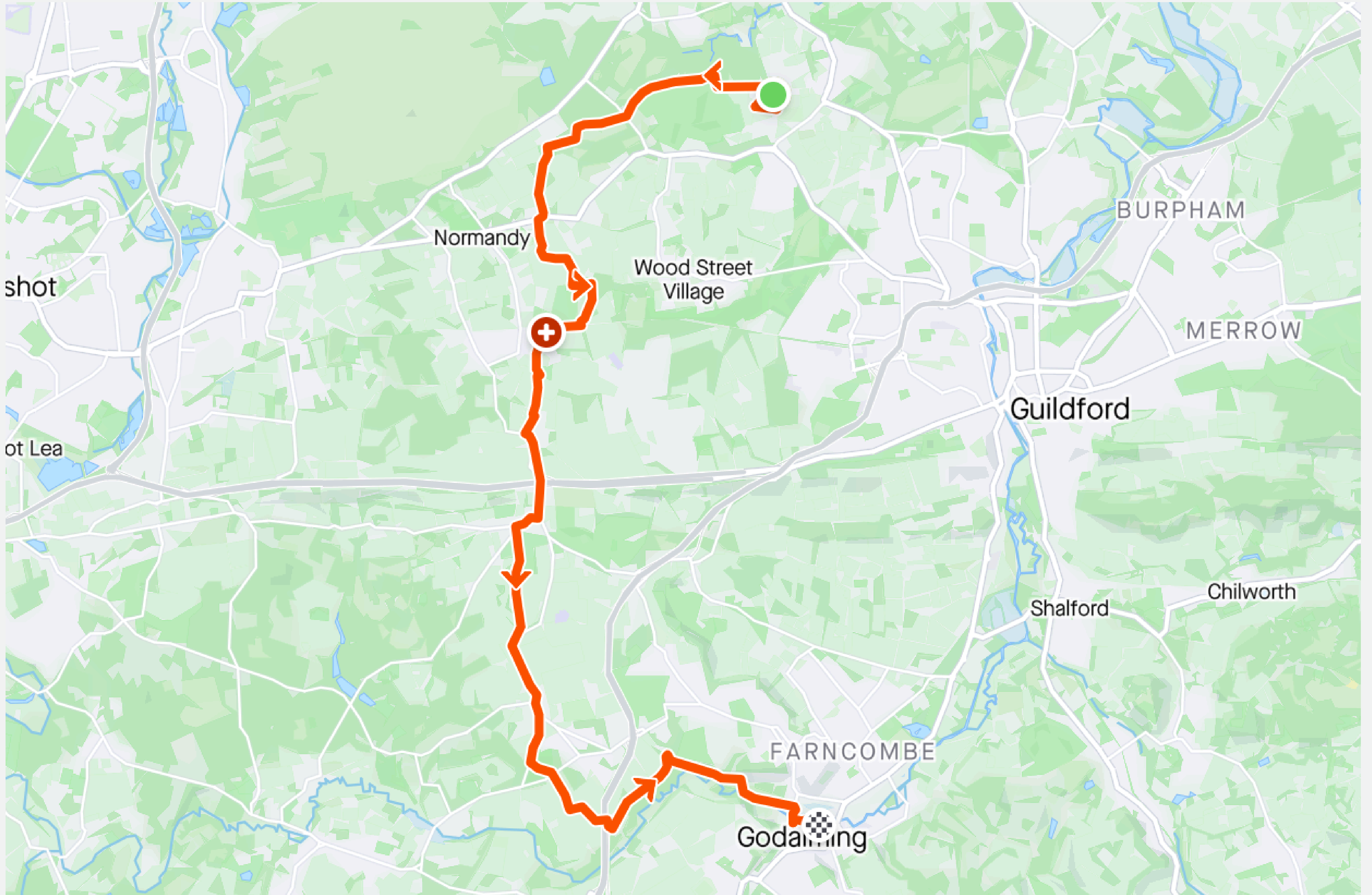
The Fox is a circular route around the lovely Guildford countryside. Originally plotted by Richard Fox – and making use of the local railway lines – the courses are all fairly flat and non-technical. Perfect if this is your first one or if you fancy giving it the beans.

The 62k follows the Fox Way for the majority of the course, the 41k then joins the route in West Clandon, whilst the 20k starts at Merrist Wood College in Worplesdon. All races finish at Burys Field where you can finally chill, eat and feel extremely proud of yourself.



TRAILS

THE COURSES - 20K

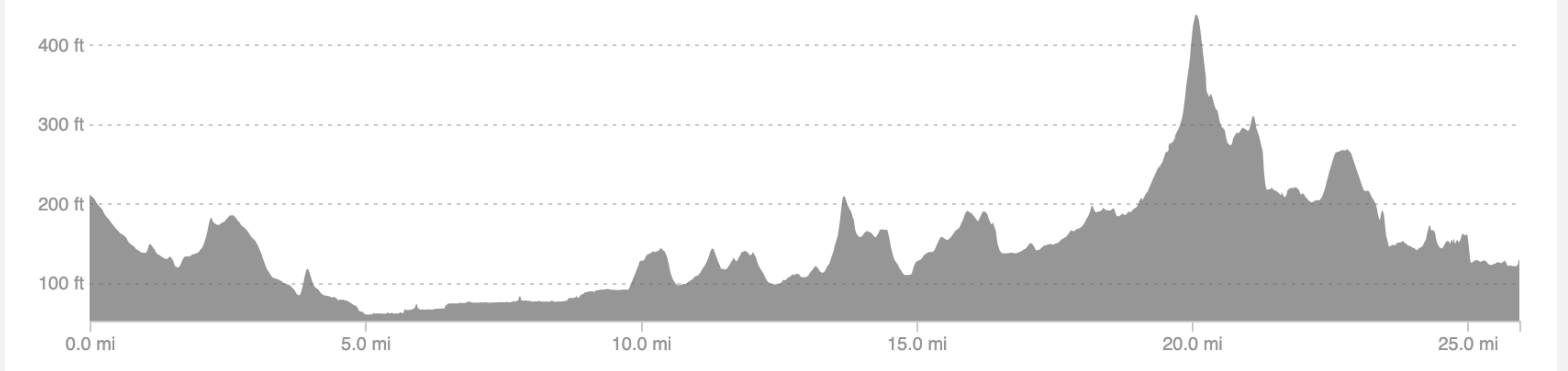
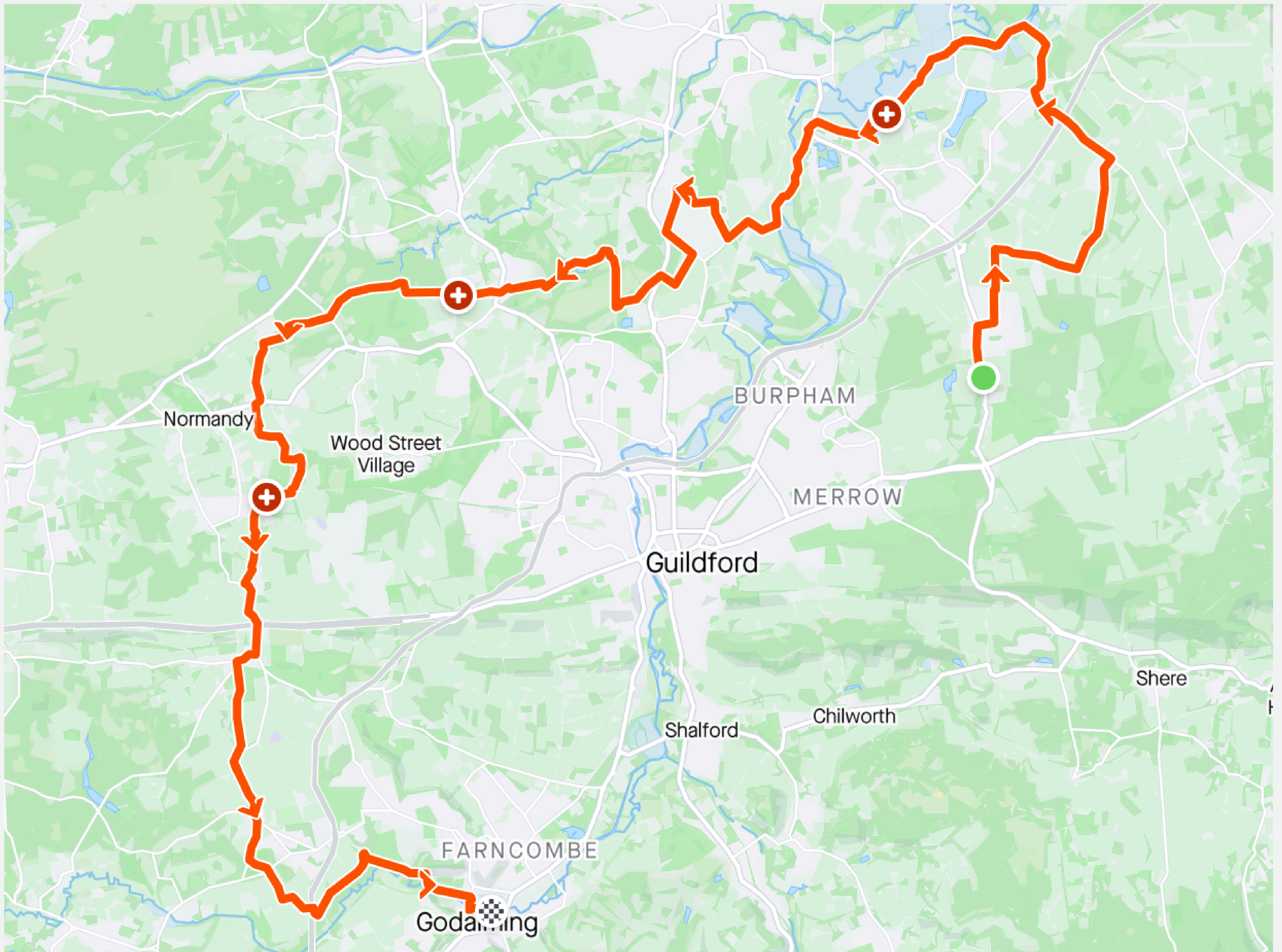


CLICK FOR GPX



TRAILS

THE COURSES - 41K

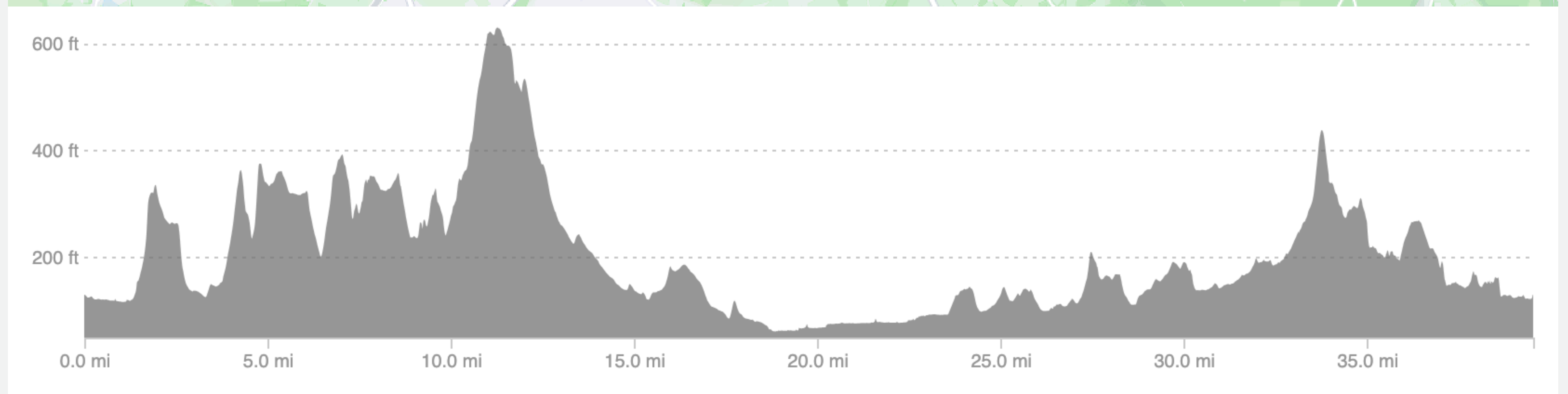
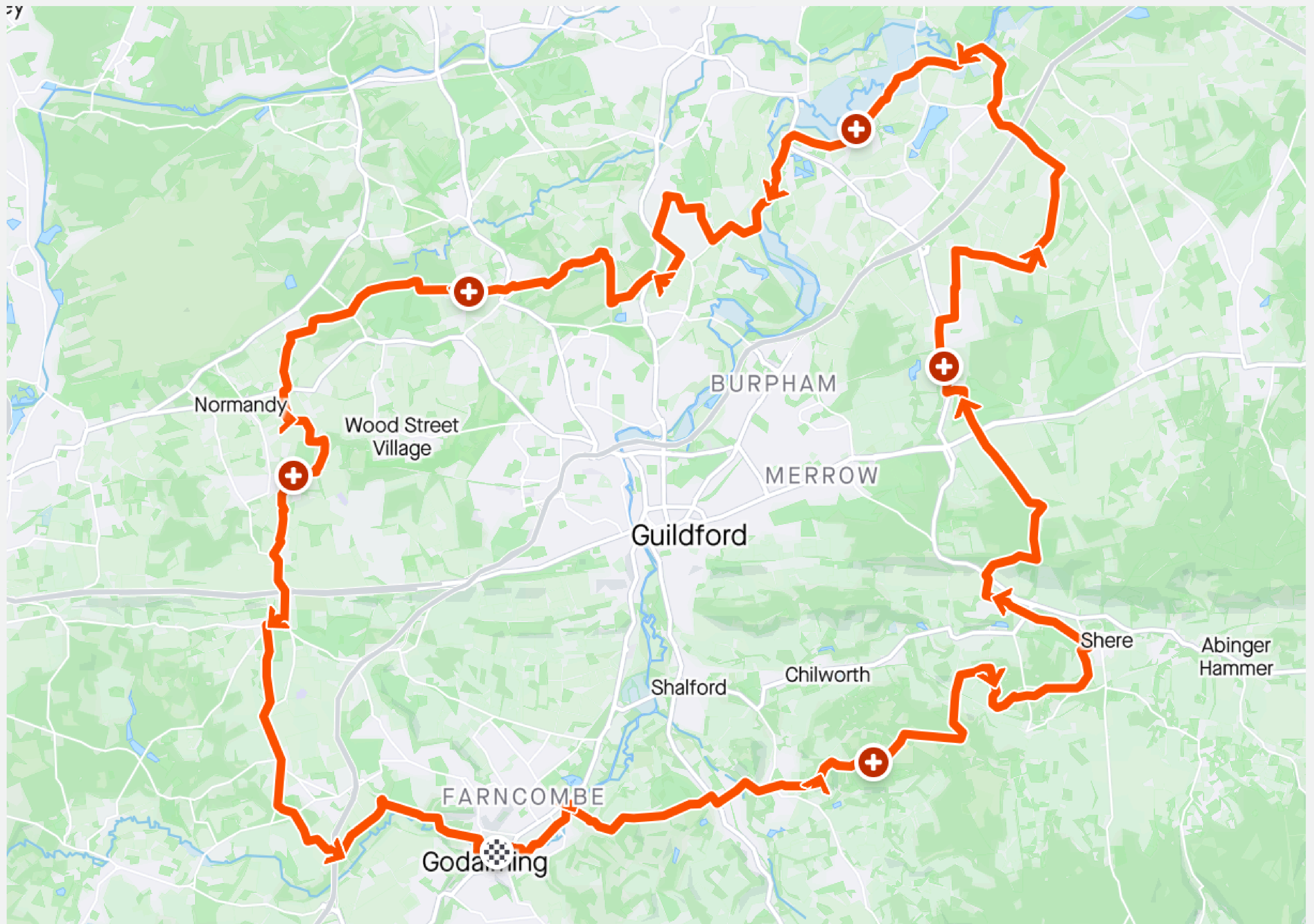


[CLICK FOR GPX](#)



TRAILS

THE COURSES - 62K



[CLICK FOR GPX](#)



TRAILS

THE RACE

RACE START:

There will be a race briefing 10 minutes prior to each race start. Here the race director will talk through the course, any potential hazards on the route and other important race information.

RELAY:

All 3 members of your team will have the same bib number. Your split times are pulled from your gps tracker. When you arrive at your changeover point, your tracker will be switched over to the next person. There will be staff to help with this.



DURING THE RACE:

The route will be well marked with red trail flags and arrow signage. We recommend downloading the GPX file onto a watch or phone to help you follow the route. If you haven't seen a flag or sign for more than a few hundred metres, turn around and re-find the course.

There are stiles and gates on route so please be cooperative and understanding of fellow participants should any queues form. We will have excellent marshals positioned at key points to help you find your way if needed.

The route utilises public walking paths. Please be respectful of other trails users during the race. Please also take all rubbish with you until you find a bin.



TRAILS

AID STATIONS

Please note, this event is entirely cupless! We love the environment so ask that all runners bring your own bottles/reusable cups in order to fill up liquids, as we won't be providing bottled water at our aid stations. We will be selling flasks and cups for anyone who needs them on the morning. On the same note, and a bit of race etiquette we're sure you already know - please keep all rubbish on you and dispose of it when you see a bin.

LOCATIONS AND CUT-OFFS

There is an 11-hour cut off for the whole race, with internal cut-offs for each aid station. If you haven't reached an aid station in time, you will officially be removed from the race and led back to the event village by a marshal.

Aid Station 1: Blackheath - 10:15am

Aid Station 2: West Clandon Village Hall - 12:00pm

Aid Station 3: Send - 2:00pm

Aid Station 4: Merrist Wood College - 4:00pm

Aid Station 5: Christmas Pie Trail - 5:00pm

Finish: Burys Field - 7:00pm





TRAILS

SPECTATOR/CREW INFO

Spectators are more than welcome to come along and cheer on runners at this event. We also allow crew for 41k and 62k runners.

SPECTATORS

As well as our main event village at Burys Field (finish for all races), we will also have an EPIC set up at the start location for the 20k, aka Aid Station 4, aka Merrist Wood College, Worplesdon, GU3 3PE.

If spectating, we recommend joining us here to cheer your runners on as there are parking spaces aplenty, loads of food and drink vendors, and generally an incredible race atmosphere!



CREW INFORMATION

If you'd like to crew a runner for the 41k or 62k and provide aid/extra nutrition/a pat on the back along the course, we absolutely welcome that. Please note, crewing is not allowed for the 20k.

CREW RULES

No crews are allowed at aid stations 1, 2 or 5. There will be **no vehicle access** to these stations, so please do not attempt it - you physically cannot get down part of the route and will cause an obstruction.

Aid stations 3 and 4 are crew-friendly and there will be a designated crew area at these points. Signs and marshals will direct you on where to go as you won't be able to take up the actual aid station space.

Exact Aid Station 3 location W3W: [///reach.wiser.reveal](http://reach.wiser.reveal)

Exact Aid Station 4 location W3W: [///shins.once.stick](http://shins.once.stick)

We strongly recommend Aid Station 4. Here we'll have entertainment, food, drink, ample parking and toilets etc.



TRAILS

LIVE TRACKING



We will have live tracking for all 62k runners and relay runners, provided by Open Tracking. Please ensure you arrive at least an hour before your start in order to get your tracker attached to your race pack/hydration vest.

Please do not remove your tracker at any point in the race, unless instructed to do so.

When you finish, you will be funnelled through to a marshall who will remove this for you.

If you have family and friends coming along to spectate/crew they will be able to dot watch you using the link below, so remember to share it!

Live Tracking Link



TRAILS

KIT REQUIREMENTS

MANDATORY ITEMS (62k only):

GPS Watch and/or Phone with GPX

Hydration pack (to carry mandatory items and attach tracking device to)

Reusable bottles/cup

Min. 500ml Water Supply

Headtorch

Hat & Gloves

Hooded Jacket

Emergency Foil Blanket

RECOMMENDED ITEMS:

Trail running shoes

Hydration pack (mandatory for 62k and 41k and recommended for 20k so you can carry water on you)

Emergency Nutrition (>400kCal)

Technical running clothing

Sunglasses

Whistle

MEDIC'S NUMBER:

Please have the medic's contact number saved, as you may be required to contact the medical team if you or any other participants require medical treatment out on the course.

Their number is **07511908700**



TRAILS

EVENT VILLAGE



BAG DROP

There will be a bag drop at each race start, and all bags will then be transported to Burys Field for collection at the finish.

Your baggage tag is attached to your race number. Just tear this off and attach to your bag, leave your bag in our Bag Drop marquee and then show your number to collect your bag after your race.

TOILETS

There will be portable toilets available within the main event village at Burys Field. There will also be toilets at Aid Station 2 (at the 41k start) and Aid Station 4, which will be separate from the 20k start.

FOOD AND MERCH STALLS

There will be food and drinks available from multiple vendors within the event village. We'll also have our kit stall where you can find some of our traily bits and bobs that you can pre-order or purchase on the day.

You can also get your hands on a RunThrough branded soft flask to use in the race!

INFO DESK

Our info/registration desks will be open and manned by our lovely marshals. Here you can collect your race pack or ask any last minute questions you might have.



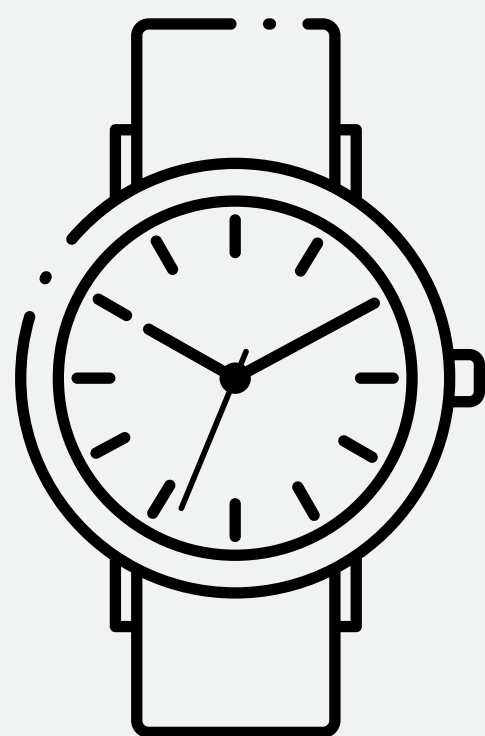
TRAILS

FINISH

RESULTS:

We will have the results online on our website as soon as you finish. If you see any problems with your result, please email us at info@runthrough.co.uk.

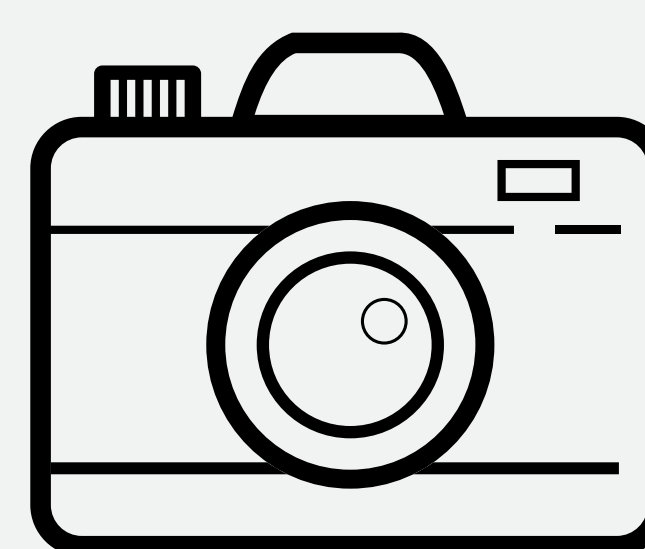
Click the watch below to go to results page!



PHOTOS:

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

Click the camera below to visit the event photos page!



EVENT T-SHIRTS:

If you have purchased a Fox event T-shirt with your race entry, please head to the RT Kit stall in the event village with your order confirmation, and we will have your item ready for collection!

If you've not pre-ordered a T-shirt, but would like to purchase one, these are available [HERE](#).



We'll also have our RunThrough Trails branded soft flasks available for purchase, as well as hoodies and buffs.



TRAILS

VOLUNTEERING



Join our Trail Community!

Here at RunThrough Trails we are always on the search for passionate, trail-loving peeps to be a part of our incredible volunteer squad. If you know someone who isn't running The Fox but would like to get involved behind the scenes, we would love for them to come along!

To show our gratitude we have some lovely benefits, including race credit and free merch. Click below to find out more on our blog, and contact katie.quigley@runthrough.co.uk to sign up.

[FIND OUT MORE!](#)

[JOIN OUR WHATSAPP GROUP](#)





Is the event chip timed?

Yes!

What is the minimum age for this event?

20k - 17 | 41k - 18 | 62k - 20

Is there a time restriction to complete the race?

Yes. There is an 11 hour cut-off overall and internal cut-offs for each aid station. Please head to page 19 of this event guide for more detail

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race as your race pack and everything associated with your entry fee including your medal, and post race goodies have already been paid for by this time. We'd love for you to run virtually and we can post out your medal and goodies!

Can I transfer my entry to a friend or swap distance?

Yes, we can happily swap the names and details associated with a booking. Visit our transfer portal [here](#) to initiate this. If you'd like to change distance, you can do this [here](#).

Will there be water stations on the course?

There will be 5 aid stations along the 62k route, 3 for the 41k and 1 for the 20k, as well as the finish line. Here, there is a wide selection of food, and drinks that we can re-fill your bottles and cups with. There won't be any bottled water provided, so please bring your own bottles/cups.

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.



TRAILS

FAQS CONTINUED

When will I get the add on RT Kit I ordered with my entry?

This will be available to collect at the RT Kit Stall on the day. Please have your email confirmation ready to show to our staff.

How do I get to the event?

Please check pages 4-9 of this event guide for travel and parking information.

Where is the best place to spectate?

We advise heading to Aid Station 4 at Merrist Wood College, as this has plenty of parking, vendors and all sorts to keep you entertained and put you in a good position to cheer the runners in.

Please see page 20 of this event guide for more spectator and crewing information.

Can I have a crew?

Crewing is permitted for 62k and 41k runners. Please head to page 20 of this event guide for more information on crewing.

Will there be winners prizes?

There will be trophies for top 3 male and female winners of each race. Winners can also expect an email a few days following the event, with race credit towards another event. Age group winners (V40+) for each race will receive a £10 race credit voucher.

For any further questions, please email our friendly team at info@runthrough.co.uk and we'll be happy to help!



TRAILS

UPCOMING SUMMIT EVENTS



**MORE DETAILS &
ENTER HERE**



**MORE DETAILS &
ENTER HERE**



**MORE DETAILS &
ENTER HERE**



**MORE DETAILS &
ENTER HERE**



WIN A 5 YEARS SUPPLY OF BROOKS SHOES!

Scan the QR code to take part in the Brooks Run Quiz for a chance to win a 5 years supply of Brooks running shoes! A winner will be chosen at the end of the year, so get those thinking caps on.

T&Cs apply

BROOKS



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the QR Code

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at

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nuun⁺

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SPORT



Fuel your work out with electrolytes. Before, during and after exercise.



ULTRA



Don't let dehydration slow you down. Optimized electrolyte and Carbohydrate formula.

Nuun is here to support every RunThrough runner.

Good Luck to all the runners!

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#nuunuk

#nuuniverse

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Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.

CRUNCHY CORN "OFF THE COB"

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**in comparison to potato crisps*

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

FUEL YOUR RUN

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GREAT FLAVOUR

SIMPLE
INGREDIENTS




TRY OUR FLAVOURS



PLAY CORN HOLE, WIN PRIZES!

Get CORN-petitive with our corn hole game in the event village! Make sure you record your score by scanning the QR code at events to be in with a chance of winning race entries, LOVE CORN merch and more!



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REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

✓ STRUCTURE

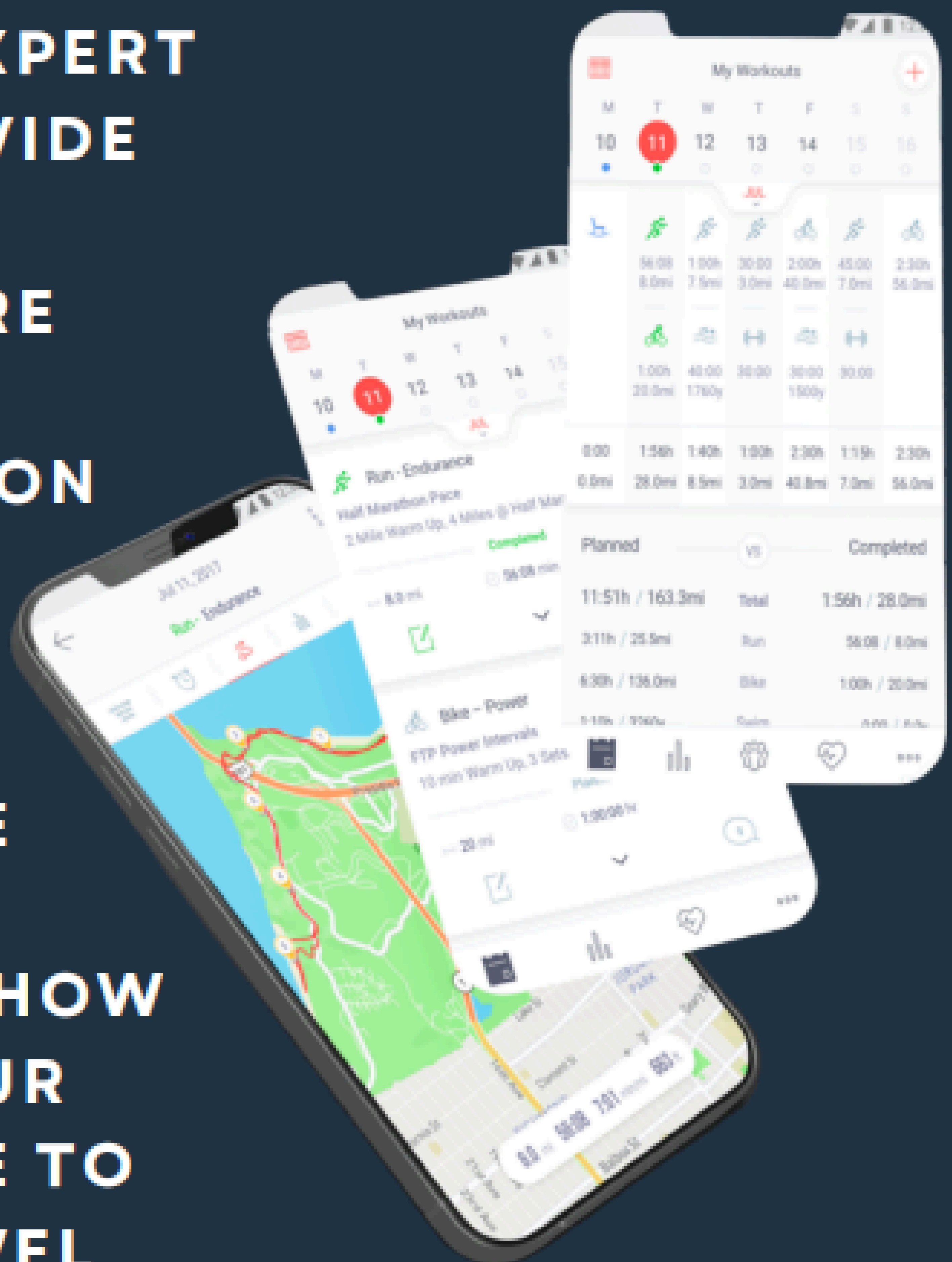
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

START TRAINING TODAY





RT KIT

Any pre-ordered kit can be collected at the RTKit stall, please have your order confirmation ready to show our team.

Check out the RTKit Stall located in the event village.

www.RunThroughKit.com



gofundme™

Make your place count!

**It's never too late to start fundraising
for a charity of your choice!**

Create your GoFundMe fundraising page today
to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.

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