



Venue Address and Parking,

The venue is Mapledurham House, Mapledurham, Reading. RG4 7TR. The race date is Sunday 16th May 2021. It is a rural venue not served by public transport so car or bike are the only real options. Parking is available at the venue and is no more than 100m from the start and finish area. Facilities on site include Toilets, Catering, Massage, Bar & Help Desk. The route into Mapledurham is narrow please show caution and look out for pedestrians.

Covid-19

Do not travel to the event if you are showing any symptoms of covid-19 as outlined by the NHS.

Do your homework – make sure you are aware of and understand the pre-race information.

Come ready to run – minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible.

Under no circumstances swap your number or give your place to another participant.

Be respectful to volunteers and participants and observe social distancing wherever possible.

Be prepared to bring your own water and food and carry it with you during the race, please dispose of rubbish responsibly.

Be aware of your personal hygiene e.g. avoid spitting and nasal clearance.

If you experience COVID symptoms soon after the event, then please make this known through the government's Test, Track & Trace system.

If you have any concerns or would like to ask a specific question relating to this event and Covid-19 please e-mail us.

Covid-19 has forced us into some things we would prefer not to do, e.g., support stations have wrapped/bottled product and are self-service. We had hoped to prepare some food items and offer hot drinks at the village halls but that will have to wait until next year. Medals are wrapped and left for collection rather than given out so please forgive us for this, it's not what we would choose. For Track and Trace purposes please register any one coming with you using the link on the website home page.

Camping on Saturday

Current government guidelines allow camping tents/camper vans if you have your own self-contained toilet facilities. If you have and would like to camp overnight Saturday then please e-mail us. We are open from lunch time Saturday (gates are locked at 10.30pm), there is no charge and we have plenty of space. There is no catering available on Saturday, local pubs in Mapledurham and Caversham will serve outdoors but book well in advance.

Start Times, Start & Finish Procedure.

Start times are staggered, this is to reduce the density of runners on the route as it's narrow in places and passes along quiet lanes. It is also to help us socially distance the event.

A guide to start times for each event is on the website, please don't worry too much about starting exactly at the time shown, the schedule on the day may slip a little or we may get ahead of the schedule, all that matters is your chip will register your exact start time as you cross the start line. Having said that we will be trying hard to get ahead of schedule so arrive in plenty of time and be ready to go.

Your race number shows your BAY and your Start number. On arrival find your BAY listed between 1 and 8, there is room for 30 people to wait in each bay. When called forward from the Bay find your "mini start line" in the start straight listed A – E. There are 5 or 6 people on each mini start line.

At the finish line wrapped medals and water can be collected from tables located a few meters after the gantry.

Support Stations

This event is self-support, you need to carry your own water, we do however have support stations. Please arrive with water for the first five miles

HALF MARATHON water stations are at 5 miles & 10 miles. There will be 500ml bottled water left for collection, please take one, top up your bottle/hydration pack and dispose of the bottle at the station, please do not take it away and drop it on the route. Toilets are available at support station 2, 10 miles.

MARATHON support/top up stations are at 7 miles (toilets) 10 Miles, 14 miles (toilets) and 20miles (toilets). There will be 500ml bottled water left for collection, please take one and top up your bottle/hydration pack and dispose of the bottle at the station, please do not take it away and drop it on the route. At each station there will be SOS Isotonic sachets to self-mix. There will be a range of nutrition available - Tribe sports nutrition bars (vegan), Crisps, Quaker & Porridge bites, Chocolate Bars, Soreen, Granola Bars, Gels and Haribo, please dispose of any packing at the station or keep it until the next station.

ULTRA support/top up stations are at 5 miles, 10 Miles (toilets), 14 miles (toilets), 21 miles and 26 miles (toilets). There will be 500ml bottled water left for collection, please take one, top up your bottle/hydration pack and dispose of the bottle at the station, please do not take it away and drop it on the route. At each station there will be SOS Isotonic sachets to self-mix. There will be a range of nutrition available - Tribe sports nutrition bars (vegan), Crisps, Quaker & Porridge bites, Chocolate Bars, Soreen, Granola Bars, Gels and Haribo, please dispose of any packing at the station or keep it until the next station.

Medical cover – Each support station will have a first aider available.

Important Route Information

It's very important that you are aware of the race format for all three events which differs from marshalled road races. This event is not suitable for faster runners looking for PB's. This is a challenge event rather than a race and runners are required to self-support, so carry a phone in case of emergency and carry at least a 500ml water bottle to top up at support stations (half marathon) and carry at least 1L of water, mobile phone, water proof and a base layer on the marathon and ultra. A full list of possible items you might like to consider is on the website.

The route is predominately public footpath, but also quiet lanes and village roads. It is important to note that the route is not closed to other people, there will be walkers, joggers, cyclists and as there are quiet lanes through villages on the route there could be the odd vehicle. There are road junctions to cross and there are several gates to pass through. We have no road closures; you are responsible for ensuring it is safe to cross and you must stop and check at road crossings.

Where you are running by a road this always means you should use the pavement or track by the side of the road. There are a couple of roads with no pavement so please be aware there could be vehicles accessing properties in these roads.

Please read the website information carefully and study our interactive route maps on the event specific page. There are marshals at key points and we will sign the route, long stretches are on established trails along the river bank so should be easy to follow but it does require concentration. There will be a mobile number printed on the race numbers so you can check the route if you are unsure or require assistance. You can e-mail us for a GPX file of the routes for GPS devices

If you do require assistance, we ask that you reach a point on the route which will help us reach you, a road junction or landmark. We suggest downloading the app "What three Words" this will help us pinpoint your location to within 3 meters, your race number has a mobile support line you can call us on which is 07551006099.

IMPORTANT – Half Marathon/Ultra Split – This is in Whitchurch High Street 10.5 miles, the Ultra carries on up the High Street and the half turns right into Eastfield Lane. Ultra/Marathon Split at Winterbrook Bridge, the full carries on along the Thames for a mile before looping back and crossing the bridge, the Ultra crosses the bridge straight away. See the website page ROUTE NOTES. We know lots of people have recced the route, it's a very good move, make sure you at least study the website maps.

Goring Gap Run

From 2022 we will just be called Goring Gap Run as we have a new exciting format for RunReading which will be located in and around Reading, keep your eye out for details!

Finally

The website will carry any final information we need to update you on so please check it daily in the final week.

Social media – please join us in Goring Gap Run Chat and post your photos on INSTAGRAM using @goringgaprun

Feedback – This is our first year, there will be lessons to learn! Please send your feedback to Goringgaprun@racesolutions.co.uk

Have a great run, we are looking forward to seeing you on the 16th.