

BEAT BOX HILL

21K & 50K

Saturday 11th October



EVENT GUIDE





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Sam Calvert

RunThrough Trails Race Director

I am incredibly excited to welcome you all to the Beat Box Hill 21k & 50k 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.

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 come and say hello. I'll be there setting you off at the start, and the best part of my job is welcoming you over the finish line!

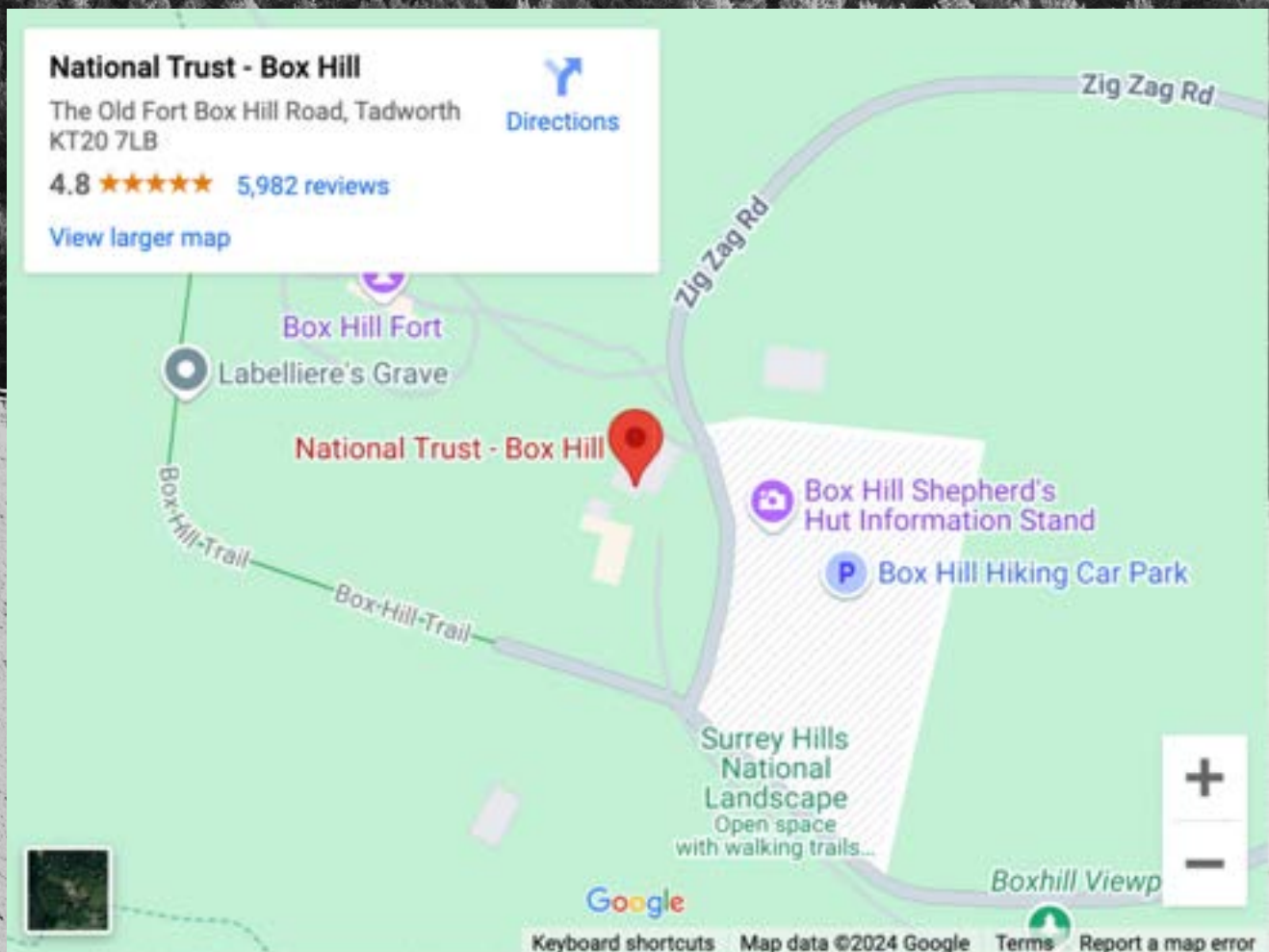
All the best of luck and see you soon!

Sam Calvert

RunThrough Trails Beat Box Hill Race Director

The event village, start and finish is at Box Hill National Trust. This can be best reached via the Zig Zag Road if coming off from the B2209 (Old London Rd), after exiting the A24, but can also be easily reached via train into Box Hill and Westhumble, and Dorking.

**START LOCATION: National Trust - Box Hill, The Old Fort
Box Hill Road, Tadworth, KT20 7LB**



Click the map
for directions

TRAVEL INFORMATION

There is free event parking on grass fields by Box Hill Farm, accessible from Old Reigate Road. There is then an 800m uphill (30 minute) walk to the event village.

Please note, the pedestrian route from the car park to the event village is not suitable for prams or wheelchairs.



Exact location for the 21k and 50k car park entrance, if using W3W, is [///pokers.clocks.spare](https://www.pokers.clocks.spare) or follow on Google Maps [here](#). This will be sign posted on arrival.

Please arrive with enough time to park up, walk to the event village and collect your race pack.

There is limited pay and display parking at Box Hill visitor centre available for 50k runners. We anticipate this to fill up before 21k runners arrival time.

Box Hill & Westhumble Train Station is only a 1.3 mile trot away. If arriving by train, exit the station and follow Westhumble St over the A24 to Old London Rd, then turn right just before Zig Zag Road to follow the trail all the way up Box Hill. You can then follow signs to the visitor centre/car park, but please do use Google Maps to help navigate this bit if you're unfamiliar with the trails.



Dorking Train Station is also nearby, and walkable to the event village via the A24 and Stepping Stones Walk.





TIME	WHAT	WHERE
6:00am	Event Village open	Event Village
6:30-7:30am	50k Race Pack Collection	Registration Desk in Event Village
6:30-7:30am	GPS Tracker Collection - 50k	Collection Desk in Event Village
7:45am	50k Race Briefing	Event Village
8:00am	50k Race Start	Event Village
7:30-8:30am	21k Race Pack Collection	Registration Desk in Event Village
8:45am	21k Race Briefing	Event Village
9:00am	21k Race Start	Event Village
4:35pm	Last aid station cut-off	Aid Station 4: Buckland Lake
7:00pm	All finish	Event Village



TRAILS

YOUR RACE BIB

All runners are required to collect your race pack on the morning. These will be available from the registration marquees located in the event village.

50k runners - please collect your race pack before collecting your tracker as your barcode will need to be scanned. Please allow enough time to collect this and get to your race start.



1

Barcode for live tracking (50k only)

2

Bib number

3

Course elevation profile (so you can anticipate every hump n bump!)

4

Free food voucher - take your bib to a vendor of your choice after your race for a free re-fuel!

5

Baggage tag - attach this to your bag before handing it in



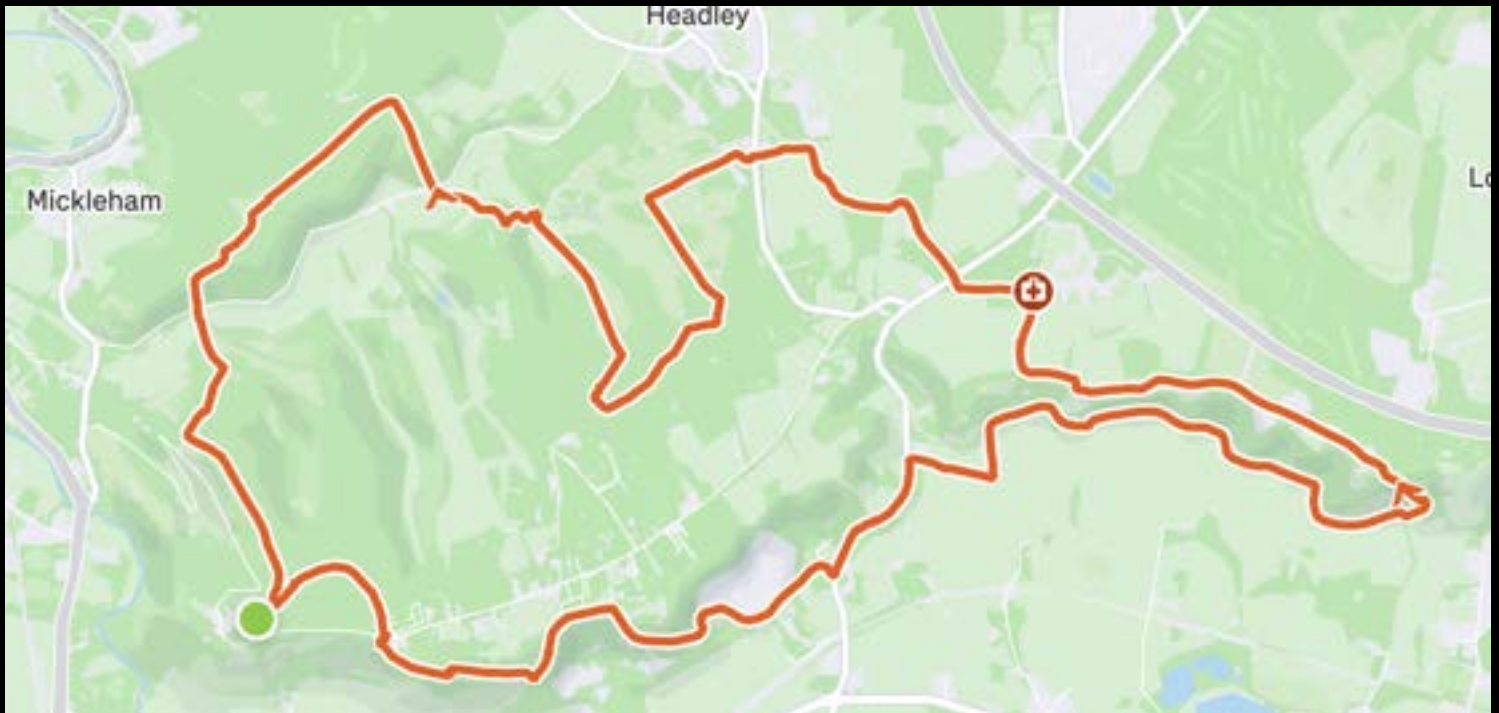
TRAILS

THE COURSES - 50K



CLICK FOR GPX

CLICK FOR STRAVA



CLICK FOR GPX

CLICK FOR STRAVA

RACE START:

There will be a race briefing 15 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.

DURING THE RACE:

The route will be well marked with trail flags and arrow signage. Please ensure you download the GPX file onto a watch or phone to help you follow the route.



All runners will follow **red** course signs. 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.



If you see this sign, you've gone the wrong way. Just do a 180 and you should get back on course easy-peasy

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 soft flasks 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. There will be bins at every aid station.

LOCATIONS AND CUT-OFFS

There is a 11hr cut off for the whole race, with internal cut-offs for each aid station listed below. 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. The 50k course will pass all 4 aid stations and the 21k will pass 1.



Aid Station	Location	Cut-Off (50k)
Aid Station 1	Norbury Park, Fetcham Car Park	10:00
Aid Station 2	St Barnabas Church, Ranmore	12:10
Aid Station 3	Box Hill East Car Park	14:15
Aid Station 4 (21k As1)	Buckland Lane	16:35
Finish (All distances)	Box Hill National Trust	19:00



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

SPECTATORS

As well as our main event village at Box Hill National Trust, spectators are welcome to visit points along the route, but please be mindful of the runners and other trail users so as not to cause an obstruction on the route itself.

If you choose to stay within the event village to see your runners off and welcome them in, we'll have loads of food and drink vendors, music, and generally an incredible race atmosphere!



SPECTATOR/CREW RULES

If you'd like to support a runner and provide aid/extra nutrition/a pat on the back along the course, that is absolutely allowed, but not all sections of the course are spectator-friendly.

If you do want to get on to the course we advise heading out to Aid Stations 1 and 2 as these both have adequate road access and car parks. Alternatively, if you want to stay closer to the start/finish, Aid station 3 is located at Box Hill so just a short walk from the event village.

Please note Aid station 4 (AS1 on the 21k) is inaccessible by car, if you intend to crew from here, please head out on foot to avoid congestion in the area.

We also recommend Headley Heath car park, although not an aid station, this is a great place to park and spectate as the 50k will pass at approximately 42km in and the 21k will pass at 13km.

If you do plan on heading to the Aid Stations, we ask that you park considerately leaving entry and exit points clear as our staff and medics will require vehicle access throughout the day.



TRAILS

LIVE TRACKING



TRACKING INFO

We will have live tracking for all 50k runners, provided by OpenTracking.

Please ensure you **arrive at least an hour before your start** time in order to collect your tracker. Just head to the tracker collection desk with your race bib ready for scanning. Tape will be provided if you wish to attach this to your vest, or you can store it in a secure pocket (not deep in your bag or near foil) for the duration of the race.

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

When you finish, there will be a marshal collecting these. **Please ensure you do not take this home with you.**

If you have family and friends coming along to spectate/crew, they will be able to dot-watch you with a tracking link provided [HERE](#).

Mandatory Equipment and Recommendations

Mandatory Kit	100km +	30km +	20km +	10k +
Pack – Race vest or belt capable of carrying all kit	✓	✓		
Passport / ID card	✓	✓	✓	✓
Medical information if applicable	✓	✓	✓	✓
Phone – minimum 80% battery (waterproof case or sealable bag recommended) Record emergency Race contacts provided.	✓	✓	✓	✓
Emergency Contact & ID – Carried on your person in case of an incident	✓	✓	✓	✓
Outer Layer: Waterproof jacket with taped seams & hood	✓	✓	✓	
Gloves or mitts or combination of both.	✓	✓	✓	
Whistle – emergency signal: six short blasts every 60 seconds	✓	✓	✓	
Water Bottle / Hydration Bladder Minimum 1l when full capacity	✓	✓	0.5L	
Food Reserves measured in Kcal	800	500		
Head torch	x2 with spare batteries	✓		
Survival bag or foil blanket. (1.4 m x 2 m minimum)	✓	✓		
Adequate food supplies (approximately 500 kcal as emergency provisions)	✓	✓		
A folding cup or water container for drinks	✓			
Self-adhering elastic Bandage (100 x 6 cm minimum)	✓			
Long-legged trousers or race leggings or a combination of leggings and socks to cover the legs completely	✓	❄️		
Headwear for warmth	✓	❄️		
Headwear for sun protection (head, face and neck)	✓	☀️		

Anyone seen finishing without mandatory kit will be removed from the overall standings

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 will be: 07935 819685



BAG DROP

There will be a bag drop within the main event village where you can drop your things off to collect after your race.

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 located in the event village. There will also be public toilets available to use at Aid Station 3 in Box Hill East Car Park.

Please note there are no toilets on the 21k course.

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 a range of clothing and accessories that you can pre-order or purchase on the day.

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.

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 below to go to results page!

[RESULTS](#)

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 below to visit the event photos page!

[PHOTOS](#)

**NATIONAL
LEAGUE**



EVENT T-SHIRTS:

If you have purchased a Beat Box Hill 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**.



You can also get your hands on a RunThrough Trails branded, buff, cotton t-shirt, bag, and cap! Available from our kit website [here](#) or to purchase on the day!





Join our Trail Community!

Here at RunThrough Trails we are always on the search for passionate, trail enthusiasts to be a part of our incredible volunteer squad. If you know someone who isn't running 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 £100 race credit and a £20 kit voucher! Click below to fill in our registration form.

JOIN THE TEAM



Is the event chip timed?

Yes!

What is the minimum age for this event?

21k - 17 | 50k - 20

Is there a time restriction to complete the race?

Yes. The cut-offs are 11hrs for the 50k and 6hrs for the 21k, as well as internal cut-offs for each aid station. Please head to page 12 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?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed. Please contact us at info@runthrough.co.uk to discuss transfer options prior to this time.

Will there be water stations on the course?

There will be 4 aid stations along the 50k and 1 on the 21k, 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.

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 4-5 of this event guide for travel and parking information.

Where is the best place to spectate?

You can spectate anywhere along the route, but please just be considerate of the runners passing through, and other trail users.

Please see page 13 of this event guide for more spectator and crewing information.

Can I have a crew?

Crewing is permitted for this event. Please head to page 13 of this event guide for more information on crewing.

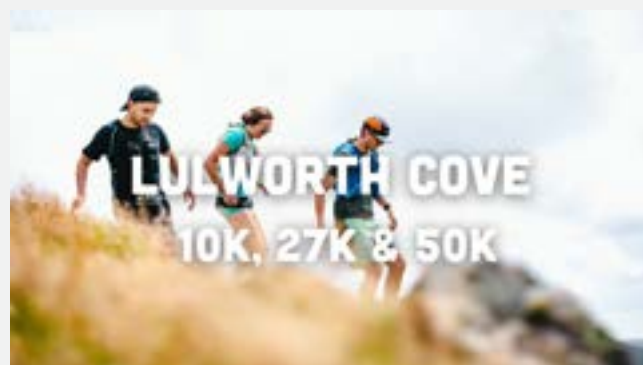
Will there be winners prizes?

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.

UPCOMING UK SUMMIT EVENTS



**MORE DETAILS &
ENTER HERE**



**MORE DETAILS &
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VIEW ALL SUMMIT EVENTS [HERE](#)

Including our 2026 calendar so far

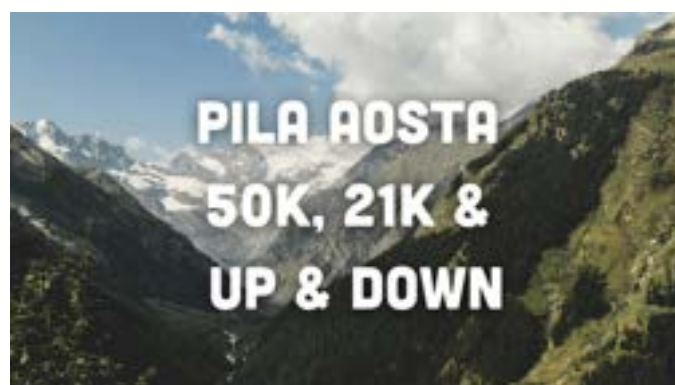
UPCOMING EUROPEAN & SWISS EVENTS



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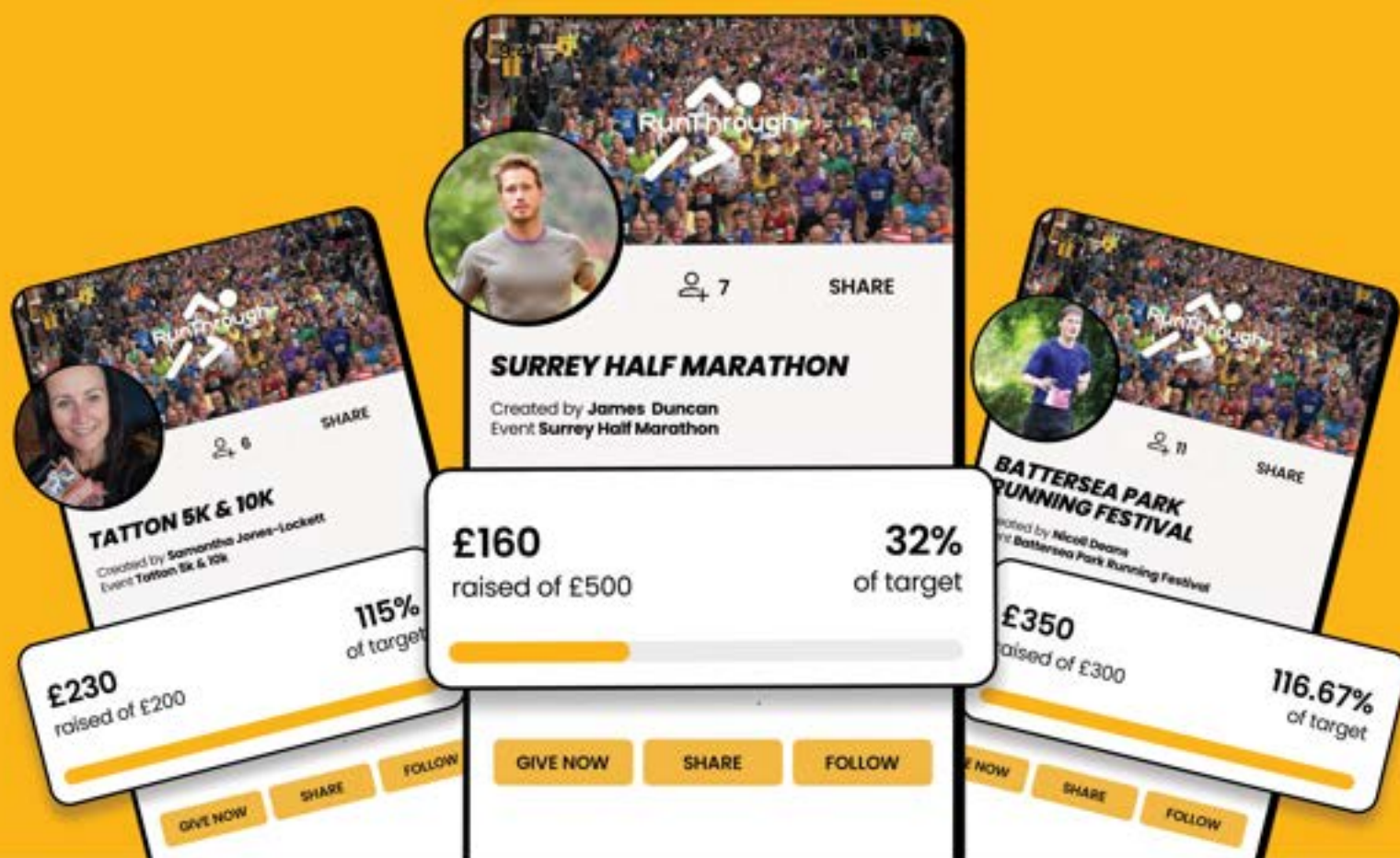
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NATURAL
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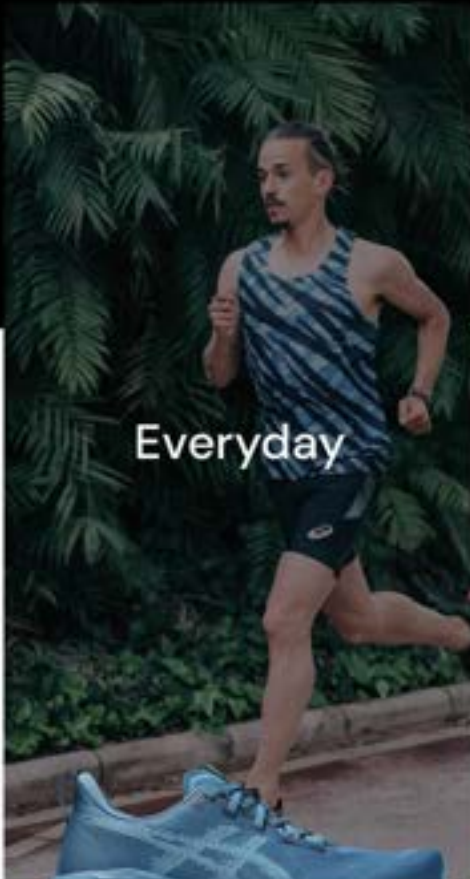


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**Any pre-ordered kit
can be collected at
the RTKit stall, please
have your order
confirmation ready
to show our team.**

**Check out the RTKit Stall
located in the event village.**

www.RunThroughKit.com

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