



- 📅 **Sunday 31st October 2021**
- 📍 Dunstable Downs, LU6 2GY
- 📏 21.3km, 450m
- 🕒 1000 start time



Visit dunstabledownshalf.com for **updates** and **results**

📍 GETTING THERE

Dunstable Downs, LU6 2GY

BY CAR

Please arrive at the main entrance of Dunstable Downs on the B4541.

There is car parking available on site at a charge of £3.50 (free for NT members). This can be paid via cash or the PayByPhone app (location 803354).

BY PUBLIC TRANSPORT

The closest train station is **Luton**, this is a 20 minute drive via car/taxi.

🕒 SCHEDULE

Be careful not to arrive an hour early, the clocks going back over night!

Arrival: From 0900 onwards

Registration (bib & timing chip): 0900-0950

Start: 1000

Cut-off: 1330

🛡️ SAFETY BRIEFING

Runners will be emailed a video recording of the race briefing on **Thursday 28th October**.

✉️ CONTACT

If you have any questions before race day please send us an email via racing@runawayuk.com

📍 ROUTE INFORMATION

To access GPX files and downloadable maps, visit the URL below.

dunstabledownshalf.com/race-info

TOTAL DISTANCE / ELEVATION

21.3km / 450m

AID STATIONS

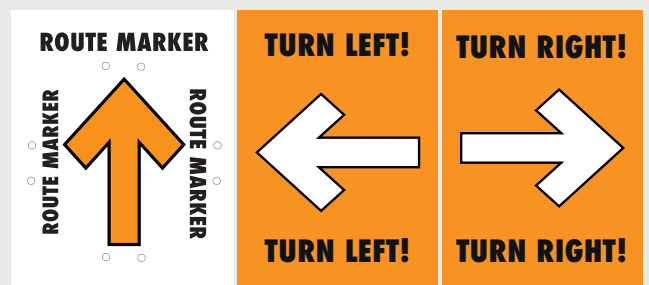
You will pass our aid station twice at 5.8 & 12.5km. Water, coke, gels and sweets will be available.

TOILETS

Available at the start/finish only.

📍 NAVIGATION

The route will be marked with **orange arrows and orange fluorescent tape**. There will also be marshals positioned at regular intervals.



📞 EMERGENCY PHONE NUMBER

Please use the number below to contact the race director/medic whilst out on the route.

07874 947339