

THREE SHIRES WAY ULTRA & MARATHON

Saturday, 20th June 2026

A huge thank you to everybody who has signed up to take part in our Three Shires Way event later this month.

Hopefully training has gone well and you will be joining us on the start line race-fit and raring to go!

This event could not go ahead without the help and support of so many volunteers who have given up their time to ensure that this event can take place – please give them a shout of thanks, a nod or a wave as you pass on your way through the checkpoints. If you would like to be part of our fantastic volunteer team at a future event, or, if you know somebody who would, then please [get in touch](#).

Please read through this race pack thoroughly, and do not hesitate to [get in touch](#) if you have any further questions at all.

I look forward to seeing everybody on race day!

~Mary Pearson

(Event Director)

Venue:

The start for the 50 Mile Ultra is at [Hanslope Village Hall, Newport Road, Hanslope, Milton Keynes, MK19 7NZ](#).

There will be toilets available at the start.

Getting To The Start:

As the race is a point-to-point event, we are operating a coach from the Finish, at Marlow Park, Grafham Water to the start line at Hanslope Village Hall. The coach will be departing Marlow Park at 6am, and arriving at Hanslope at approximately 7:10am. If you didn't book your place on the coach when making your entry, you can do so by logging back into your Let's Do This/Eventrac account. The price is £14. (Please note: Let's Do This/Eventrac will charge an admin fee if adding a coach place after you have made your entry).

Parking at the finish at [Marlow Park, Grafham Water, Grafham, Huntingdon, PE28 0BH](#), will be available to runners at a reduced price of £5 for the day. Please pay for your parking within the Visitor Centre on the day, and ask for the discounted runner charge.

Alternatively, you can be dropped off at the Village Hall for the start. We do not have access to the car parking facilities at the Village Hall after 8am. Please be mindful of the local community when considering your journey to the start.

Registration:

Please be aware that your race number will NOT be posted out to you. You should collect this on race day from the registration desk within the village hall. Registration for the Ultramarathon will open at 7am on race day morning. Race numbers should be pinned to your front, and remain visible for the duration of the event. This can be on your top or shorts. Please complete the emergency contact information on the back of your number on collection.

Timing:

Tracking and timing will be provided by [Open Tracking](#). You will be given your tracker at registration. This should be kept safe on your person – either within a zipped pocket, or within your bag. The trackers are lightweight and are just a bit bigger than a matchbox. The tracking link to share with your friends and family is <https://live.opentracking.co.uk/3shiresultra26/> and will also be shared on our Facebook page and website. **Please ensure that when you finish your race, you**

return your tracker to a member of the Race Harborough Team before heading home.

Race Merchandise:

If you have pre-ordered a race t-shirt or hoodie, you will be able to collect it from race registration when you collect your number. There will not be any t-shirts or hoodies available to purchase on the day.

Baggage:

If you would like a small bag containing items you will need as you finish to be transported to the finish area at Marlow Park, please clearly label this with your name before handing it in to the registration team. Please do not leave any valuable items in your bag.

Mandatory Kit List:

The following items have been included on the kit list for your safety. Please ensure that you are carrying them for the duration of your race:

- Fully charged mobile phone including the numbers for the Race Director (07810 877546) and Race Medic (07549 983442)
- Water bottle / bladder
- Survival blanket
- Whistle
- Long sleeved base layer or fleece top
- Reflective top/bands
- Hat and gloves
- Our races are cupless, so you will be required to bring your own cup

You might also like to consider bringing a spare battery pack to charge your mobile phone/watch, especially if you are relying on this as your backup navigation method.

Other items you might like to consider include:

- Waterproof jacket
- Suncream

The checkpoints will be well stocked with snacks, but it is advisable to also carry some form of nutrition that you know suits you over a long-distance run.

Toilets:

Toilets will be available at the start (Hanslope Village Hall), CP3 (Yelden Village Hall – 24.2m) and at the finish (Marlow Park, Grafham Water). Runners will also pass the toilets at Marlow Park at approximately mile 39.

Race Start:

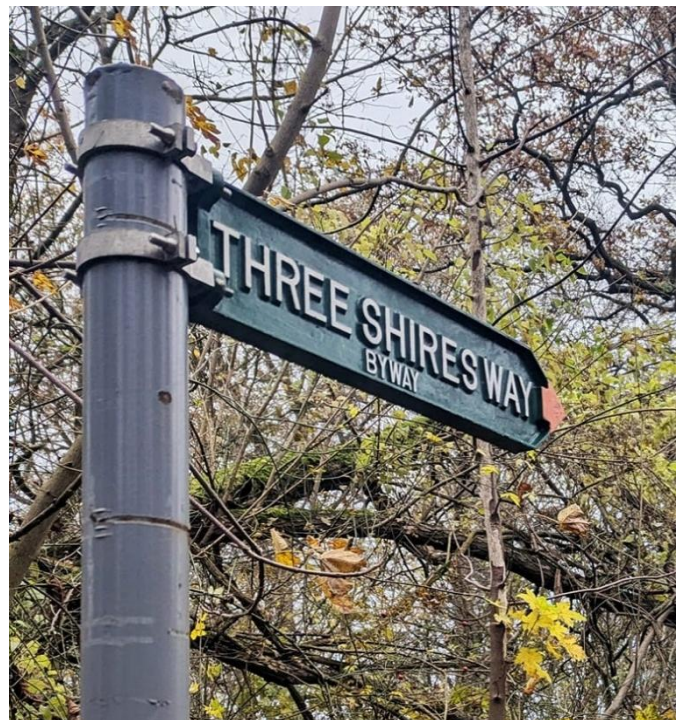
The race briefing will take place at 7:50am inside the village hall. We will then walk across to the start line, where the race will start promptly at 8am.

Course Information:

The route will be fully marked. I will mark just after each turn using red and white tape so that you know you have made the correct turn. The sections along the road will be marked using black arrows on a yellow-backed sign.

However, there is always the chance of tape/arrows being removed/tampered with, so please ensure that you also have access to the GPX file on your watch or phone as a back-up. You can download this here: [GPX file](#)

For the majority of the route you will be following the Three Shires Way bridleway signs. The Three Shires Way is well marked using a variety of wooden and metal signs. These will also be marked using red and white tape.



The route deviates slightly from the Three Shires Way as runners come into Grafham for Checkpoint 5. Instead of running down the road adjacent to Grafham Water, which can be a busy road, we have diverted you back onto the tracks alongside Grafham Water, as you enter Grafham Village, and across the dam, creating a much safer route. This section will be well marked using black arrows on a yellow-backed sign.

Route Diversion – Updated information that was sent out to all runners on 30th May and also made available on our website:

We have been advised by Bedford Borough Council that a section of the Three Shires Way is closed at present. The section between Clifton Reynes and Knotting has now become dangerously rutted, with grooves several inches deep for large

portions of this track. Therefore, we have had to divert the Three Shires Way Ultra route using footpaths and bridleways.

The diverted route now leaves Clifton Reynes towards Newton Blossomville at 10.2 miles; passing through Newton Blossomville (11.2 miles), Turvey (12.6 miles), Carlton (15 miles), Harrold-Odell Country Park (16 miles), Odell (16.7 miles), and Souldrop (20.5 miles), before rejoining the Three Shires Way at 21.9 miles just before Knotting.

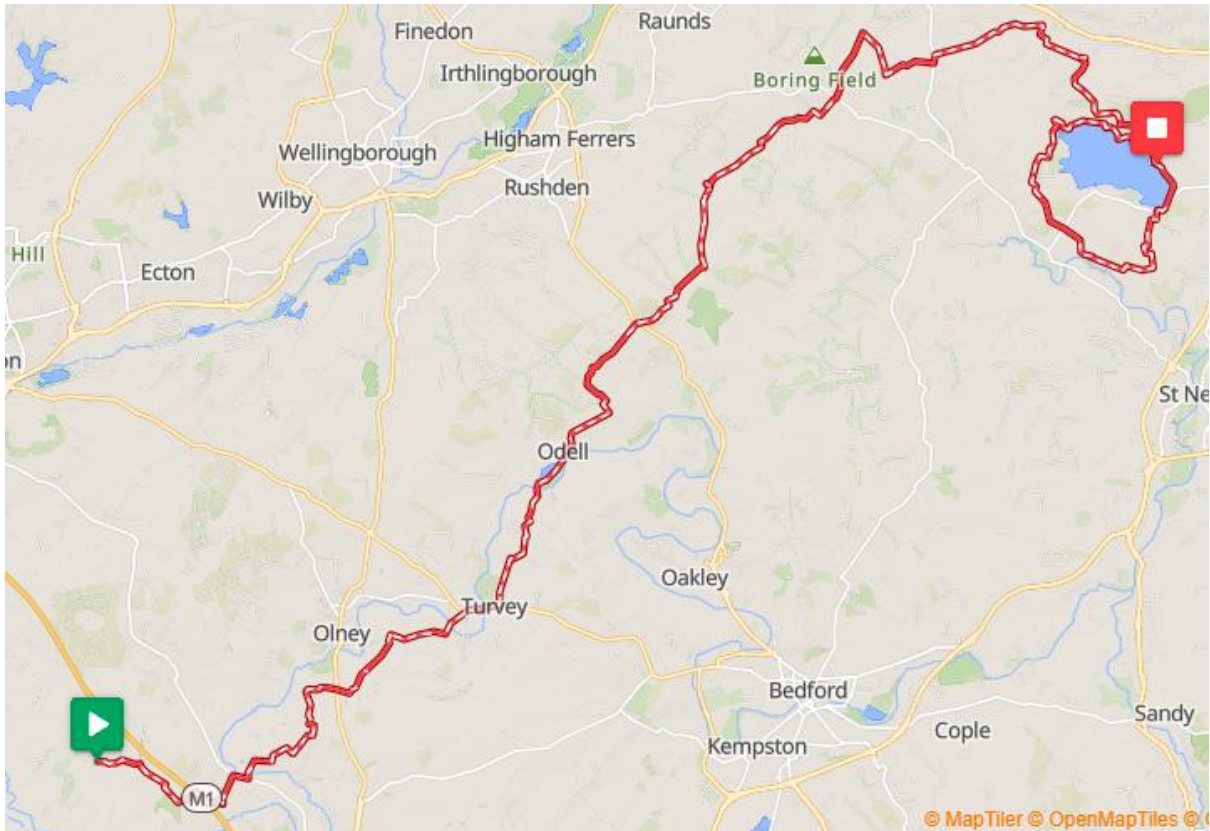
As with all of the course, we will ensure that the diversion is well marked with red and white tape on the trails and black arrows on a yellow background on the road sections.

Please ensure that you have downloaded the correct version of the GPX file, which can be found above.

Please be courteous to other users of the trails. You may well encounter other runners, walkers, cyclists, dogs and horses on the route. Please take care when approaching horses – ensure you do not startle them – perhaps call out a friendly ‘Good Morning / Afternoon’ to the rider when passing from behind, to alert both horse and rider to your presence.

There is a field of sheep on the course. Please help us to maintain a positive relationship with landowners. **All gates should be closed behind you after you/your group have passed through. Please also do not leave any gates open because you can see a runner in the distance behind you.**

The route follows wide, uninterrupted bridleways, making for a quick course. Road shoes, or a light trail shoe, should be adequate for the conditions of the course on race day.



Road Crossings:

The majority of road crossings will not be marshalled, with the exception of the A6, nr Souldrop (21m) and the B661, just after crossing the dam at Grafham (40.9m). The volunteers here do not have the power to stop the traffic, but will be able to help advise you when it is safe to cross. The final decision lies with you, so only cross when you feel that it is safe to do so. Please take care when crossing all roads out on the course.

Checkpoints / Aid Stations:

| NUMBER | AID STATION/CHECKPOINT NAME | MAP LINK | CUT OFF | NOTES |
|-------------|--|---------------------------------|---------|--------------------------------|
| START | <i>Hanslope Village Hall, Hanslope</i> | Google Map link | - | Indoor location with toilets. |
| CP1 – 7.9m | <i>West Lane, Emberton</i> | Google Map link | - | No crews or supporters. |
| CP2 – 16.2m | <i>Harrold Odell Country Park, Harrold</i> | Google Map link | - | Toilets available. |
| CP3 – 24.9m | <i>Yelden Village Hall, Yelden</i> | Google Map link | 14:00 | Indoor location with toilets. |
| CP4 – 32.5m | <i>Tilbrook Grange</i> | Google Map link | 16:45 | No crews or supporters. |

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|-----------------------|-----------------------------------|---------------------------------|--------------|--------------------------------|
| CP5 – 40.3m | <i>Marlow Park, Grafham Water</i> | Google Map Link | 18:50 | Toilets available. |
| CP6 – 45.2m | <i>Dillington Farm</i> | Google Map Link | 20:20 | No crews or supporters. |
| FINISH – 51.7m | <i>Marlow Park, Grafham Water</i> | Google Map Link | 22:00 | Toilets available. |

Each checkpoint/aid station will contain water, electrolytes, and a selection of food, including items such as fruit, crackers, biscuits, crisps and sweets.

Each checkpoint/aid station will contain electrolytes in the form of [Mandarin flavour Tailwind](#). (Tailwind is vegan, gluten free and without soy or dairy.)

Bin bags will be available for any rubbish at each checkpoint. Please dispose of any rubbish responsibly and do not drop any litter on course.

Crew / Supporters:

You are welcome to have friends and family crew and support you out on the course. The event passes through a number of small villages and we ask that your crew/supporters are mindful of those living in the surrounding area when looking for suitable parking locations.

The ideal location for supporters to see you on course is at Marlow Park, Grafham Water. Here, supporters will be able to see you pass through at Checkpoint 5 (39.1m), and enjoy the facilities at the park before seeing you through the finish.

Drop Out Procedure:

Should you need to drop out before completing the event, please try and do so at the nearest checkpoint. Once there, let a member of the checkpoint team know that it is your intention to pull out of the race. You will need to let them have your race number and also your tracker. If you need to drop out between aid stations, then please inform myself as the Race Director (Mary – 07810 877546) so that your details can be taken and you will be removed from the results. Transport back to the finish will be provided, however, we cannot guarantee how quickly we will be able to get to you, so please be patient.

Medical Cover:

Please ensure that you are fit enough to take on the challenge of running a 50 mile event, and that you are feeling well enough on the day of the race to take part. If you have any pre-existing medical conditions, please ensure that these are detailed as part

of your entry on Let's Do This/Eventrac. You can log back in to update this information if necessary. Any pre-existing medical conditions should also be detailed on the back of your race number.

Medical cover for the event is being supplied by Genesis Event Medical Services. There will be a number of First Responders out on the course. Please contact the nearest marshal if you have any concerns. For urgent attention for yourself or another runner, please call the Race Medic on **07549 983442**. It would be helpful if you were able to install the [what3words app](#) on your phone so that the medical team are able to pinpoint you exactly should an emergency occur.

Our first aid team will have access to your medical and emergency contact details for the duration of the event only.

Prize Giving:

Upon reaching the finish you will receive your bespoke medal. Trophies will be presented to the first three male and female runners.

There will be a full range of facilities available at the finish, including toilets and the visitors centre café will be open.

Results

Results will be provided by Open Tracking and will also be available on the [Race Harborough website](#) the day following the event. The tracking link to share with your friends and family is <https://live.opentracking.co.uk/3shiresultra26/> and will also be shared on our Facebook page and website.

Photographs:

We will have a photographer from Mick Hall Photos out on course who will be capturing your moments from the day, with images available free to download on Mick's website shortly after the event.

<https://www.mickhall-photos.com/>

Social Media:

Please follow the Race Harborough accounts on social media and share your race prep/photos from the race using the hashtag #threeshiresway.

Facebook: <https://www.facebook.com/RaceHarborough>

Instagram: <https://www.instagram.com/raceharborough/>

Charity:

We would like to take this opportunity to thank everybody who has made a charity donation on entry to the [Jubilee Foodbank in Market Harborough](#) and the [Weston Favell Centre Foodbank in Northampton](#). All donations will be split between the two food banks and donated at the end of 2026.

The Jubilee Foodbank, Market Harborough, are on a mission to end hunger across the Market Harborough district. Launched in 2012 when they received just a few food parcels each month, they now receive over 100 referrals from individuals and families each month.

The Weston Favell Centre Foodbank, Northampton, a collaborative project between Emmanuel Group of Churches, St Peter's Weston Favell, and Storehouse Church, also opened in 2012. They provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.



UPCOMING 2026 EVENTS

Winwick Hall Trail Races

SUNDAY, 19TH JULY

10K & 5K RACES, PLUS A 2K CHILDREN'S RACE
ON THE GLORIOUS TRAILS ON & AROUND
THE WINWICK HALL ESTATE
in aid of the Bruce Green Foundation

The races provide the perfect introduction to trail running as well as a challenge for those looking to build their experience. With a good mix of terrain on both routes, the 10k also involves some rewarding hills & speedy descents!



Experience a great race vibe!

Enjoy the glorious trails

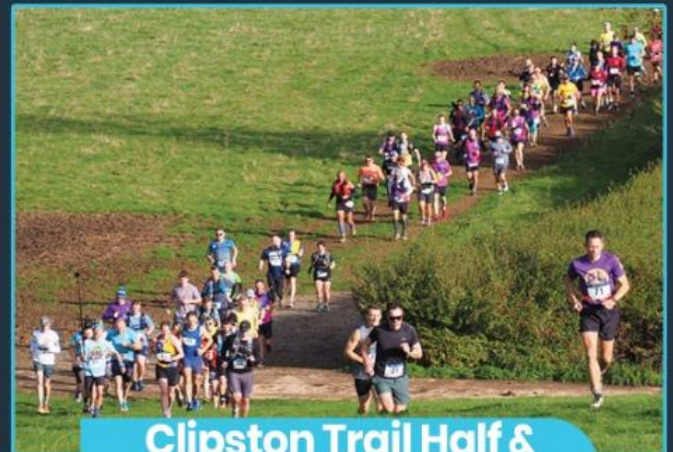


Foxton Hound Ultra

Saturday, 15th August

100K & 50K ULTRAS THROUGH THE BEAUTIFUL COUNTRYSIDE & VILLAGES THAT SURROUND MARKET HARBOROUGH

Both races offer a challenge for seasoned ultra runners, as well as providing great stepping stones for those looking to go beyond marathon distance, 50k, or 50 miles, towards longer distances in the future. The race also offers some fantastic views, as well as visiting places of historical and cultural interest.



Clipston Trail Half & Country 5 Miler

Sunday, 20th September

ENJOY THE ROLLING HILLS & TRAILS ACROSS THE WONDERFUL COUNTRYSIDE SURROUNDING CLIPSTON

The half provides a decent challenge on bridleways, footpaths & a few minor road sections (to connect the trails) across the rolling landscape & offers stunning views across Northamptonshire. The 5-mile (ish) race is a great introduction to trail running or just something a little shorter! Homemade cakes at the finish!

www.raceharborough.co.uk