



FOXTON HOUND ULTRA

RACE PACK

SATURDAY, 15TH AUGUST 2026

A huge thank you to everyone who has entered the fourth running of the Race Harborough Foxton Hound Ultramarathon.

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](#).

I would also 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 these two food banks and donated at the end of 2026.

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

We look forward to seeing you on race day!

~Mary Pearson

(Race Director)



FOXTON HOUND ULTRA

Sauna and cold plunge

Come and try our wood-fired sauna and our chilled and filtered cold plunge baths at our Market Harborough venue.

Sauna and cold plunge are the perfect recovery tool for runners. Ease aching muscles and reduce inflammation, whilst calming your mind and having a lovely time.

We have the magical mix of: hot / cold / nature / social connection

Benefits of regular traditional sauna:

- Deeper sleep
- Improved mood and relaxation
- Better stress management
- Improved skin health
- Improved heart health
- Improved metabolic health
- Pain relief
- Muscle recovery

Regular sauna to reduce the risks of:

- Dementia
- Alzheimer's
- Stroke
- Heart attack
- High blood pressure

Visit our website to book

**Wild's
Sauna**
CLUB

wildsauna.club 
wildsaunaclub 
hello@wildsaunaclub.co.uk 

www.wildsaunaclub.co.uk



VENUE:

Winwick Hall, Winwick, Northamptonshire. NN6 7PD.

There is plenty of parking available on site. Parking will open from 5:30am on race day.

There will be four portable toilets available at the start/finish area. Runners will also pass multiple pubs/toilets which will be available for use on route, including at the following checkpoints on the 50k course; CP1 (Hollowell) and CP3a (Sibbertoft), and the following checkpoints on the 100k course; CP1 (Hollowell), CP4 (Hallaton), CP5 (Billesdon), CP6 (Kibworth Beauchamp) and CP7 (Sibbertoft).

We do not have permission for runners to stay on site the night before the race, or following the event. Please look to arrange local accommodation if you are traveling from further afield and worried about driving home after the race or looking for somewhere to stay the night before the race.

Some local areas for caravans/motorhomes are:

- Heygates, just a few miles up the road from the race start/finish in Elkington:
<https://www.pitchup.com/campsites/England/Central/Northamptonshire/yelvertoft/heygates/>
- Stanford Hall:
<https://www.pitchup.com/campsites/England/Central/Leicestershire/Lutterworth/stanford-hall-caravan-park/>

RACE NUMBER COLLECTION:

Your race number will NOT be posted out to you. Instead, you should collect this on race day from the registration desk. Registration will open at 5:45am 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.

TRACKER COLLECTION:

This year the event will be fully tracked and timing will be provided by [Open Tracking](#). You will be given your tracker at registration. This will be taped to a strap on your hydration vest or bag, so please ensure you bring your hydration vest/bag to registration so that this can be undertaken. The trackers are lightweight and are just a bit bigger than a matchbox.

Please ensure that when you finish your race, you return your tracker to a member of the Race Harborough Team before heading home.

Friends and family will be able to track you using the following links:

[50k tracking](#)

[100k tracking](#)



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MERCHANDISE COLLECTION:

Those of you who have pre-ordered a race t-shirt, hoodie or trucker cap will be able to collect them from race registration when you collect your number. There will not be any t-shirts or hoodies available to purchase on the day. There will however be a limited number of trucker caps available at a cost of £15. We can take cash or bank transfer payments for these.



BAGGAGE:

There are no planned baggage facilities at this event, as the finish location is in the same location as the start. We suggest that you leave your belongings in your car and take any valuable possessions with you on your run. If you are being dropped off at the start and would like us to look after a small bag whilst you run, then please [drop me an email](#) and we can arrange this.

MANDATORY KIT LIST:

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.

The following items have been included on the kit list for your safety. Please ensure that you are carrying them with you 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 capable of carrying a minimum of 1 litre
- Survival blanket
- Head torch / hand held torch
- Long-sleeved base layer or fleece top
- Whistle
- Waterproof jacket
- Our races are cupless, so you will be required to bring your own cup
- Reflective top or bands (100k only)
- Hat and gloves (100k only)
- Spare batteries/extra torch (100k only)

You might also like to consider bringing a spare battery pack for your mobile phone depending on much you will be using it and how long the battery will last.

RACE START:

The 100k race will start at 7am prompt, with a short, mandatory race briefing to be held alongside the registration desk at 6:50am. The 50k race will begin one hour later, starting at 8am, with a short, mandatory race briefing held at 7:50am. We will be starting promptly at these times as cut-offs at checkpoints out on the course will be based on time of day.



COURSE INFORMATION:

50k & 100k runners:

These courses follow many of the long distance footpaths which make up the Harborough Round. There are GPX files available for you to download onto your watch/navigation device: [50k](#) / [100k](#) . (right click, save link as)

We have also provided written instructions for runners if this is something you would prefer to use. [50k](#) / [100k](#) .

Ultimately, the course relies on self-navigation, but we will mark the full route as best we can during the two days before the event. The off-road sections without livestock will be marked using our Race Harborough course markers as shown to the right. The sections along the road will be marked using black arrows on a yellow-backed sign. There is always a chance of the markers / arrows being removed / tampered with, so please do not rely solely on the course markings to get you round. Please ensure that you also have access to the GPX file / written instructions as a back-up.

I would suggest also pulling up the tracking page for your race distance on your phone and selecting your tracker. As the online tracker shows the race route, and where you are against that route, it is a good way to check that you are still on course mid-race!

Having recced the course multiple times over the last few weeks, I would suggest a light trail shoe would be best, something with a bit of support for the Brampton Valley Way and road sections, but with enough grip to get you through any softer patches of ground or trickier terrain.

The majority of road crossings will not be marshalled. Please take care when crossing any roads. The most significant of the road crossings are:

On both routes: A428 (3.5k) A5199 (10.8k), A508 (18k)

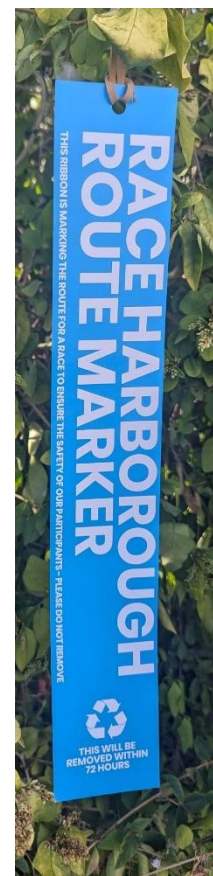
On just the 50k: A508 (25.2k)

On just the 100k: A6 (32.9k and 73.7k), A4304 (83.5k).

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 are a large number of fields on the course which contain livestock; mainly sheep, but also cows and a couple of fields of horses. Please take care when passing through these fields. General advice to take on board when passing through fields containing cattle:

- Keep your distance and walk around the herd, not through the middle. Do not walk between cows and their calves.
- Keep to a steady pace and make yourself as uninteresting as possible. Walk if necessary. Do not panic or run from the cows.



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I shared a carousel post regarding safely passing through fields of cattle on Instagram filled with advice from both farmers and runners. Do take a look here:

<https://www.instagram.com/p/DLdJknHNpPY/>

Please help us to maintain a positive relationship with landowners. **All gates should be closed behind you after you/your group have passed through.** I have learnt over my many recces of the routes that different landowners have different methods for closing their gates, so please ensure that if the gate has a clip which needs clipping back on, if it has a section of string to loop back over the top, if the gate simply pulls to, that this is also how you secure the gate shut once you have passed through. **Please also do not leave any gates open because you can see a runner in the distance behind you. Three years ago at this event a gate was left open on the course which enabled cows to escape out from their field and onto a road.**

The course, on both the 50k and 100k, follows a section of the Grand Union Canal between kilometres 42.7 and 44.7 (50k route) and 98.6 and 100.6 (100k route). Please be incredibly careful along this section as it becomes quite narrow in places and there's still a fair way to run if you are going to be doing so in wet clothes! As much as you need to be aware of your footing along this section, you also need to be conscious that **there are a number of lower branches**, so do also look out for these as we do not want any head injuries. I will tape these where possible to make the low branches more obvious.

All runners will pass through Kelmarsh Tunnel at 22.7k. The tunnel is 480 metres long and very dark with uneven ground. A headtorch/handheld torch is an essential item of kit so that you don't lose your footing when passing through the tunnel.

Both the 50k and 100k distances will follow the same route until 25.2k, where both races will veer left off the Brampton Valley Way, with the 50k runners heading left across the A508 towards Clipston, and the 100k runners taking the track to the right underneath the Brampton Valley Way across the fields towards Arthingworth.

100k runners only:

Upon reaching Foxton Locks (80k), ensure you take the first stone bridge across the canal, so that you follow along the many locks with the canal on your left hand side. (See photo below.)



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CHECKPOINTS / AID STATIONS:

NUMBER	ROUTE	AID STATION/CHECKPOINT NAME	MAP LINK	CUT OFF	NOTES
START	<i>Both</i>	<i>Winwick Hall, Winwick</i>	Google Map link	-	
CP1 - 9.2k / 5.7m	<i>Both</i>	<i>Hollowell Village Hall, Hollowell</i>	Google Map link	-	Indoor location with toilets.
CP2 - 23k / 14.3m	<i>Both</i>	<i>Kelmarsh Tunnel Car Park, BVW</i>	Google Map Link	-	
CP3a - 33.4k / 20.8m	<i>50k</i>	<i>Sibbertoft Reading Room, Sibbertoft</i>	Google Map Link	-	Indoor location with toilets.
W1 - 44.8k / 27.8m	<i>50k</i>	<i>Yelvertoft Road, Elkington</i>	Google Map Link	-	No crews or supporters.
CP3b - 37k / 23m	<i>100k</i>	<i>St Botolph's Church, Stoke Albany</i>	Google Map Link	13:23	
CP4 - 49.4k / 30.7m	<i>100k</i>	<i>Stenning Hall, Hallaton</i>	Google Map Link	15:34	Indoor location with toilets, hot food & drinks.
CP5 - 62.3k / 38.7m	<i>100k</i>	<i>Queens Head, Billesdon</i>	Google Map Link	17:46	Pacers permitted from this point. Toilets available.
CP6 - 74.9k / 46.5m	<i>100k</i>	<i>Scout & Guides Headquarters, Kibworth Beauchamp</i>	Google Map Link	19:58	Indoor location with toilets.
CP7 - 89.3k / 55.5m	<i>100k</i>	<i>Sibbertoft Reading Room, Sibbertoft</i>	Google Map Link	22:28	Indoor location with toilets, hot food & drinks.
100k FINISH – 104.7k / 64.6m	<i>100k</i>	<i>Winwick Hall, Winwick</i>	Google Map link	1:00	
50k FINISH - 50k / 31.1m	<i>50k</i>	<i>Winwick Hall, Winwick</i>	Google Map link	17:00	

Each checkpoint will contain water, electrolytes, and a selection of food, including items such as wraps, fruit, crackers, biscuits, cakes, crisps and sweets. Hot pasta will be available at Checkpoint 4 (Hallaton) and hot soup available at Checkpoint 7 (Sibbertoft) for the 100k runners. There will also be hot water available at both of these locations should you want a hot drink.

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

Anybody who does not make a checkpoint before the cut off time will be asked to hand over their race number and tracker at that checkpoint. 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.



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PACERS / CREW:

There is a separate document available detailing all information both pacers and crew for your race should be aware of. Please read this thoroughly, and pass on to anybody who is looking to join you as support on race day.

[Foxton Hound Ultra Supporters Guide 2026](#)

MEDICAL COVER:

Please ensure that you are fit enough to take on the challenge of running a 50k / 100k ultramarathon, and that you are feeling well enough on the day of the race to take part. 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.

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 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.

THE FINISH:

Upon reaching the finish you will receive your bespoke medal. Trophies will be presented to the first three male and female runners in each distance. The first male and female finisher in both the 50k and 100k races will also receive vouchers for a sauna and cold plunge session at [Wild Sauna Club](#).

There will be toilets and water available, should you need either, but we ask that you make your way safely home following the race. Once the event is complete and the final runner has crossed the finish line we will no longer have access to the site.

PHOTOGRAPHS:

A photographer from Mick Hall Photos will be capturing your moments from the day, with images available free to download on his website shortly after the event.

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



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RESULTS:

Live results will be available via the tracking links provided above, and will be made available on the [Race Harborough website](#) within a few days after the event.

SOCIAL MEDIA:

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

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

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



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UPCOMING 2026 EVENTS

Clipston Trail Half & Country 5 Miler

Sunday, 20th September

ENJOY THE ROLLING HILLS & TRAILS ACROSS THE BEAUTIFUL 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!

Back for
an 11th Year!

Miles & miles of
glorious trails



Festival of Cycling

Sunday, 27th September

ALL NEW ROUTES FOR 2026
100K & 50K ROAD, OR 70K & 40K OFF-ROAD - YOU DECIDE!
Four distance options taking in some beautiful rolling roads and tracks throughout South Leicestershire and Northamptonshire. Both routes will be well marked, there's an epic feed station at halfway, and a bespoke finishers medal and delicious pizza at the finish!



NEW EVENT

Grafham Water Trail Races

Sunday, 11th October

FULLY MARKED & MARSHALLED TRAIL RACES OVER 10K & HALF MARATHON DISTANCES ON THE GLORIOUS TRAILS & TRACKS SURROUNDING GRAFHAM WATER

Starting and finishing at Marlow Park, Grafham Water, the 10k race provides the perfect introduction to trail running whilst the half marathon provides a decent challenge for those looking to go further or build their experience of trail running. The routes enjoy the best of the Cambridgeshire countryside as well as having some fantastic views.

www.raceharborough.co.uk