



FOXTON HOUND ULTRA

SUPPORTER GUIDE

SATURDAY, 15TH AUGUST 2026

A huge thank you to everyone who intends to help support/crew/pace runners through to the finish of the Foxton Hound Ultra on race day.

You are welcome to support and crew your runners out on the course at any point, **except in the villages of Cottesbrooke and Elkington, and at the Elkington Water Station.** To ensure the continued support of landowners at these locations it is essential that this guidance is followed. The event passes through a number of small villages and we ask that you are mindful of those living in the surrounding area when looking for suitable parking locations. There are no road closures on course, but please be mindful that if you are heading out to support your runner on course you may be driving along parts of the route at some points, and runners may be running along the road, so please take care.

We ask that you do not interfere with any of the volunteers on the checkpoint. Their priority is to ensure the safety of the runners in the event, and at times checkpoints can get rather busy so we ask that you do not approach the checkpoints (unless you are pacing a runner). The volunteers need to ensure that their full focus is on the runners and that they are able to support them.

If you find that you enjoy supporting and would like to learn more about becoming part of our fantastic volunteer team at a future event, then please [get in touch](#).

Please read through this guide thoroughly to ensure that you and your runners have a great day, 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



THE ROUTES:

It is a good idea to plan ahead and know where you are going to see your runner on course. If you are crewing you will want to share this information with your runner before race day, so that they can plan their race accordingly. You can find copies of the routes here:

[50k Foxton Hound Ultra route](#)

[100k Foxton Hound Ultra route](#)

SPECTATING:

Runners always appreciate extra support at a race. Don't underestimate how much joy seeing a friendly face out on the course can bring!

Ways you can encourage your runner out on course:

- Create a motivational sign or banner
- Ring a cowbell / whistle
- Shake a tambourine or maracas
- Cheer and clap loudly

Some suggested locations to support your runner at are:

- [Draughton Crossing Car Park](#) (20.2k)
- [Clipston Recreation Ground](#) (27.4k) **50k only**
- [Smeeton Road Park, Kibworth Beauchamp](#) (75k) **100k only**
- [Winwick Hall](#) (50k / 103.9k) **the finish!**

There are a number of pubs on the 100k route which runners will pass where you might like to stop for a drink or food and to cheer your runner on:

- [The Swan, Braybrooke](#) (30.7k)
- [The White Horse Inn, Stoke Albany](#) (36.8k)
- [Wheel & Compass, Weston by Welland](#) (43.8k)
- [The Fox Inn, Hallaton](#) (49.6k)
- [The Queen's Head, Billesdon](#) (62.2k)



CREW:

A good crew can make a runner's race. If it's a hot day, you can bring your runner ice cubes or ice lollies. Perhaps they're craving something not on the checkpoints, or have dietary requirements meaning they can't access the food provided. Crew can have alternative footwear for an indecisive runner, or a change of clothes or kit if required.

PACING:

One pacer per runner is permitted from Checkpoint 5 (Billesdon) onwards. Pacers must join at a checkpoint, and must not carry any equipment for their runner. As a pacer, you are there as support, a friendly face and perhaps the voice of reason when required! If you are pacing a runner in the race, you are welcome to help yourselves to any nutrition from the



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checkpoints on course. You do not need to register with us at Race Harborough, but instead will be the responsibility of the registered runner.



CHECKPOINTS:

The checkpoints runners will be passing through are as follows:

NUMBER	ROUTE	AID STATION/CHECKPOINT NAME	CUT OFF
START	<i>Both</i>	<i>Winwick Hall, Winwick</i>	-
CP1 – 9.2k / 5.7m	<i>Both</i>	<i>Hollowell Village Hall, Hollowell</i>	-
CP2 – 23k / 14.3m	<i>Both</i>	<i>Kelmarsh Tunnel Car Park, BVW</i>	-
CP3a - 33.4k / 20.8m	<i>50k</i>	<i>Sibbertoft Reading Room, Sibbertoft</i>	-
CP3b – 37k / 23m	<i>100k</i>	<i>In front of Botolph's Church, Stoke Albany</i>	13:23
CP4 - 49.4k / 30.7m	<i>100k</i>	<i>Stenning Hall, Hallaton</i>	15:34
CP5 – 62.3k / 38.7m	<i>100k</i>	<i>Queens Head, Billesdon</i>	17:46
CP6 – 74.9k / 46.5m	<i>100k</i>	<i>Kibworth Scouts & Guides Headquarters</i>	19:58
CP7 - 89.3k / 55.5m	<i>100k</i>	<i>Sibbertoft Reading Room, Sibbertoft</i>	22:28
100k FINISH – 104.7k / 64.6m	<i>100k</i>	<i>Winwick Hall, Winwick</i>	1:00, Sun
50k FINISH - 50k / 31.1m	<i>50k</i>	<i>Winwick Hall, Winwick</i>	17:00



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TRACKING YOUR RUNNER:

Runners are each carrying a personal tracker supplied by Open Tracking. You will be able to see updates for your runner using the links below. The trackers show a live location, as well as update the time each runner passes through a checkpoint location.

[50k tracking](#)

[100k tracking](#)

Names, along with runner race numbers will be uploaded to the tracking system on the 6th August. Any entries that are made after this date will be added to the online tracking system on race morning.

SOCIAL MEDIA:

Please follow the Race Harborough accounts on social media and share photos and videos of your runners using the hashtag #FoxtonHoundUltra.

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

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



FOXTON HOUND ULTRA



UPCOMING 2026 EVENTS

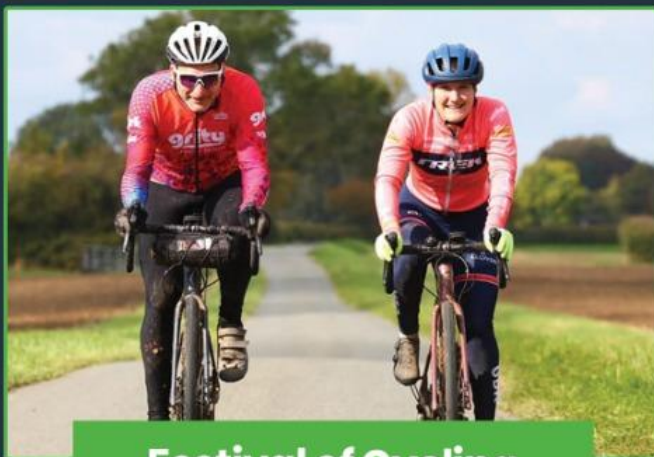


Clipston Trail Half & Country 5 Miler Sunday, 20th September

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!



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