



RACE PACK

Sunday 11th October 2026

A huge thank you to everybody who has signed up to take part in our inaugural Grafham Water Trail Races event this month.

This event could not take place without the help and support of a huge volunteer team. Please thank them out on the course if you are able to do so.

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)

Timeline

7:00am – Car Park opens

7:00am – Registration opens

8:55am – Half Marathon race briefing

9:00am – Half Marathon race start

9:10am – 10k race briefing

9:15am – 10k race start

Car Parking

Car parking will be available at Marlow Park, Grafham Water. Car parking charges apply. Details can be found on their website here:

<https://anglianwaterparks.co.uk/grafham-water-park/visitor-information>

If you are taking part in the event and show your medal to the team in the Visitor Centre, they will be able to process your car park ticket at a reduced rate.

Registration

No race numbers will be posted out before the event. These should be collected from race registration on the morning of the race. Registration will open at 7am. Registration will be based in the Visitor Centre.

Timing chips are located on the reverse of the race number. You do not need to collect a separate chip.

Please complete the Medical Information Template on the reverse of your race number. Your race number should not be folded and should be securely fastened to the front of your top and visible during the race. Safety pins will be available at registration.

If you have pre-ordered a t-shirt or hoodie for the event you will be able to collect this when collecting your race number from registration. T-shirts and hoodies will not be available for sale on race day.

Baggage

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 unable to do this and have a small bag or extra layer which you would like to leave at the start, please attach a label with your name to your bag and this can be left at registration.

Toilets

Toilets at the start/finish are located within the Visitor Centre. There are no official toilets for the event en route.

Headphones

No in-ear headphones will be allowed at this event. Headphones that work by conducting sound through bones and do not sit in the ears are allowed.

Mandatory Kit List

- Fully charged mobile phone (half marathon only) including the numbers for the Race Director (07810 877546) and Race Medic (07549 983442)
- Cup/water bottle (*this is a cupless event*)

Whilst the above are the only mandatory items, you may also like to consider the following depending on the weather conditions on race day.

- Waterproof jacket
- Long sleeved base layer

Medical Cover

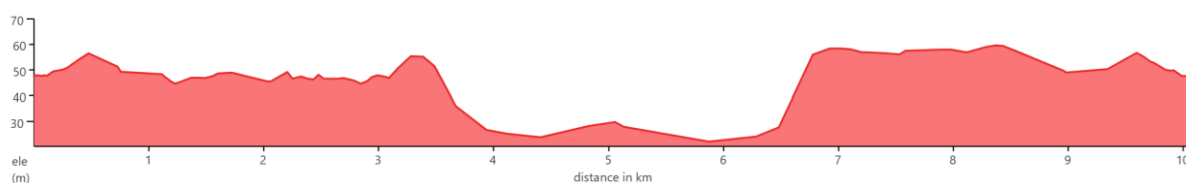
Please ensure that you are fit enough to take on the challenge of completing a trail race in the distance that you have entered, and that you are feeling well enough on the day to take part.

Medical cover for the event is being supplied by Genesis Event Medical Services Ltd. They will have a presence out on the course. If you have any concerns during the run about either yourself or another participant, please let the nearest marshal know, who will be able to contact the race medic. 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.

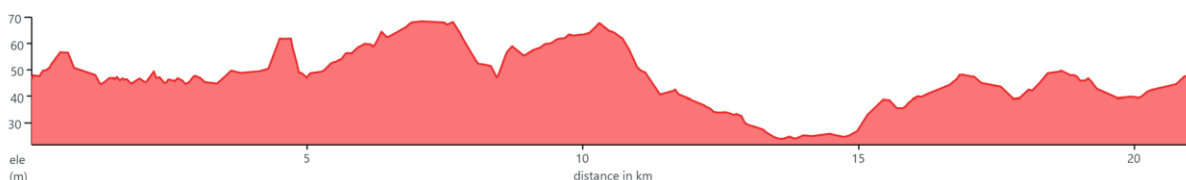
Our first aid team will have access to your medical and emergency contact details for the duration of the event only.

The Race

10K:



Half Marathon:



The weather in the build up to race day will affect the conditions underfoot. Whilst October has been a relatively dry month in recent years, the 2026 summer has been unprecedented, and we are very much due some rain!

There will be areas of the course which are now more muddy than would have been previously. I would advise wearing a pair of trail shoes or trainers with a decent amount of grip for the race. The 10k route will be more affected by adverse

weather than the half marathon, which primarily follows more sturdy well-established tracks. There are no stiles to navigate on either route, but there are a couple of gates either side of a field of sheep to pass through on the 10k route.

The half marathon race will start at 9am and 10k will begin at 9:15am, with runners heading out past the Rumble Live outdoor action gaming centre.

The majority of both races are run off-road, using country lanes to link together the footpaths. **Please run along the right hand side of any roads on the routes**, towards the oncoming traffic. Please listen to the instructions from the marshals during your race.

The route has been well marked along the roads using black arrows on a yellow sign. The off-road sections will be marked using long blue Race Harborough route markers. As much as the course has been marked, this is primarily an off-road route, so once the race begins there is no way for us to check that any of our signs haven't been removed by a well-meaning walker. I would suggest you have a basic understanding of where the route goes, and if you have the capability to follow the route on your device, please download and have this available as a backup.

The routes are available here:

10k - <https://ridewithgps.com/routes/53742966>

Half Marathon - <https://ridewithgps.com/routes/55367789>

To download the gpx files, please Right Click and 'Save Target As' on the following files:

10k - <https://raceharborough.co.uk/wp-content/uploads/2026/09/GWTR10k.gpx>

Half Marathon - <https://raceharborough.co.uk/wp-content/uploads/2026/09/GWTRHalfMarathon.gpx>

The course splits at approximately 3.1k, with 10k runners turning right where directed by a marshal and running away from the reservoir. Half marathon runners will continue along the main visitor track until they reach the far side of the water. There will be clear signage indicating the split point and which direction you should run in depending on the distance you have entered.

Please be courteous to other users of the trails. You may well encounter other runners, walkers, cyclists and dogs on the route. The half marathon event also follows some of the long distance bridleway The Three Shires Way, so you may also encounter horses. Please take care when approaching any horses being ridden while out on the course – ensure you do not startle them – perhaps call out a friendly 'Good Morning' to the rider when passing from behind, to alert both horse and rider to your presence.

For those running the 10k, you will pass through one field of sheep in the second half of your race. Please take care when passing through fields containing livestock; keep to a steady pace and walk if necessary.

Water Stations

There are three water stations on the half marathon course, and one on the 10k. The water stations are located at approximately 3.4, 5.7 and 10 miles (half marathon). The water station on the 10k will be located at approximately 5.1k. There will also be water available at the finish.

To reduce our environmental impact, **this is a cupless event**, and we ask that you bring along your own bottle or collapsible cup to refill at the water stations.

Drop Out Procedure

Should you need to drop out before completing the event, please do so at the next marshal point. The marshal will then be able to make contact with the sweeper vehicle and arrange getting you back to the finish.

Prize Giving

All runners will receive a bespoke medal after crossing the finish line. The first three male and first three female finishers in each distance will also be presented with a trophy.

All runners will also receive a donut and juice at the end of their race.

Results

Chip timing will be provided by [Sublime Timing](#). Results will be available shortly after the event, and we will share the link to these on our social accounts once ready.

Photographs

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/running-and-tri-photos>

Social Media

Please follow the Race Harborough accounts on social media, tag us in your posts and share your photos from the event using the hashtag **#GWTR**.

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.



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UPCOMING 2026 EVENTS

Irchester Spooktacular

Friday, 30th October

RUN AT NIGHT WITH YOUR FAMILY AND FRIENDS ON THE WONDERFUL WOODLAND TRAILS AND TRACKS IN IRCHESTER COUNTRY PARK OVER 5K OR 2K

Halloween-themed night-time runs (fancy dress encouraged!) on two exciting routes which will be fully marked and marshalled by witches, wizards, goblins, ghosts and ghouls! Awesome finishers medal for all participants and Halloween themed sweet treats after your run!

Something a little different!



Petzl Tunnel Vision

Thursday 5th & Friday 6th November

IF YOU WANT AN EVENT THAT'S A LITTLE DIFFERENT – WELCOME TO THE PETZL TUNNEL VISION NIGHT & DAWN RUNS Both routes take in the very long and very dark Oxendon Tunnel giving you a unique opportunity to run through it ...and back again. The Dawn Run has the added bonus of a sunrise to enjoy too. You also get a hot brew and biscuits after the Night Run and juice and a croissant after the Dawn Run. What could be better than that!

Time for some Christmas fun!



everyone ACTIVE Jingle Bell Run

Saturday, 28th November

KICK-OFF THE FESTIVE SEASON WITH A CHRISTMAS-THEMED 2K 'JINGLE BELL' FAMILY FUN RUN AT LUTTERWORTH COUNTRY PARK

Celebrate Christmas with your family and friends at our Christmas-themed fancy dress fun run on the wonderful tracks in Lutterworth Country Park. There's Jingle Bells and an awesome finishers medal for all participants, as well as spot prizes for the best fancy dress!

www.raceharborough.co.uk