BEAT BOX HILL

21K, 31K, & 50K

Saturday 10th October



EVENT GUIDE

Presented by:

THE NORTH FACE x SPORTSSHOES.COM

RunThrough TRAILS

WELCOME

WELCOME TO BEAT BOX HILL

We are incredibly excited to welcome you all to Beat Box Hill in just a few short days. The whole team have been working hard to put on the highest quality event possible, and we cannot wait to have you along.

Our team is made up of passionate runners and outdoor enthusiasts, who have come together to make up a collective of people who are both experts at organising events and experienced participants, having taken part in hundreds of races throughout our personal running journeys. Our motto at RunThrough Trails is 'Run Inspired', and we hope you can come away fully experiencing that.

We will have many runners for whom this will be their first time taking part in any trail race, as well as runners who have competed in multiple ultra-distance trail events throughout their lives. We are sure you will go through some tough moments, but this is why we take on such challenges - to test ourselves and step outside our comfort zones to learn more about who we are.

It is also of the utmost importance to us that you do so in the safest way possible. With this in mind, a few members of our team will be heading out in the early hours of race day to do a final course check before our pre-race runner briefing.

We can't wait to see you all on race day, so please come and say hello. Our team can be found in blue high viz, located across the course and in the event village setting you off at the start and welcoming you back over the finish line!

All the best of luck and see you soon!

THANK YOU TO OUR PARTNERS



TRAIL RACE CHECKLIST

Whether your first trail race or first RunThrough Trails race, we are looking forward to seeing you on race day! Use the information below to help with your training, race plan and navigation.

PLANNING AND TRAINING

Trail races are very different to road races. Plenty of practice on the hills and tricky downhills will give you confidence on race day. Remember to forget your split times and enjoy the views.
A course recce is the best possible prep, however, we appreciate that it isn't always possible!

COURSE AND NAVIGATION

All RunThrough trail races are marked with bright orange flags and tags, directional arrows and no-entry crosses. Additional marshals are in place at critical and strategic positions, however, courses are not marshalled like RunThrough road and park races and there will be no distance markers.
Unfortunately, as with any trail race, course markings can be interfered with. For this reason, it is mandatory to have the route on a phone, watch or GPS device to self-navigate if necessary.

PLAN FOR RACE DAY

Travel & Parking - With many trail races in remote locations, checking public transport and parking will be critical to arriving in time before your race for kit-check and bib-collection. We highly recommend car sharing where possible.

Kit-Check & Race Bib - All races will undergo spot checks for mandatory kit when collecting your race bibs on the morning of the race.

Spectators - Spectators are always welcome at Base Camp & at each race start, creating a fantastic atmosphere for all participants.

PLAN YOUR KIT

A mandatory kit is in place for safety, with spot checks conducted before the start of all races, with some races having a full kit check. This will be specified on the event web page and in the event guide.

Each race has a standard mandatory kit and an additional mandatory kit, in case of adverse conditions. Additional Mandatory kit will be stated in the event guide and on the website, with the race director communicating any activations of the additional mandatory kit at the earliest possible convenience.

NUTRITION AND FUELLING

Our well stocked Aid Stations provide a range of hydration and nutrition at strategic distances in the race. While we endeavour to offer a wide selection of inclusive refuelling options, we recommend bringing a sufficient supply of nutrition for more specific dietary requirements.

Exact fuelling can vary by race & distance, with hot options being made available in the latter stages at certain events only.

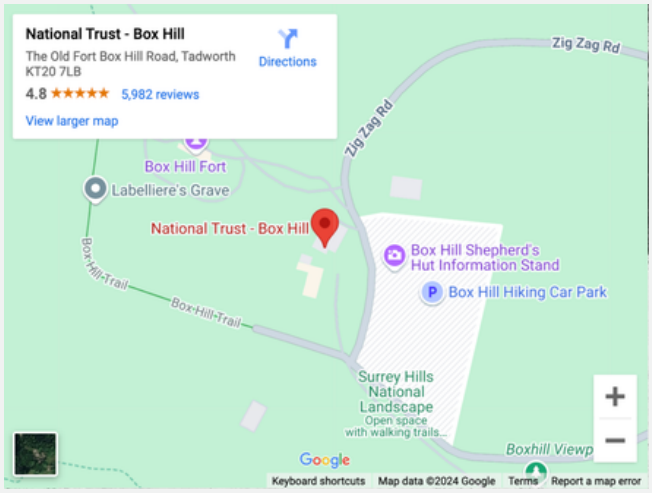
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TRAVEL

The event village, start and finish is at Box Hill National Trust. This can be best reached via the Zig Zag Road if coming off from the B2209 (Old London Rd), after exiting the A24, but can also be easily reached via train into Box Hill and Westhumble, and Dorking.

National Trust - Box Hill, The Old Fort Box Hill Road, Tadworth, KT20 7LB

EVENT VILLAGE:
///runner.waters.straws.straw



BY CAR:

Please note that parking at Box Hill is limited and parking arrangements will differ depending on your race distance.

50K & 31K runners

- **Parking will be available at the Box Hill Visitor Centre. Spaces are limited, so please arrive early and allow plenty of time to park, walk to the event village and collect your race pack.**
- **Exact location for the car park entrance, if using W3W, is ///advice.penny.unions. This will be sign posted on arrival.**
- **Once this car park is full, you will need to find alternative parking further down the hill and allow additional time to walk up to the event village.**

21K runners

- **Parking will be available below Box Hill, and you will need to walk up to the event village. Please allow additional time for this walk when planning your journey. Further details and signage will help direct you on arrival.**
- **When parking, please park considerately and do not double park or block other vehicles or access routes.**
- **We suggest Dorking Station as an alternative parking option, which is around £5 for all-day parking.**
- **Please arrive with enough time to park up, walk to the event village and collect your race pack.**

BY PUBLIC TRANSPORT:

Box Hill & Westhumble Train Station is only a 1.3 mile trot away. If arriving by train, exit the station and follow Westhumble St over the A24 to Old London Rd, then turn right just before Zig Zag Road to follow the trail all the way up Box Hill. You can then follow signs to the visitor centre/car park, but please do use Google Maps to help navigate this bit if you're unfamiliar with the trails.

Dorking Train Station is also nearby, and walkable to the event village via the A24 and Stepping Stones Walk.

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RACE DAY SCHEDULE

TIME	WHAT	WHERE
6:30am	Event Village open	Event Village
	50K RACE	
6:30-8:00am	50k Race Pack Collection	Registration Desk in Event Village
6:30-8:00am	GPS Tracker Collection - 50k	Collection Desk in Event Village
8:15am	50k Race Briefing	Event Village
8:30am	50k Race Start	Event Village
	31K RACE	
6:30-8:00am	31k Race Pack Collection	Registration Desk in Event Village
8:15am	31k Race Briefing	Event Village
8:30am	31k Race Start	Event Village
	21K RACE	
8:30-9:45am	21k Race Pack Collection	Registration Desk in Event Village
9:45am	21k Race Briefing	Event Village
10:00am	21k Race Start	Event Village
4:20pm	Last aid station cut-off	Aid Station 4: Buckland Lake
7:00pm	All finish	Event Village

EVENT VILLAGE

Your hub for the event, collect everything you need pre-race, the start and finish of the race and all of your post-race needs.

National Trust - Box Hill, The Old Fort Box Hill Road, Tadworth, KT20 7LB

REGISTRATION & INFORMATION

On arrival, please head to the registration marquees- where you can collect your race bib.
Please have all your kit ready to show our team, as spot checking will be in opperation.

15min before each race, there will be a race briefing by the start, please attend this ready to run, as from here you will be walked to the start line ready to hit the trails.

BIB COLLECTION

Your race bib contains your timing chip, medical form and race number. Please make sure you attach this well and fill in the information on the back; this is part of your mandatory kit.
You can collect this, along with safety pins from the registration marquees.

KIT-CHECK

We have a mandatory kit in place to keep you safe throughout the race, and we'll be spot-checking before you collect your race bib.
Additional spot checking is at the Race Director's discretion before, during, and after the race, with failure to produce the required kit resulting in disqualification or time penalties based on the offence.

TRACKER COLLECTION

All **50K runners** are provided a GPS tracker, which is issued after receiving their race bib. Please take note of where to position your tracker by the on-site team for the most effective tracking results.

Follow the race live with the following link: **HERE**

TOILETS

There will be portable toilets located in the event village. Should you require any sanitary products, please visit our staff at the information marquee who will be able to help you.

BAG DROP

Attached to your race number, use your bag tag to leave belongings in our bag drop area to collect post-race.

BASE CAMP FACILITIES



Bag Drop



Toilets



Food & Snacks



Finish Aid Station



Hot Drinks



Kit Stall

SAFETY & RESPONSIBILITY

Trail racing is a fantastic blend of spectacular scenery, amazing racing and pushing to achieve amazing goals. It is also a team effort. It's a commitment from the RunThrough Trails staff, our partners, and you to create an event that challenges you and creates memories that last a lifetime.

RACE PREPARATION

By taking part in a RunThrough Trails event, you are agreeing that you are physically fit and accept the risks of participating in a trail running event.

Trail running events are physically demanding by their nature, providing risk that all participants need to understand before heading to the start line.

Being fit, able and wearing the correct kit is all part of preparing responsibly for a trail running event.

EVENT DAY MEDICS - 07507 250672

Our expert, Trail Event Medics, are contactable throughout the race. They are on hand to respond to medical situations and coordinate with the RunThrough team or external emergency medical services if necessary. Saving the medic number is part of your mandatory kit. This will also be printed on your bib.

Medic Number: 07507 250672

NAVIGATING THE RACE ROUTES

RunThrough Trails proudly implements world-class route marking, using bright orange flags and tags with a reflective strip, small red arrows and red crosses.

Unfortunately, routes can be disturbed by many things: the weather, disgruntled walkers and wildlife, to name a few! To keep you safe, we provide the GPX for your race route.

It is **mandatory** to have the route loaded and accessible on a mobile device, so you can check you're on track throughout the race and course correct/self-navigate if necessary.

OUR COMMITMENT - LEAVE NO TRACE

We require permission from a huge number of stakeholders to enable our races to take place. To do so, we commit to respecting the landscape, local people, businesses and wildlife.

By entering a RunThrough Trails Race, you too commit to this mission by:

Leaving no litter - Closing all gates - Keeping to the routes

Please note: Littering or leaving gates open may result in disqualification and removal from the race.

MANDATORY KIT

Mandatory kit will be spot-checked when collecting your race bib on the morning of the race. Please be ready to show the marshals any of the kit requested from the mandatory kit.
If you'd like to purchase mandatory kit from our RunThrough Kit supplier, this can be pre purchased HERE

MANDATORY KIT

R - Recommended

ITEM	21K	31K	50K
Running Pack - Vest or Belt	✓	✓	✓
Mobile Phone (Fully Charged, Medical Number Saved)	✓	✓	✓
Route Map - GPX Loaded to Watch/Phone/GPS	✓	✓	✓
ID/ Driving Licence	✓	✓	✓
Drinking Container / Folding cup	✓	✓	✓
Foil Blanket or Survival Bag	✓	✓	✓
Whistle	✓	✓	✓
Waterproof Jacket with Taped Seams & Hood	✓	✓	✓
Water Bottle / Hydration Bladder (min 500ml)	✓	✓	✓
Head Torch + Spare Battery	–	R	✓
Emergency food / fueling	✓	✓	✓
First Aid kit	R	✓	✓
Cash (£20)	R	R	R
Running Poles	R	R	R

✓ Mandatory R Recommended Hot weather only Adverse weather only – Not Required

ADDITIONAL KIT / RECOMMENDED KIT

In the event of extreme weather, the additional mandatory kit listed below may be activated. Additional kit requirements will be communicated as soon as possible.

HOT WEATHER KIT

Bring with you — we will communicate before and on the day if required

ITEM	21K	31K	50K
Sun Cream (SPF 30+)	☀	☀	☀
Sunglasses	R	R	R
Cap or Visor	☀	☀	☀
Extra Water Capacity (+ 500ml)	☀	☀	☀

COLD WEATHER MANDATORY/RECOMMENDED KIT

Activated based on conditions — bring with ycu, we will communicate before and on the day if required

ITEM	21K	31K	50K
Waterproof Trousers (taped seams)	❄	❄	❄
Headwear for Warmth	❄	❄	❄
Gloves or Mitts	❄	❄	❄
Insulated Jacket	❄	❄	❄
Scarf/ Neck Gaiter	❄	❄	❄

AID STATIONS & CUT-OFF TIMES

50K

Aid Station	Distance	Name	Cut-Off
Start		Box Hill	-
AS1	10k	Norbury Park	**10:30**
AS2	20k	St Barnabas	**12:40**
AS3	30k	Box Hill East	**14:30**
AS4	40k	Buckland Lane	**16:50**
Finish	50k	Black Rock	**19:00**

31K

Aid Station	Distance	Name	Cut-Off
Start		Box Hill	-
AS1	10k	Norbury Park	**10:30**
AS2	20k	St Barnabas	**12:40**
AS3	30k	Box Hill East	**14:30**
Finish	31k	Black Rock	**15:00**

21K

Aid Station	Distance	Name	Cut-Off
Start		Box Hill	-
AS4	11k	Buckland Lane	**12:20**
Finish	21k	Black Rock	**14:30**

COURSE MARKINGS

All routes will be marked using bright orange flags and tags with a reflective strip, small red arrows and red crosses.

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THE COURSES - 50K





CLICK FOR GPX

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THE COURSES - 31K



CLICK FOR GPX

CLICK FOR STRAVA

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THE COURSES - 21K





CLICK FOR GPX

CLICK FOR STRAVA

RESULTS / PHOTOS / TRACKING

RESULTS

Results will be available immediately after the race on the RunThrough website: Race Results: **https://results.runthrough.co.uk/results**

TRACKING

Follow the race live with the following link:
https://live.opentracking.co.uk/rtbeatboxhill26/



PHOTOS

Professional photos are provided for free, with photographers out on the course and at the finish line.

Get your race photos here: **https://www.runthroughgallery.com**



SPECTATING/ CREWING

If you'd like to support a runner and provide aid/extra nutrition/a pat on the back along the course, that is absolutely allowed, but not all sections of the course are spectator-friendly.

If you do want to get on to the course we advise heading out to Aid Stations 1 and 2 as these both have adequate road access and car parks. Alternatively, if you want to stay closer to the start/finish, Aid station 3 is located at Box Hill so just a short walk from the event village.

Please note Aid station 4 (AS1 on the 21k) is inaccessible by car, if you intend to crew from here, please head out on foot to avoid congestion in the area.

We also recommend Headley Heath car park, although not an aid station, this is a great place to park and spectate as the 50k will pass at approximately 42km in and the 21k will pass at 13km.

If you do plan on heading to the Aid Stations, we ask that you park considerately leaving entry and exit points clear as our staff and medics will require vehicle access throughout the day.


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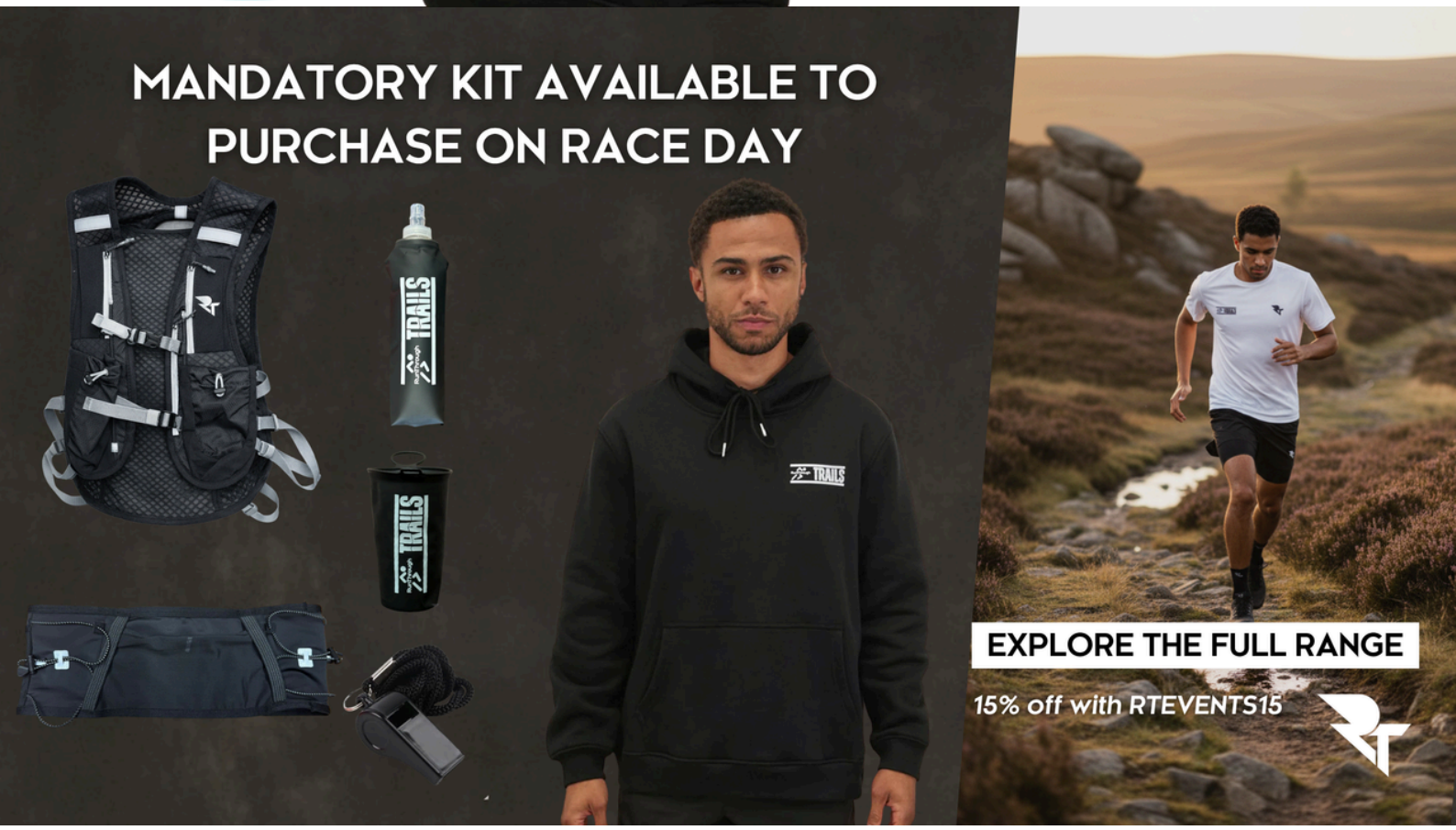
EVENT MERCH

If you have purchased an event T-shirt or hoody with your race entry, please head to the RT Kit stall in the event village on the day of your race, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered any kit, but would like to purchase some now, these are available below.

(Please note: Kit purchased within 4 days of the race may not be ready to collect.
Any kit not ready for collection will then be posted out.)

PURCHASE HERE



VOLUNTEER WITH RUNTHROUGH TRAILS



There are a variety of volunteer roles available at the RunThrough Trails events, including:
Course marking
Aid station support
Marshal roles on the course
Base Camp setup and logistics

Volunteering is a great way to be part of the race atmosphere, support the trail running community, and enjoy the stunning mountain environment—even if you're not running!

All volunteers receive RunThrough race credits, which can be used towards entry to any RunThrough event or a donation to a charity or local association of your choice.

For more details, check out our Volunteer FAQs

If you have any questions along the way, feel free to reach out volunteer@runthrough.co.uk
We'd love to have you on the team!

JOIN THE TEAM





RunThrough TRAILS

UPCOMING UK EVENTS



LAKE DISTRICT 3K & 53K
10TH APRIL 2027

MORE DETAILS AND ENTER HERE



THE FOX 20K, 41K & 62K
22ND MAY 2027

MORE DETAILS AND ENTER HERE



TITTESWORTH WATER 10K, 22K & 50K
4TH JULY 2027

MORE DETAILS AND ENTER HERE



THE SOUTH DOWNS 12K, 25K, 50K
1ST AUGUST 2027

MORE DETAILS AND ENTER HERE

VIEW ALL UK EVENTS HERE

RunThrough TRAILS

UPCOMING EUROPEAN EVENTS



MORE DETAILS AND ENTER HERE

MORE DETAILS AND ENTER HERE



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VIEW ALL EUROPEAN EVENTS HERE


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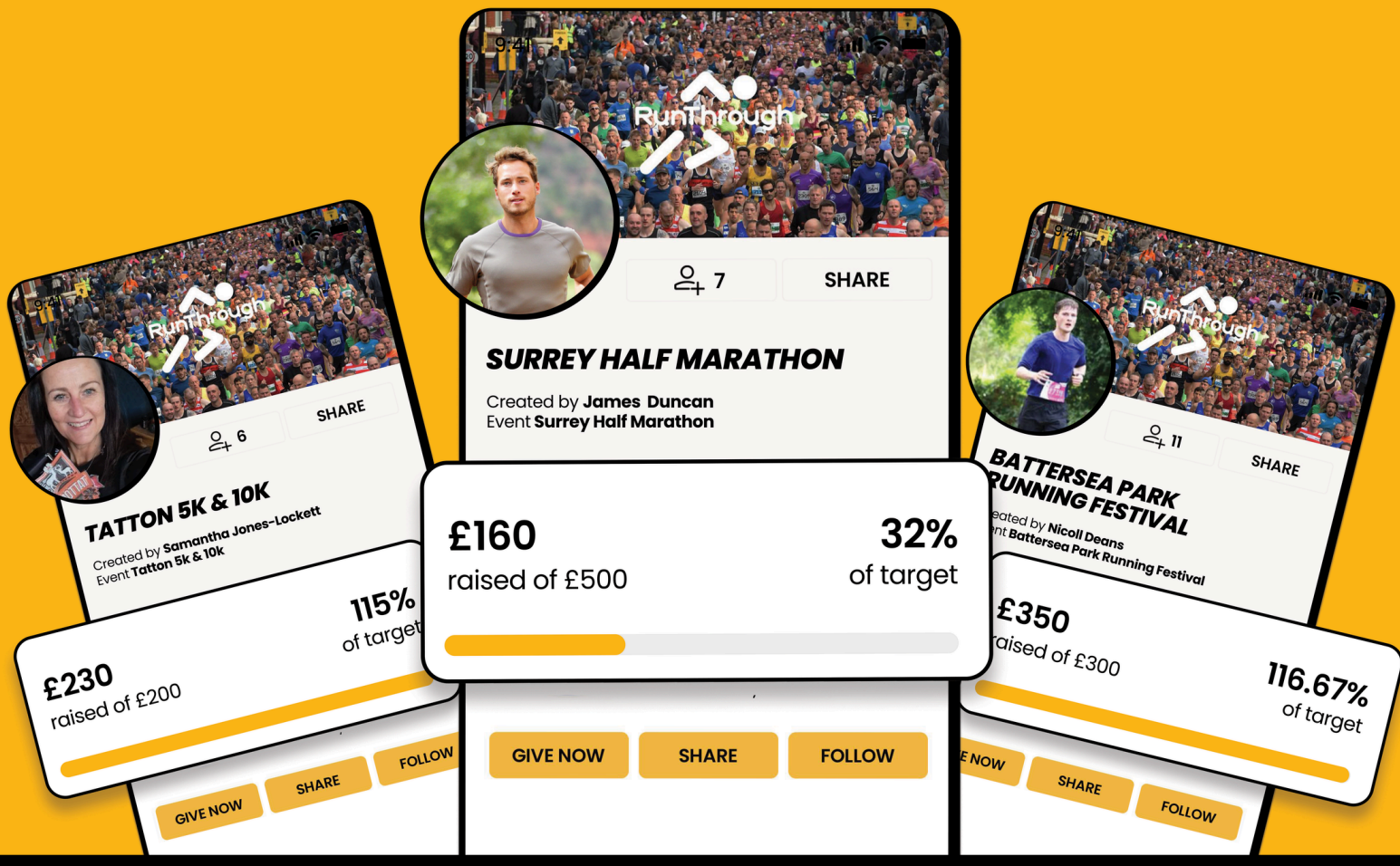
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16 - 19 OCTOBER 2026



SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

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