



Dear Runner,

Thank you for entering Mapledurham10 this year, we are really looking forward to hosting this event and seeing you on the start line. This email contains lots of information so please do grab a brew and have a quick read.



In order to keep everyone as safe as we can we strongly recommend that all participants carry out a lateral flow test on Sunday morning, before leaving home and report the results to the NHS. If you are feeling at all unwell, please stay at home and do not race.

#### Please bring:

- Cross Country running legs
- Warm clothes for pre-and post race (you might also want a change of shoes)
- Water bottle
- Reusable mug
- Card/device as we will have some great local vendors on site..

Please note headphones are not permitted on the course.

#### The Essentials:



**Date:** Sunday 5th December 2021

**Start Time:** 10am

**Location:** Mapledurham Estate, RG4 7TR,  
///pill.mugs.areas

**Directions:** 4 miles north west of Reading, follow event car parking signage on the day from the A4074 (Caversham to Oxford Rd) at the Pack Saddle Pub.

**Parking:** Parking will be at the start line, marshals will direct you on arrival. A suggested donation of £2 for parking will go to Teenage Wilderness Trust, buckets will be available on entry. We recommend leaving any baggage in your car,

We will also have **bike racking** if you wish to cycle up.

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**Bib Collection:** Bib's are to be collected on the day and the registration desk will be open from 9.00am. Please bring your email confirmation with you (on your phone is fine). We recommend participants to be on site by 9.30am at the latest.

We will be accepting **on the day** registrations (subject to race limit), so if you have a friend who would like to join you then please do bring them along! (£25 for 10k and £30 for 10 miles - we can now accept card payments, so no need to bring cash!) Please note The minimum age for the 10km is 13 and 16 for the 10 mile event.



We will be joined by [TC Event catering](#) providing important coffee, bacon butties and other pre-race snacks and [Up and Running Reading](#) - offering any last minute running gear so don't forget to bring your card!

TC Event Catering and Up and Running,

Reading will be on site throughout the morning, so your spectators can benefit from this too! Please do bring them along, we know how great it is to see a familiar face out on the course!



There will be a **baggage drop** near the start line, but you are encouraged to leave any possessions in the car as it won't be far away!

Plenty of toilets will be available for all - but please do make your way to the start line around 9.50am for the race briefing. Please note the race briefing may contain Dad jokes. (apologies in advance for this)

**Start Line:** We will be having a mass start at 10am this year, all 10k and 10 mile participants will start together. The cut off time for both distances is 2h 30min.

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There will be one water station on the course (at approx halfway for both distances). There will also be plenty of water at the finish line, if you are able to bring your own refillable water bottle it would be appreciated - we are just trying to reduce our single use plastic waste.

The event will be chip timed and results will be available via our website.

Our favourite **photographer**, Chris Drew, will be out on the course - so make sure you put your lippy on and smile for the camera!

Complimentary downloadable photos will be available shortly after the race.



#### The Fun Stuff:

Once you have completed your 10 k or 10 miles, please collect your well earned glorious finisher medal, enjoy a mince pie and a cup of mulled wine (if you are able to bring your own reusable mug it would be appreciated).

Then go and visit our friends at [Double-Barrelled Brewery](#), who will be at the event. They will have a little taster for participants as well as the opportunity to purchase special Christmas gift packs, take away cans and celebratory pints! Make sure you hold onto your bib as they will also be offering you something in the post-race email.



In addition we will also have:



- Susan from [Sports Massage Earley](#), who will be offering post race sports massage, £10 for 15 mins
- [Unholy Doughnuts](#) - the best doughnuts for miles!



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Please do stay and soak up the post-race atmosphere, watch your fellow competitors cross the line and share your achievements on socials using #mapledurham10 (don't forget to tag us @mstevents), but please note the race village will close at 1.30pm.

Shortly after the race you will receive your **iTAB**, engraved with your name and finish time in the post. This can be stuck into the recess on the back of your medal so you can remember your achievement for years to come!

Awards will also be sent out after the race.

If you have any queries in the next few days, please do not hesitate to call us on 07917 666888 or email us: [info@mstevents.co.uk](mailto:info@mstevents.co.uk)

The route map is available on our website: <https://mstevents.co.uk/mapledurham10/>

Date for the diary.. Sunday 4th December 2022. Entries will open on Monday 13th December!

Look forward to seeing you on Sunday!

Best wishes

CEKO (Ceri, Ellie, Kirsty and Oli)

Team MST Events

PS - we reserve the right to amend these details based on any amendments to government guidance. Entry fees are non refundable. Should the event not be able to be staged the event will be held virtually and your medal posted to you.



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