MAPLEDURHAM 10 & HALF 2026 - RACE DAY GUIDE

10am, Sunday 28th November 2026

Mapledurham Estate, Mapledurham, Reading Berkshire RG4 7TR

what3words location: ///snake.closet.metro

Thank you for signing up to our event! We are looking forward to seeing you and hope you enjoy the race as much as we love putting it on.

Thank you for including donations to Sue Ryder within your registrations, your donations, will make a real difference to this local charity (there is a personal note from them on p6).

Thanks also to our wonderful volunteer marshals, give them a wave and a cheer as you pass them on the course as we couldn't put this event on without them!



Please keep scrolling for all of the essential information for race day - we look forward to seeing you on the start line and have a great race!

Ceri, Ellie, Kirsty and Oli;

CEKO - MST Events

TIMINGS



08:30 - Car Park opens

08:30 - Registration opens

09:20 - Recommend latest arrival time

09.40 - Half Marathon briefing

09:50 - Full Race briefing

10:00 - 10km runners start

10:10 - 10 mile and Half Marathon runners start

12:30 - Cut off time for 10km & 10 mile

13:00 - Cut off time for Half Marathon

14:00 - Race Village closes

WHAT TO BRING

- **Cross country running legs** - but not your new Black Friday shoes!
- **Warm clothes** for pre-and post race (you might also want a change of shoes)
- **Money** (card or cash) - for food and drinks, MST merchandise, massage, pain relief balms, and beers! We have some great local vendors in the race village!
- **Safety pins**
- **Collapsable cup** for water on the course (there will be plastic disposable cups available for those who don't have a collapsable cup)
- A **water bottle** for post-race water
- **Mug** for mulled wine at the end of the race



Let's be sustainable and reuse things we already have #LoveYourWorld (we will have some available if you forget!)

- Your best **smile**, our photographers will be out on the course!

Only **open-ear bone conduction headphones** are allowed.
In-ear or over-ear models are strictly prohibited.



TRANSPORT



On arrival you will be directed by one of our lovely marshals to your car parking space, which will be adjacent to the start line.

There is a suggested donation of £2 for parking to support Sue Ryder.

Donation buckets will be at registration, we will also have a digital option if you would like to donate by card

Bike racking will available if you are planning to cycle

Please note there is no public transport available to the event

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PRE-RACE

ALL Race bibs should be collected from the registration desks.

Once you have collected your bib please fill in the emergency contact details on the back - we really hope we won't need to use them



There are plenty of toilets, including female only Portaloo's and urinals for the boys

Fat Tabby will be on hand with pre-race hot drinks, breakfast rolls etc.

The Ginger Coffee Co will be providing hot drinks

TJ Mobile Massage will be available

Muscle Mechanics will have their balms available for sale

Suspense will be selling their laces and socks

We recommend leaving any items in the car, but we will have a bag drop available if needed.

THE RACE



There will be two race briefings before the race:

Half Marathon at **09.40**, Full Race Briefing at **09.50**

Gun goes off:

10.00 am for 10k

10.10 for 10 Mile and Half Marathon

There is a water station located at around the 4K; for the 10K runners, and 5 miles; for the 10 mile and Half runners. There will also be water available at mile 10 for the Half Marathon runners.

There will be a photographer on the course and lots of marshals along with medical cover to keep you safe while running!

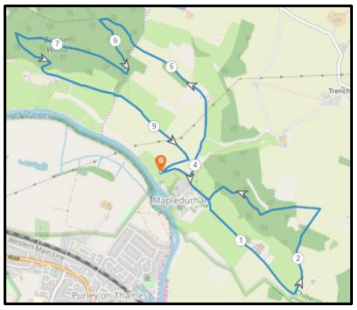
Please don't leave any litter or gel wrappers on the course

ENJOY YOUR RUN!

THE ROUTES

The Routes can be found here

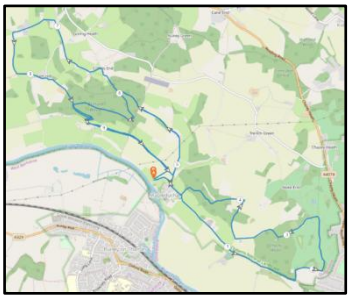
10K Route



10 Mile Route



Half Marathon Route



POST RACE

Get your well-earned medal around your neck!

Help yourself to a Mince pie and some mulled wine, (we will have Vegan/gluten free and non alcoholic options!)

Official Results will be available here

Age Category awards will be presented on site

MST Merchandise will be available - Bobble hats, buffs and socks!

Mysterious Brewing will be selling cans of their splendid local beer

Fat Tabby will continue to serve delicious burgers, rolls and hot drinks

The Ginger Coffee Co will be providing hot drinks

TJ Mobile Massage will be available for any post race massages

Muscle Mechanics will continue to sell their balms

Suspense will continue to sell their laces and socks



Race Photos, thanks Chris, will be uploaded here.

Your iTAB will be shipped to you a few days after the race

A FEW FINAL THINGS

Please don't give your bib to another participant without letting us know. You can change distance on the day if necessary, there maybe a small fee.

On the day entries (if we haven't sold out) will be £35 for 10K, £38 for 10 Miles and £40 for the half

The Course is marked in KMs for the 10K runners, the 10 Mile and Half Marathon course is marked in Miles.

Please put your litter in the bins!

Please overtake when safe to do so and show consideration for other path users.

No dogs or buggies

Runners should be medically fit and enter at their own risk, the organisers will in no way be held responsible for any injury, accident, loss or damage before, during or after the event.

When leaving the site please turn RIGHT and follow the one-way system.

Because no one should face death or grief alone

We are delighted to have MST Events supporting Sue Ryder this year!



Sue Ryder supports people through some of the most difficult times in their lives, whether living with a life-limiting illness or experiencing bereavement.

We provide compassionate, expert palliative care and bereavement support, helping people receive personalised clinical, emotional and practical support when they need it most. Through our hospices and community services, our specialist teams help people manage their symptoms, maintain their quality of life and ensure families feel supported.



Your donations and fundraising efforts help us continue making a positive difference to people and families during even the darkest of times.

Thank you!

TAG US IN YOUR ACTIVITIES!

Our next race is Gut Buster... See you there?