

# Event Handbook

Welcome to the event handbook for The Long Way Round, an inaugural event by Outrun London Events Limited.

This document covers everything you need to know, where you need to be and when and whole host of other information.

## Event Details:

- **Date:** Saturday 23<sup>rd</sup> May 2026
- **Location:** Newland's Corner, A25 Shere Rd, Albury, Guildford, GU4 8SE
- **What3Words:** [///photo.master.mostly](#)
- **Registration Opens:** 07:00
- **Race Briefing:** 07:45
- **Race Time:** 08:00 – 14:00
- **Price:** £55
- **Minimum Age:** 20 years old

# Event Format:

The Long Way Round is a looped race.

You will have 6 hours to complete as many laps of our 4km course as you can. Run when you want, stop when you want.

You'll pass through the event basecamp, which is our start/finish and aid station point on every lap.

You'll run the loop in the same direction for the entirety of the 6 hours.

Upon completion of each lap, you'll need to let the event team know your bib number so we can track your number of laps for the official results at the end.

You can start your final loop up until 5:59:59. If there's a tie at the front, the fastest last lap takes the win!

# What's included:

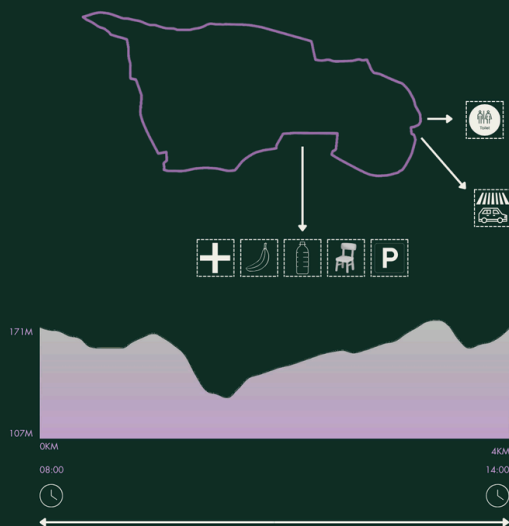
- Fully signed course
- Fully stocked aid station
- Bespoke finishers medal
- Free parking
- On-site bag drop
- On-site medical support

# Route Description:

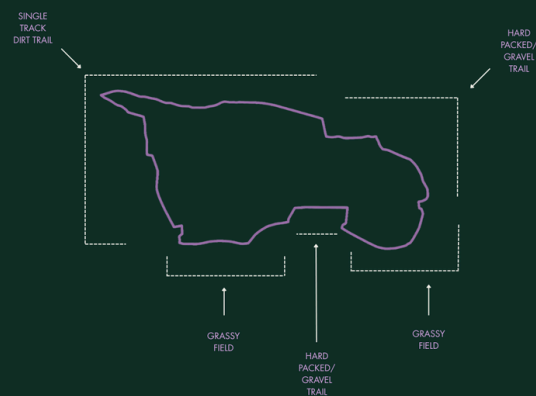
The 4km loop is almost entirely on trails and made up of hard packed gravel, grassy field and single track dirt paths. It loops around a area of the Newlands Corner Nature Reserve.

You will have approximately 96M of gain and loss each loop.

## THE COURSE (UPDATED)



## THE TERRAIN (UPDATED)



\*The trails are open to the public, and our event does not have exclusive use of the area. Please behave responsibly and courteously as you navigate the course. This is particularly important at the start/finish which has a public bridleway through the middle. \*

## **Parking:**

The Newlands corner carpark is free. However, we will have exclusive access to the overflow carpark where participants can park close to the start/finish. Please only park in the overflow if you are a participant or have transported a participant to the event and intend to stay for the duration. If you're dropping off, please do so just before the gate to the overflow. Marshals will on hand to assist.

## **Registration:**

Registration will be open from 07:00. You will collect your bib number at registration.

Please ensure you bring your booking confirmation email (digital copy is fine) and a form of ID.

## **Crew:**

You are allowed crew at the start/finish point only. They can support you here with any nutrition needs, kit changes and moral support. When crewing your runner, please keep off the path in our designated crew area. As the runner it is your responsibility to ensure your crew know where to set up and how to behave. If your crew do not abide by the rules or listen to marshals instruction you will be disqualified and withdrawn from the event. Safety is paramount.

## **Pacers:**

Pacers are not permitted at any time during the event. Anyone seen to be being paced will be disqualified and withdrawn from the race.

## **Spectators:**

Spectators are welcome at the start/finish. Please ensure anyone spectating is respectful of the general public and other runners. This includes not blocking public access or other runners' ability to navigate the course. As the runner it is your responsibility to ensure your spectators know how to behave. If they do not abide by the rules or listen to marshals' instruction you will be disqualified and withdrawn from the event. Safety is paramount.

# Kit Requirements:

The only mandatory kit requirements are:

- Mobile phone with Race Directors number saved in it in (shared at registration).
- GPX of the route on a mobile phone or watch.

Suggested kit:

- Trail shoes
- Capacity to carry a minimum of 500ml water
- Waterproof jacket (taped seams)
- Nutrition you've practiced with
- Spare socks
- Warm/comfortable clothing for afterwards

We reserve the right to enforce other mandatory kit dependent on the weather forecast nearer the time. If required, these will be communicated a week before the race and reviewed up until race day.

## FAQ:

### What facilities are onsite?

Newlands corner has a cafe operated independently from the car park and our event. They will be open the day of the event serving hot drinks or food should you wish to purchase any. For further details please check online.

There are toilets on site about a 500m walk from the start/finish. For runners, once the race has begun the course takes you close by them on the back end of each lap so you can take only a short detour should you need to use them during.

### How will I know where to go?

The course will be fully signed with our course signage. These will be shown during the course briefing before you start.

## How will you record my laps?

We will record your laps using a scanner and a QR code on your bib number. You will need to be scanned each time you return to basecamp and before you leave for your next lap.

We will also manually record your timing as a back up. It's important you give this to us before you continue on for another lap or stop for supplies, crew support or rest.

## What will be available at your aid station?

We will have all the usual suspects and more. To name a few:

- Water
- Coke
- Sweets
- Crisps
- Biscuits
- Fruit

## Do I have to run the whole time?

No, it is entirely up to you. You can stop and start when you want. There is no time limit to how long you can be in the start/finish area between laps. Break up the 6 hours however works best for you.

**YOUR RACE. YOUR PACE.**

## Will I still get a medal, even if I don't run the whole 6 hours?

Yes, absolutely, this is your race and you're free to run it how you want. Every runner who completes at least 1 lap will get a medal. How many more you do after that is up to you.

## Drop Bags?

We will have an area specifically set out for drop bags which you can access each time you pass through the start/finish area.

## Are you a cup less event?

Yes, we are a cup less event. Please bring a collapsible or reusable cup or bottle with you.

## Can I run with my dog?

No, unfortunately not. This is for safety reasons.

Dogs are welcome as spectators but must be kept on a lead at all times in the start/finish area.

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Thought of something we haven't covered here? Drop us an email and we'll get right back to you; we'll also update the handbook for everyone else too!

**Tag us in your training: @OUTRUN.LONDON**

We can't wait to see you there!

The Outrun Team

**Outrun London Events Limited**

