Runner's guide

Edition 2026



Race Course Runaway 2026 returns.

The race is almost here. This guide has everything you need to know, from what to wear and what to bring, to how to get around and where to find us.



Your week at a glance

Here's a quick overview of what's happening and when. Full details are in the sections below.

Day	Event	Where	When
Tue 4 Aug	Kit Collection	Sports Hall	10:00 – 18:00
Wed 5 Aug	Kit Collection	Sports Hall	10:00 – 18:00
Thu 6 Aug	Kit Collection	Sports Hall	10:00 – 18:00
Fri 7 Aug	Kit Collection	Sports Hall	10:00 – 18:00
Sat 8 Aug	Kit Collection	Sports Hall	08:00 – 12:00
Sat 8 Aug	Race Day	Start Line	13:00

The kids' 2.5 km starts at 11:00 on Race Day. Kit collection is for the 10 km only.

4 Kit Collection Presentations
Tue 4 – Fri 7 Aug · Sports Hall · 10:00 – 18:00

Bring your race number (emailed to you) and photo ID. Kit collection is for the 10 km only.



Before you travel

Make sure you've got the essentials sorted ahead of time.

- **Entry confirmation.** Check your email for your race number and confirmation.
- **Arrive at least 1 hour before** your race. Allow extra time for parking and kit collection.
- **Accommodation.** Local hotels and B&Bs fill quickly in August. Book early.
- **Parking.** Limited spaces near the start. Arrive early or use the park-and-ride.
- **Medical info.** Add any allergies or conditions to your entry form.



What to bring

Pack light. Leave your **Kit Collection Bag** during race day and collect it from the finish.

Race start	Finish bag
Race number (pinned to front)	Kit Collection Bag
Timing chip (attached to shoe)	Spare clothes
Water bottle	Towel
Sunscreen	Medal
Cash for parking	Post-race refreshments

Left luggage
Bag drop opens 08:00, closes 13:30. Bring your race number.

Mandatory gear

- Race number
- Timing chip
- Waterproof jacket
- Whistle
- Water bottle
- Mobile phone
- Emergency medical info

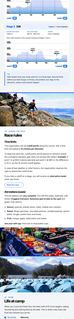
Recommended gear

- Sunscreen and sunglasses
- Hat or visor
- Energy gels or snacks
- Change of clothes

Prohibited items

- **Pets** (except assistance dogs)
- **Bicycles, scooters, skateboards** and other wheeled devices
- **Headphones** or anything that blocks your hearing

Recommended gear



Kit Official 2026

Available to buy online or at the Sports Hall during kit collection.

Kit Official 2026 · Kit Collection · Finish Bag

Check-in

Event collection	Kit Collection Bag
Bag drop	Finish Bag

Bag drop
Bag drop opens 08:00, closes 13:30. Bring your race number.

Left luggage
Bag drop opens 08:00, closes 13:30. Bring your race number.

Mandatory gear
Race number, timing chip, mobile phone, emergency medical info.

Recommended gear
Waterproof jacket, whistle, water bottle, sunscreen, sunglasses, hat or visor, energy gels or snacks, change of clothes.

Prohibited items
Pets (except assistance dogs), bicycles, scooters, skateboards and other wheeled devices, headphones or anything that blocks your hearing.



The Cairn Cathedral home

Cairn is a big one all right and the home of the Cairn Cathedral, a massive stone church that dominates the skyline. Here's what you need to know.



Cairn Cathedral

Check-in and collection
Kit collection is in the Cathedral Hall, not the church itself.

Left luggage
Bag drop is in the Cathedral Hall, not the church itself.

Mandatory gear
Race number, timing chip, mobile phone, emergency medical info.

Recommended gear
Waterproof jacket, whistle, water bottle, sunscreen, sunglasses, hat or visor, energy gels or snacks, change of clothes.

Prohibited items
Pets (except assistance dogs), bicycles, scooters, skateboards and other wheeled devices, headphones or anything that blocks your hearing.

Race course
Cairn Cathedral, Cairn Cathedral Hall

Entrance/Exit Route
Cairn Cathedral Hall

Entrance Official Route
Cairn Cathedral Hall

Entrance Official Route
Cairn Cathedral Hall



Bag drop-off

Bag drop opens **Tue 4 Aug** and **Sat 8 Aug** at 08:00, and closes **Sat 8 Aug** at 13:30. Bring your race number.

Check-in/Kit collection	Kit Collection Bag
Bag drop	Finish Bag

Left luggage
Bag drop opens 08:00, closes 13:30. Bring your race number.

Mandatory gear
Race number, timing chip, mobile phone, emergency medical info.

Recommended gear
Waterproof jacket, whistle, water bottle, sunscreen, sunglasses, hat or visor, energy gels or snacks, change of clothes.

Prohibited items
Pets (except assistance dogs), bicycles, scooters, skateboards and other wheeled devices, headphones or anything that blocks your hearing.



Start-day buses

Shuttle buses run from the Cairn Cathedral Hall to the start line. Here's what you need to know.

- **Kit collection** is in the Cathedral Hall, not the church itself.
- **Bag drop** is in the Cathedral Hall, not the church itself.
- **Left luggage** is in the Cathedral Hall, not the church itself.
- **Mandatory gear** includes your race number, timing chip, mobile phone, emergency medical info.
- **Recommended gear** includes waterproof jacket, whistle, water bottle, sunscreen, sunglasses, hat or visor, energy gels or snacks, change of clothes.
- **Prohibited items** include pets (except assistance dogs), bicycles, scooters, skateboards and other wheeled devices, headphones or anything that blocks your hearing.

5 km	10 km	21.1 km
Distance	5 km	10 km	21.1 km
Elevation gain	120 m	340 m	780 m
Terrain	Tarmac, flat	Tarmac, rolling hills	Tarmac, hilly
Difficulty	Easy	Moderate	Challenging

Full course maps for each distance are available to download from the website.

Left luggage
Bag drop opens 08:00, closes 13:30. Bring your race number.

Mandatory gear
Race number, timing chip, mobile phone, emergency medical info.

Recommended gear
Waterproof jacket, whistle, water bottle, sunscreen, sunglasses, hat or visor, energy gels or snacks, change of clothes.

Prohibited items
Pets (except assistance dogs), bicycles, scooters, skateboards and other wheeled devices, headphones or anything that blocks your hearing.

The 3 stages

Stage 1 · 10K Cairn Cathedral to Tower 1

Stage 2 · 10K Tower 1 to Tower 2

Stage 3 · 10K Tower 2 to Cairn Cathedral

Each stage has its own cut-off time. Full course maps, elevation profiles and cut-off times are published on the website.

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Race rules

Timing
Your chip is worn on your **left ankle**, not the wrist. Don't cut it off. Finishers without a recorded time will not receive a medal.

Course cut-offs
Each stage has a cut-off time. If you're not through a checkpoint in time, you'll be asked to step off the course. Full cut-off times are published on the website.

Marshals and course
Marshals are stationed at every junction. Follow their instructions. Shortcutting the course means disqualification.

Medical
Medical tents are at the start, finish and every checkpoint. Let a marshal know if you're unwell.

Withdrawal
If you need to withdraw, tell the nearest marshal or head to the finish. Don't just disappear.

Prohibited items
Headphones, bicycles, scooters, skateboards and other wheeled devices are not allowed on the course.

Mandatory gear
Your race number must be worn on the front of your body. Your timing chip must be attached to your left ankle.

Life at camp

Camp is a big place. Here's what you need to know.

- **Kit collection** is in the Cathedral Hall, not the church itself.
- **Bag drop** is in the Cathedral Hall, not the church itself.
- **Left luggage** is in the Cathedral Hall, not the church itself.
- **Mandatory gear** includes your race number, timing chip, mobile phone, emergency medical info.
- **Recommended gear** includes waterproof jacket, whistle, water bottle, sunscreen, sunglasses, hat or visor, energy gels or snacks, change of clothes.
- **Prohibited items** include pets (except assistance dogs), bicycles, scooters, skateboards and other wheeled devices, headphones or anything that blocks your hearing.

Food and drink
Meals are served in the Cathedral Hall, not the church itself.

Water and toilets
Water points are at the start, finish and every checkpoint. Toilets are in the Cathedral Hall, not the church itself.

Medical and rescue support
Medical tents are at the start, finish and every checkpoint. Let a marshal know if you're unwell.

If you have to withdraw
Tell the nearest marshal or head to the finish. Don't just disappear.

Prohibited items
Headphones, bicycles, scooters, skateboards and other wheeled devices are not allowed on the course.

Mandatory gear
Your race number must be worn on the front of your body. Your timing chip must be attached to your left ankle.

Food and drink
Meals are served in the Cathedral Hall, not the church itself.

Water and toilets
Water points are at the start, finish and every checkpoint. Toilets are in the Cathedral Hall, not the church itself.

Medical and rescue support
Medical tents are at the start, finish and every checkpoint. Let a marshal know if you're unwell.

If you have to withdraw
Tell the nearest marshal or head to the finish. Don't just disappear.

Prohibited items
Headphones, bicycles, scooters, skateboards and other wheeled devices are not allowed on the course.

Mandatory gear
Your race number must be worn on the front of your body. Your timing chip must be attached to your left ankle.

Food and drink
Meals are served in the Cathedral Hall, not the church itself.

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Medical and rescue support
Medical tents are at the start, finish and every checkpoint. Let a marshal know if you're unwell.

If you have to withdraw
Tell the nearest marshal or head to the finish. Don't just disappear.

Prohibited items
Headphones, bicycles, scooters, skateboards and other wheeled devices are not allowed on the course.

Mandatory gear
Your race number must be worn on the front of your body. Your timing chip must be attached to your left ankle.

Pit stops and refreshments

Pit stops are set up at every checkpoint and at the finish. Here's what's on offer.

Pit stop	Distance	Water	Energy gels	Toilets	Medical
Start	0 km	✓		✓	✓
Checkpoint 1	3.5 km	✓	✓	✓	✓
Checkpoint 2	7 km	✓	✓	✓	✓
Checkpoint 3	10.5 km	✓	✓	✓	✓
Finish	14 km	✓		✓	✓

Water points are also at the start and finish. Toilets are at the start, finish and every checkpoint.

Spectator zones

Zone	Location	Facilities
Start zone	Cairn Cathedral Hall	Toilets, food, drinks
Checkpoint 1	Tower 1	Toilets, food, drinks
Checkpoint 2	Tower 2	Toilets, food, drinks
Finish zone	Cairn Cathedral Hall	Toilets, food, drinks

Spectator zones are at the start, finish and every checkpoint.

Spectator parking

Car park	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Spectator parking is at the start, finish and every checkpoint.

Spectator transport

Transport	Location	Capacity
Shuttle bus	Cairn Cathedral Hall	200
Shuttle bus	Tower 1	100
Shuttle bus	Tower 2	100
Shuttle bus	Cairn Cathedral Hall	200

Spectator transport is at the start, finish and every checkpoint.

Spectator accommodation

Accommodation	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Spectator accommodation is at the start, finish and every checkpoint.

Spectator food and drink

Food and drink	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Spectator food and drink is at the start, finish and every checkpoint.

Spectator medical and rescue support

Medical and rescue support	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Spectator medical and rescue support is at the start, finish and every checkpoint.

Spectator prohibited items

Prohibited items	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Spectator prohibited items is at the start, finish and every checkpoint.

Spectator mandatory gear

Mandatory gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Spectator mandatory gear is at the start, finish and every checkpoint.

Spectator recommended gear

Recommended gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Spectator recommended gear is at the start, finish and every checkpoint.

Spectator prohibited items

Prohibited items	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Spectator prohibited items is at the start, finish and every checkpoint.

Spectator mandatory gear

Mandatory gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Spectator mandatory gear is at the start, finish and every checkpoint.

Spectator recommended gear

Recommended gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Spectator recommended gear is at the start, finish and every checkpoint.

The race morning

- **Wake up.** Eat breakfast. Drink water.
- **Get to the start line.** Allow extra time for parking and kit collection.
- **Warm up.** Stretch, jog, get your blood moving.
- **Line up.** Find your pace group. Don't start at the front unless you mean it.
- **Go.** Run your own race. Enjoy the course.

Stage and Course Overview

Stage	Distance	Elevation
Stage 1	10 km	120 m
Stage 2	10 km	340 m
Stage 3	10 km	780 m
Total	30 km	1,240 m

Stage 1 starts at Cairn Cathedral. Stage 2 starts at Tower 1. Stage 3 starts at Tower 2. Finish at Cairn Cathedral.

Stage and Course Overview

Stage	Distance	Elevation
Stage 1	10 km	120 m
Stage 2	10 km	340 m
Stage 3	10 km	780 m
Total	30 km	1,240 m

Stage 1 starts at Cairn Cathedral. Stage 2 starts at Tower 1. Stage 3 starts at Tower 2. Finish at Cairn Cathedral.

Weather, safety and withdrawals

Cairn can be unpredictable in August. Here's what you need to know.

- **Check the forecast** the night before and the morning of the race.
- **Dress in layers.** Cairn can be cold at the start and warm by the finish.
- **Stay hydrated.** Water points are at the start, finish and every checkpoint.
- **Know the signs.** If you feel dizzy, unwell or injured, stop and tell a marshal.
- **Withdrawals.** If you need to withdraw, tell the nearest marshal or head to the finish. Don't just disappear.
- **Course closures.** In severe weather, the course may be shortened or cancelled. Follow official updates.

Weather and course support

Weather and course support	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Weather and course support is at the start, finish and every checkpoint.

If you have to withdraw

If you have to withdraw	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

If you have to withdraw is at the start, finish and every checkpoint.

Prohibited items

Prohibited items	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Prohibited items is at the start, finish and every checkpoint.

Mandatory gear

Mandatory gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Mandatory gear is at the start, finish and every checkpoint.

Recommended gear

Recommended gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Recommended gear is at the start, finish and every checkpoint.

Prohibited items

Prohibited items	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
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Prohibited items is at the start, finish and every checkpoint.

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Mandatory gear is at the start, finish and every checkpoint.

Recommended gear

Recommended gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Recommended gear is at the start, finish and every checkpoint.

The finish and the awards

The finish is at the Cairn Cathedral Hall, not the church itself. Here's what's waiting for you.

- **Medal.** Every finisher gets one. Don't lose it.
- **Finish bag.** Collect your Kit Collection Bag from the Cathedral Hall, not the church itself.
- **Refreshments.** Water, energy gels and post-race food are served in the Cathedral Hall, not the church itself.
- **Left luggage.** Collect your bag from the Cathedral Hall, not the church itself.
- **Photos.** Race photos will be uploaded to the website within 48 hours.

Prohibited items

Prohibited items	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Prohibited items is at the start, finish and every checkpoint.

Mandatory gear

Mandatory gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Mandatory gear is at the start, finish and every checkpoint.

Recommended gear

Recommended gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
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Recommended gear is at the start, finish and every checkpoint.

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Finish zone	Cairn Cathedral Hall	200

Mandatory gear is at the start, finish and every checkpoint.

Recommended gear

Recommended gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Recommended gear is at the start, finish and every checkpoint.

For your supporters

- Most of the course is **private land and not accessible** – see the map for spectator points.
- Cheer from the **Cathedral Hall** and the **finish zone** – they're the busiest spots.
- Shuttle buses run from the Cathedral Hall to the start line.
- Follow **@RaceCourseRunaway** for live updates and the **#RaceCourse** hashtag.

Prohibited items

Prohibited items	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Prohibited items is at the start, finish and every checkpoint.

Mandatory gear

Mandatory gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
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Mandatory gear is at the start, finish and every checkpoint.

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Tower 1	Tower 1	100
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Recommended gear is at the start, finish and every checkpoint.

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Prohibited items	Location	Capacity
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Mandatory gear

Mandatory gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
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Mandatory gear is at the start, finish and every checkpoint.

Recommended gear

Recommended gear	Location	Capacity
Cathedral Hall	Cairn Cathedral Hall	200
Tower 1	Tower 1	100
Tower 2	Tower 2	100
Finish zone	Cairn Cathedral Hall	200

Recommended gear is at the start, finish and every checkpoint.

Results and photos

Results will be published on the website within 24 hours of the race finishing. Check your bib number to find your time.

Photos are uploaded to the website within 48 hours. Search by bib number or browse the gallery.

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Final checklist

Before leaving home

- Race number and timing chip
- Mandatory gear
- Recommended gear
- Prohibited items
- Check the forecast

The day before

- Race number and timing chip
- Mandatory gear
- Recommended gear
- Prohibited items
- Get to the start line

Start morning

- Race number and timing chip
- Mandatory gear
- Recommended gear
- Prohibited items
- Get to the start line

Finish

- Race number and timing chip
- Mandatory gear
- Recommended gear
- Prohibited items
- Get to the start line

Cairn Cathedral

Cairn Cathedral is the heart of the race. Here's what you need to know.

- **Kit collection** is in the Cathedral Hall, not the church itself.
- **Bag drop** is in the Cathedral Hall, not the church itself.
- **Left luggage** is in the Cathedral Hall, not the church itself.
- **Mandatory gear** includes your race number, timing chip, mobile phone, emergency medical info.
- **Recommended gear** includes waterproof jacket, whistle, water bottle, sunscreen, sunglasses, hat or visor, energy gels or snacks, change of clothes.
- **Prohibited items** include pets (except assistance dogs), bicycles, scooters, skateboards and other wheeled devices, headphones or anything that blocks your hearing.

Cairn Cathedral

Kit collection
Kit collection is in the Cathedral Hall, not the church itself.

Bag drop
Bag drop is in the Cathedral Hall, not the church itself.

Left luggage
Left luggage is in the Cathedral Hall, not the church itself.

Mandatory gear
Race number, timing chip, mobile phone, emergency medical info.

Recommended gear
Waterproof jacket, whistle, water bottle, sunscreen, sunglasses, hat or visor, energy gels or snacks, change of clothes.

Prohibited items
Pets (except assistance dogs), bicycles, scooters, skateboards and other wheeled devices, headphones or anything that blocks your hearing.

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Recommended gear
Waterproof jacket, whistle, water bottle, sunscreen, sunglasses, hat or visor, energy gels or snacks, change of clothes.

Prohibited items
Pets (except assistance dogs), bicycles, scooters, skateboards and other wheeled devices, headphones or anything that blocks your hearing.