



# 100KM RUNNER GUIDE

SATURDAY 20<sup>TH</sup> SEPTEMBER 2025



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## Welcome to the Triple Trail Races

### Final Countdown - 2 weeks to go

Thanks for joining us for the Triple Trail Races 2025, taking place on Saturday 20<sup>th</sup> September. Whether you're taking on the 25km, the 50km or going all-in for the 100km full loop, we're so pleased to welcome you to the start line.

This is a special day on the calendar for us - a celebration of the Kent countryside, trail running community and the kind of challenge that stays with you long after the finish line.

This guide contains everything you need to feel confident and prepared for the race - from timings and checkpoints to kit requirements, travel logistics and route information. Each race has its own dedicated section, so be sure to read the parts specific to your distance.

We'll send you one final email on Wednesday 17<sup>th</sup> September with any last minute updates including weather conditions, final GPX links and tracking details.

Thank you for being part of it and we'll see you at Loddington Farm for a great day of trail running.



Phil & Jen  
The Embrace Ultra Team

# KEY EVENT DETAILS



EVENT DATE:	SATURDAY 20 <sup>TH</sup> SEPTEMBER 2025
RACE HQ	LODDINGTON FARM, LODDINGTON LANE, LINTON, KENT ME17 4AG <ul style="list-style-type: none"><li>GOOGLE MAPS: <a href="#">HERE</a></li><li>WHAT3WORDS: <a href="https://www.what3words.com/scores.unique.hedge">///scores.unique.hedge</a></li></ul>
RACE START TIME & CUT OFF (STRICT)	<b>START:</b> 06:00 AM   <b>CUT OFF:</b> 00:00 (18HRS)
RACE REGISTRATION	<b>FRIDAY 19<sup>TH</sup> SEPTEMBER:</b> 17:00PM - 20:00PM <b>SATURDAY 20<sup>TH</sup> SEPTEMBER:</b> 04:30AM - 05:30AM
ROUTE GPX FILE	<ul style="list-style-type: none"><li><b>100KM ROUTE</b> - <a href="#">HERE</a></li></ul> <p>Final GPX will be issued 3 days prior to race</p>
EVENT CONTROL	07743514989 (PLEASE SAVE IN PHONE)
RACE MEDIC	TO BE SAVED IN FINAL RACE EMAIL
CAMPING	<ul style="list-style-type: none"><li>FRIDAY CAMPING - FROM 16:00PM</li><li>SATURDAY CAMPING: FROM 05:00 AM</li></ul> <p><u>All campers must leave by 10:00am Sunday.</u></p>





# ROUTE OVERVIEW

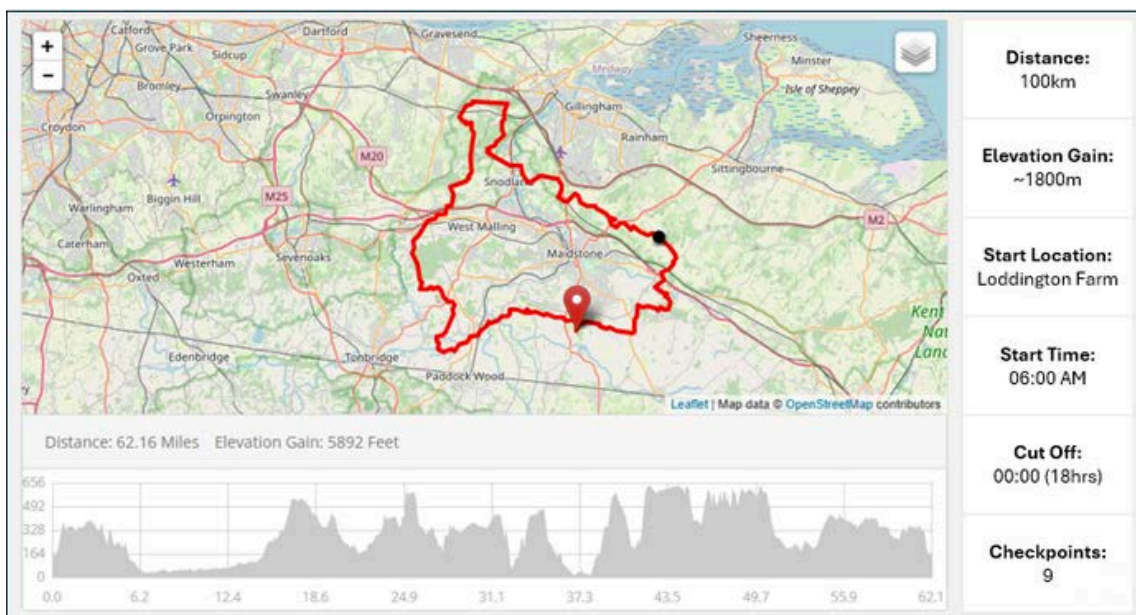


ITRA 4

100K M

The Triple Trail Races takes its name from Kent's three most iconic trails: the North Downs Way, Greensand Way, and Weald Way. Together, they form a stunning journey through the heart of England's Garden County, featuring rolling hills, ancient woodlands, serene orchards, and historic landmarks like Leeds Castle and the Cobham Mausoleum.

The 100km Full Loop Ultra is Kent's only single-loop ultra marathon, starting and finishing at Loddington Farm. The route connects all three trails seamlessly, with no repeated sections, offering constant variety and breathtaking views throughout.



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AGAINST  
LIVING  
MISERABLY



# PRE RACE CHECKLIST



## CHECKLIST

- ☐ READ THE RUNNER GUIDE CAREFULLY
- ☐ DOWNLOAD GPX FILE & FAMILIARISE YOURSELF WITH RACE ROUTE
- ☐ READ RACE RULES AND MANDATORY KIT CONTAINED IN THIS GUIDE
- ☐ NOTE YOUR REGISTRATION TIME / LOCATION AND ALLOW SUFFICIENT TIME
- ☐ CHECK YOUR MANDATORY COACH DEPARTURE TIMES (25KM / 50KM ONLY)
- ☐ PLAN YOUR TRAVEL, PARKING AND CAMPING (IF PRE-BOOKED)
- ☐ IF CAMPING (PRE-BOOK ONLY), ENSURE YOU HAVE ALL APPROPRIATE EQUIPMENT
- ☐ ENSURE YOU HAVE THE EVENT CONTROL AND RACE MEDIC NUMBER SAVED
- ☐ CHECK EXPECTED WEATHER CONDITIONS AND ENSURE APPROPRIATE KIT / HYDRATION
- ☐ HAVE YOUR SUPPORTER PLAN READY FOR WHERE THEY CAN CHEER YOU ON
- ☐ TAPER WELL, TRUST YOUR TRAINING AND GET YOURSELF READY FOR AN AMAZING DAY



**CAMPAIGN  
AGAINST  
LIVING  
MISERABLY**



## HOW TO GET TO START

Our Race HQ for the weekend is located at Loddington Farm. This is the venue of the finish line, all race registrations, 100km start, coach departure (25km/50km only), car parking and camping. **All runners must go to the Race HQ before their race start.**

- **Address:** Loddington Farm, Loddington Lane, Linton, Kent, ME17 4AG
- **Google Maps:** [HERE](#) **What3words:** [///scores.unique.hedge](#)

The Race venue itself is not at the main farm entrance and is in the event field c.1 mile down the road at the access gate on Butt Green Lane. There will be event signs and marshals to guide you once you arrive.

### Getting there by Car

Loddington Farm is located in Linton, just on the outskirts of Maidstone.

Estimated journey times

- From **London:** ~1hr 15mins via M20 (Junction 6) and A229
- From **Dover:** ~1 hr 10 mins via M20 (junction 8) / A20 / B2163
- From **Tun Wells:** ~40mins via A21 / A228



### Getting there by Train

The nearest railway stations are Staplehurst or Maidstone. You'll need a taxi or lift from both as they're ~15mins from the venue

### Getting there by Bus

The nearest bus stop is Loddington Lane at the entrance to the farm shop. Buses 14, 66 & 89 will take you too and from Maidstone. Note - this bus stop is c.20mins from the finish line.

**Please allow sufficient travel time and check travel conditions prior to leaving for the race.**



## RACE HQ - THE HEART OF THE WEEKEND

Welcome to Loddington Farm, the home of our Race HQ and the central hub for everything across the Triple Trail Race weekend. Whether you're racing, supporting, crewing, camping or just hanging out - this is where it all comes together.

Race HQ is also the start of the 100km race and the finish line for all races. Its where you'll find parking, registration, food vendors, facilities and the general buzz of the event throughout the day and evening.

Note the Race HQ is not in the main Loddington Farm itself, but in the event field off Butt Green Lane, roughly 1 mile down the road.

## LONG STAY PARKING

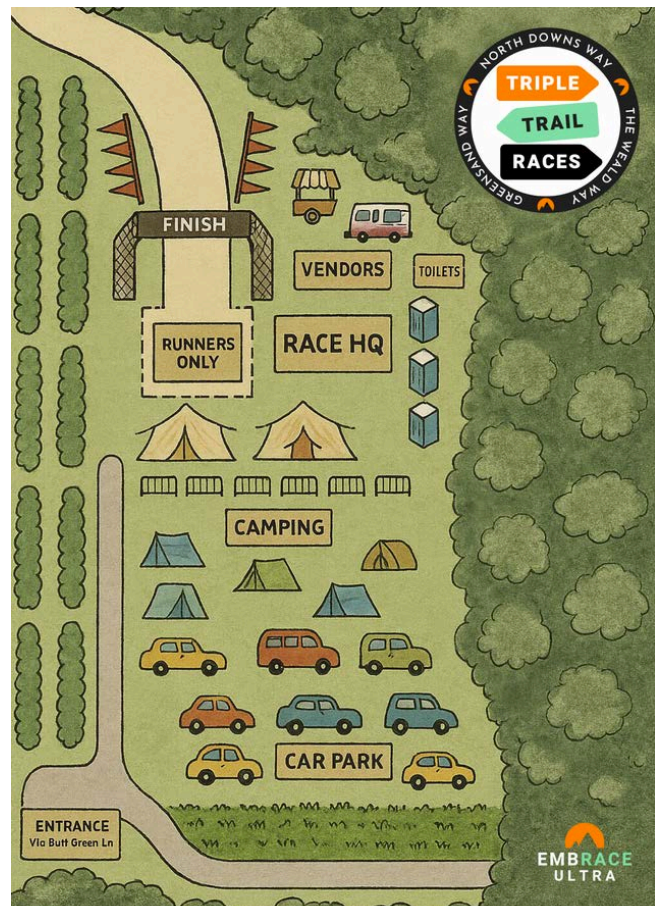
There is free on-site parking for the full duration of the event. Please follow signs and marshal instructions when you arrive. All runners, supporters and campers can park here - there's no need to book in advance.

## CAMPSITE

We offer simple, relaxed camping at the farm, just a short walk from the race finish. Facilities are basic but functional, with toilets, water access and a communal marquee to chat with other runners. Bring everything you need to be self-sufficient -there are no electric hook ups and space is limited to tents and small campervans. Full camping instructions will be issued separately to those who have booked. Camping is pre-book only [HERE](#)

## ATMOSPHERE

Expect a lively, welcoming vibe all weekend. We'll have music playing, finish line cheers ringing out and plenty of space to relax, recover or celebrate with fellow runners.





## REGISTRATION

Registration will take place in the main race HQ ([Located Here](#)) by the the start and finish line. The following registration windows will be open for runners.

<b>Fri 19<sup>th</sup> September</b>	17:00 PM - 20:00 PM
<b>Sat 20<sup>th</sup> September</b>	04:30 AM - 05:30 AM

When you arrive at registration, please head to the registration tent to sign in. You must have your race kit with you will all mandatory kit items, which may be checked before a bib is issued. There will be toilet and changing facilities available for you.

## BIB AND GPS TRACKER

You will be given a race bib with your number on it. Please fill in the contact details on the back. Bibs must be worn on your front and clearly visible at all times.

You will also be fitted with a GPS tracker. This must be worn at all times and returned to the event team at the finish or if you withdraw from the race. Under no circumstances should you leave the race with the GPS tracker.



## RACE DIRECTOR BRIEFING

The Race Director will give a final race briefing at 05:45 AM by the start line. Runners must have registered by this point and be ready to go. Once the briefing has finished, the race will start shortly after.

## MANDATORY KIT

The mandatory kit list isn't about being overly strict - it's about making sure you're safe, prepared and able to look after yourself in changing conditions. Even on well-marked and supported courses like this, weather, fatigue, navigation errors or minor injuries can quickly escalate if you're not carrying the right gear.

Carrying this kit isn't just about you - it's about helping our team look after everyone on the course throughout the duration of the event.

### MANDATORY KIT RULES - IMPORTANT TO KNOW

- ✓ All mandatory kit must be carried at all times during the race
- ✓ Spot checks may be carried out at registration, checkpoints and at the finish.
- ✓ Missing mandatory kit may result in time penalties, withdrawal or disqualification from the race.
- ✓ Mandatory kit is the minimum expectation. Runners should monitor weather conditions, expected pace and ensure they have appropriate kit on them.

#### Mandatory Kit Requirement

- **Running pack** (with ability to attach GPS tracker) intended to carry the mandatory kit and which must be worn throughout the race
- **Fully charged mobile phone** (not in flight mode) with the Event HQ and Race Medic number saved
- **Waterproof jacket** with taped seams (10,000mm+ sealed seams).
- **Sealed (closed) container(s)** capable of carrying at least 1 litre water (e.g. 2 x 0.5L soft flasks or a 1L water bladder).
- **Primary headtorch** (min 75 lumens) and **backup headtorch** (min 25 lumens). Mobile phone light not accepted
- **Survival Blanket** (1.4m x 2m minimum)
- **Long sleeved base layer** (must be carried in pack and only used in an emergency)
- **Warm hat** (buff or beanie)
- **Re-usable cup** (for use at checkpoints as the race is cup less)

## CHECKPOINTS

Checkpoints are a key part of your race — a chance to refuel, rehydrate, and reset. Each one is stocked with water, snacks, Protein Rebel gels and Tailwind electrolytes. You'll be supported by our brilliant Embrace Ultra volunteers, many of them runners themselves.

The checkpoints are there to help — but remember, the race clock doesn't stop. A simple, efficient plan at each checkpoint can make all the difference, especially if you're near the back or chasing a cut-off. Grab what you need, stay focused, and keep moving forward.

No.	Name	Dist. KM	Cut Off.	Cut Off Type	Crew Access	Bag Drop	Toilet
CP1	Yalding	11km	07:45 AM	Guidance	Y	N	Y
CP2	West Peckham (Indoor)	24km	10:00 AM	Guidance	Y	N	Y
CP3	Addington	34km	11:45 AM	Guidance	N	N	Y
CP4	Luddesdown (Indoor)	44km	13:45 PM	<b>Mandatory</b>	Y	Y	Y
CP5	Lower Bush	52km	15:05 PM	Guidance	N	N	N
CP6	Blue Bell Hill	64km	17:10 PM	Guidance	Y	N	N
CP7	Detling (Indoor)	73km	19:05 PM	<b>Mandatory</b>	Y	N	Y
CP8	Leeds C.C (Indoor)	85km	21:40 PM	<b>Mandatory</b>	Y	N	Y
CP9	Sutton Valance	93km	22:50 PM	<b>Mandatory</b>	N	N	N
Finish	Loddington Farm	100km	00:00 AM	<b>Mandatory</b>	Y	Y	Y

### WHAT YOU'LL FIND AT THE CHECKPOINT

Every checkpoint is stocked with a mix of sweet and savoury snacks, fruit, water, squash and coke, plus Tailwind nutrition and Protein Rebel gels. At indoor checkpoints you'll also find hot drinks and soup.

### FEMALE HYGIENE PRODUCTS

We stock a range of female hygiene products at the start, all checkpoints, and the finish line. If you need anything, just ask a member of the volunteer team.



## PACERS

Pacers are allowed for 100km runners only - but with clear guidelines in place to ensure fairness, safety and minimal impact on other runners or event logistics.

### WHEN ARE PACERS PERMITTED

- Pacers are only allowed to join runners at the permitted locations.
- You may only have one pacer at a time on the course. No 'crew trains' or groups.
- Pacers must be on foot only - no bikes or alternative transport.

### IMPORTANT RULES FOR PACERS

- Pacers must not carry food, drink or kit for their runner - this is considered assistance and may result in disqualification
- Pacers must be self sufficient, bringing their own hydration, nutrition and kit.
- Pacers may only take water from checkpoints. They must not consume checkpoint supplies, which is for runners only.
- Pacers do not need to register, but they must make themselves known to checkpoint staff.
- Pacers are expected to follow the same trail etiquette and event rules as runners. They should also consider carrying the same mandatory equipment.

### WHY WE ALLOW PACERS

100km is a long day out and having a supportive presence can be a huge help, especially after dark or in the latter stages of the race. But this support must be fair, respectful and not create an advantage or place extra strain on checkpoint resources.

By no means is a pacer necessary for this race and you will be supported enough by the event team to reach the finish.

If you're planning to use a pacer, please make sure they've read and understood these rules before race day. Runners are ultimately responsible for the actions of their pacers.

### PACER LOCATIONS

CP4 - Luddesdown (44km)

CP6 - Blue Bell Hill (64km)

CP7 - Detling (73km)

CP8 - Leeds C.C (85km)

**Under no circumstances can pacers join at any other point in the race.**

## DROP BAGS

### IN RACE DROP BAG

Each runner is allowed one drop bag for personal items to be used at CP4 - Luddesdown. On arrival at the checkpoint you must request your drop bag, and return it to the checkpoint team before you leave. Drop bags must be no more than 30L in size (small rucksack size). Drop bags will be transported back to the finish for the end of the race.

### FINISH LINE BAG

All runners can leave a finish line bag at Race HQ on the morning of the race. This should be a single, small bag (maximum 30L), containing anything you'd like to access once you cross the finish line - warm layers, recovery food, change of shoes etc. Bags will be stored in a designated area, but not under constant supervision.



**EXAMPLE 30L BAG**

## CREW ASSISTANCE

Having a crew assisting runners throughout the race can be really helpful, particularly for those with preferred fuelling plans or when they need additional support to the checkpoints. It is important though that it's done in a way that's fair, respectful of others and within the guidelines set out below.

### WHERE CREW CAN ACCESS RUNNERS

Crew are only permitted to assist runners at designated checkpoints or spectator areas. These are chosen for ease of access, parking and safety. Crewing outside of these areas risks disqualification. It is the runners responsibility to ensure their crews understand the rules

#### Crew Access Point

CP1 - Yalding  
CP2 - West Peckham  
CP4 - Luddesdown  
CP6 - Blue Bell Hill  
CP7 - Detling  
CP8 - Leeds C.C

### HOW TO CREW PROPERLY

Crew must respect all volunteers and event staff, follow any parking or access instructions and avoid blocking access to checkpoints, race route or residential driveways/roads. Crews may not take supplies from the checkpoints or carry any mandatory kit for runners.

## RACE CUT-OFFS - WHAT YOU NEED TO KNOW

Cut-Offs are a vital part of any ultra event. They're in place to keep you, our volunteers and support teams safe - whilst making sure we stay within our land access permissions and operating hours.

We've designed this event to be as achievable and inclusive as possible, with generous time limits and well-stocked checkpoints - but it's your responsibility as a runner to understand and respect the strict cut off rules.

### WHY WE OPERATE A STRICT CUT OFF RULE

- To protect runner safety, especially later in the day and after dark
- To ensure checkpoints can be staffed and closed in a controlled, safe way.
- To meet land access agreements and trail permissions
- To give every runner a fair and supported experience
- To maintain the integrity of the race at all times.

### WHAT ARE THE RULES

- You must leave the checkpoint by the cut-off time, not just arrive before it.
- If you arrive after the cut-off or fail to leave by the cut-off, you will be considered withdrawn from the race.
- You must hand in your bib and GPS tracker to the nearest checkpoint team or race finish.
- Runners who miss the cut off will not be eligible for a race finisher medal
- Continuing beyond a cut-off point without permission will void your result and may compromise your safety and ours.

### EXCEPTION POLICY - MITIGATING CIRCUMSTANCES

The only reasons a cut-off may be adjusted are:

1. Severe weather, where runners are held at a checkpoint for safety reasons
2. Material official course diversions, resulting in additional distance being added to the race route (does not apply to runners going off route in race)
3. A runner being delayed while helping another in a medical emergency, and where the delay is reported, verifiable and acknowledged by the event team.

These exceptions are rare and will be made only at the discretion of the race director. Any extensions will be clearly communicated to affected runners via checkpoint teams and/or Race Control. Runners must not assume they qualify for an extension unless explicitly told.



## MANDATORY VS GUIDANCE CUT-OFFS

At Embrace Ultra races we operate with a mix of mandatory and guidance cut-offs.

Mandatory Cut-Offs are strict, non-negotiable time limits that apply at certain key checkpoints and at the finish line. If you haven't left a checkpoint by this time, your race will end and you will be withdrawn.

Guidance Cut-Offs, on the other hand are advisory times designed to help you stay on pace. These won't result in automatic withdrawal, but if you fall behind them, our team may check in with you about how you're doing and your ability to reach the next cut-off safely.

We operate this way deliberately:

- So that strict cut-offs are only applied where absolutely necessary; and
- To give runners a realistic guide on the pace they need to maintain to complete the course within the overall time limit.

Its designed to support a more inclusive event - but runners still need to move efficiently, manage checkpoint time carefully, and be aware of the clock throughout the day.

## MANDATORY CUT-OFFS

No.	Name	Dist. KM	Cut Off.	Cut Off Type
CP4	Luddesdown	44km	13:45 PM	<b>Mandatory</b>
CP7	Detling	73km	19:05 PM	<b>Mandatory</b>
CP8	Leeds C.C	85km	21:40 PM	<b>Mandatory</b>
CP9	Sutton Valance	93km	22:50 PM	<b>Mandatory</b>
Finish	Loddington Farm	100km	00:00 AM	<b>Mandatory</b>

## RACE RULES

To help ensure a fair, safe, and enjoyable experience for all runners, please take note of the following event rules:

- ✓ Minimum Age: You must be 20 years or older on race day to take part.
- ✓ Bib Placement: Race bibs must be worn securely on the front of your body and be clearly visible at all times.
- ✓ Stay on Course: No shortcuts – runners must follow the marked route at all times. Intentional deviation will result in disqualification from our events.
- ✓ On Foot Only: The challenge must be completed on foot – use of any other transportation is not allowed.
- ✓ No Stashing Gear: Storing supplies or kit along the route is not permitted.
- ✓ Pacers may only support at agreed locations and must follow the rules set in this runner guide.
- ✓ Crewing: Crewing is only allowed at designated spectator locations (which are listed in this guide).
- ✓ Aid Station Check-In: You must check in at every aid station. Missing one may result in disqualification.
- ✓ Race operates a strict cut-off rule at checkpoints and the finish line. If a runner misses this they won't be eligible for a finisher medal or result.
- ✓ If you withdraw, notify the race director via the Event Control number and check in at the nearest aid station to hand in your bib and tracker.
- ✓ No Dogs: Runners are not permitted to run with dogs. Doing so will result in disqualification.
- ✓ Zero Tolerance for Littering: Any runner caught littering on the course will be disqualified. Help us keep the trails clean.
- ✓ Follow Instructions: Please follow all directions given by the race director, staff, and volunteers – they're there for your safety and support.

These rules are in place to protect runners, volunteers, landowners, and the environment – thank you for respecting them.

## COURSE MARKINGS

The route is marked with Embrace Ultra-branded directional arrows and ribbons. Markings are placed at key junctions and roughly 200-300m along the route.

Unfortunately, there is always a risk that signage may be removed by members of the public. Whilst every effort is taken to prevent this, it's not always possible to control during the race. If you find yourself on the trail and not seeing signage after 5 minutes, your best course of action is to:

- retrace your steps until find a race marking
- use the Open Tracking link that will be shared in the final email, which shows both the route and your location to it.
- if you're really lost, call Event Control (if we haven't called you first).



## WHAT TO EXPECT OUT ON THE COURSE

- **Trail Terrain:** Expect a mix of woodland paths, open fields, gravel farm tracks, chalky ridgelines and quiet country lanes. Some sections will be muddy or uneven, especially if there's been rain.
- **Shared Trails:** You'll be running on public rights of way - please be respectful to walkers, cyclists, horse riders and local residents. Give way where appropriate and always pass courteously.
- **Gates and Stiles:** All gates and stiles must be closed behind you, even if they were open. If you're in a group, make sure the last runner closes it.
- **Livestock:** You may encounter sheep or cattle in fields. Stick to the marked path, move calmly and give animals space. Don't try to rush through herds.
- **Road Crossings:** Some roads on the course can be busy and are not marshalled. Stop, check carefully and cross only when it is safe. No PB is worth taking a risk.
- **Hazards:** Keep an eye out for trip hazards such as roots, ruts, low branches, rabbit holes and slippery descents.
- **Night Running:** If you're out after dark, use your head torch on all unlit sections. Watch footing and stay alert, especially when tired.
- **Litter:** Absolutely no littering. All rubbish must be carried to the next checkpoint or finish line. Any runner caught littering will be disqualified.
- **Trail Conduct:** Be kind, look out for each other and give encouragement when its needed. Its what makes trail running special.



## WHAT TO DO IF YOU HAVE AN ISSUE DURING THE RACE

Running an ultra is tough — physically and mentally. Success often comes down to how well you prepare, pace and adapt on the day.

If things aren't feeling right — whether it's the heat, nausea or general fatigue — slow down, refuel, rehydrate and use the checkpoints. It's far better to pause and reset than to push on and risk problems later. If you need help, speak to a marshal, volunteer or fellow runner.

## COMMON WARNING SIGNS TO WATCH OUT FOR

- Sudden dizziness or feeling faint
- Confusion or disorientation – not knowing where you are, slurred speech, trouble making decisions
- Shivering, numb fingers, or pale/blotchy skin – early signs of hypothermia, especially if you're cold and wet
- Overheating, nausea, headache, or chills – may be signs of heat exhaustion or dehydration, even in mild weather
- Swollen hands, nausea without sweating, weight gain during the race – signs of hyponatremia (overhydration with low salt)
- Chest tightness, shortness of breath, or heart palpitations – stop immediately and seek help
- Persistent vomiting or diarrhoea – may lead to serious dehydration and electrolyte imbalance
- Sharp or worsening pain in joints or muscles, or any change in gait – pushing through can cause long-term injury
- Blisters or foot damage – small issues can end your race if left unmanaged

## MEDICAL TEAM & ASSISTANCE

The race medical team is Challenge First Aid Ltd, who will be able to provide medical assistance throughout the race. If you need medical assistance and absolutely cannot make it to a checkpoint, please call the race medic number. For non-critical assistance there may be a wait whilst the medical team locates you on the trail. In the event of a critical emergency, please call 999.

## WITHDRAWAL FROM THE RACE

Should you need to withdraw, please make your way to the nearest checkpoint and hand in your race number and tracker to a volunteer. If you absolutely cannot make it to a checkpoint, please call the event control number. **You must not go home without telling us and returning your tracker.**

## SPECTATOR LOCATIONS

Supporting friends and family on the course? There are several great spots where you can catch the action, cheer runners on, and enjoy some scenic locations along the way. Please be respectful of local areas, only park in permitted places and follow any site-specific rules (especially around café or pub facilities).

### YALDING VILLAGE (11KM)

A beautiful lock with the impressive Boathouse pub overlooking the river, makes for a great place to cheer runners through.

Location: [HERE](#)

### HOLLY HILL CAR PARK (41KM)

Spectators can park in the Holly Hill Car Park and watch runners pass along the North Downs Way at KM 41.

Location: [HERE](#)

### PETERS VILLAGE (60KM)

As runners pass over Peters Bridge, they will head through Peters Village. There is plenty of parking here and spots to watch runners before they head up Blue Bell Hill

Location: [HERE](#)

### DETLING VILLAGE (74KM)

Detling Village Hall is a major checkpoint and a great place to support runners before they head over a tricky final section.

Location: [HERE](#)



### WEST PECKHAM VILLAGE (25KM)

A peaceful village with a village green that runners will cross over. Please be considerate to locals as runners will pass through here early.

Location: [HERE](#)

### LUDESDOWN VILLAGE HALL (44KM)

One of our main checkpoints. There's a lovely cricket field and views over the wealdway

Location: [HERE](#)

### BLUE BELL HILL (64KM)

As runners reach the peak of Blue Bell Hill they will pass through the picnic site, where our checkpoint will be. There is a car park or on road parking.

Locations: [HERE](#)

### LEEDS CRICKET CLUB (85KM)

Our Cricket Club venue offers parking and stunning views over to Leeds Castle. A must see if you're supporting your runner.

Location: [HERE](#)



## CROSSING THE FINISH LINE

Your final steps will bring you back to where it all began in Loddington Farm, where you'll be cheered home in front of friends, family, and fellow runners. Expect a buzzing finish line atmosphere and a well-earned celebration.

We really encourage you and your supporters to stick around at the finish, kick back and enjoy the atmosphere as other runners complete their race.

Once you cross the line, you'll:

- Be handed your finisher's medal (if completed within the cut off)
- Enjoy a free hotdog and a choice of tea, coffee, or cold drink
- Be given a refreshing alcohol-free beer from our partner Athletic Brewing Co.
- Have your GPS tracker removed by a volunteer and your drop bag returned.



## FACILITIES

At the finish there will be toilet and changing facilities, as well as a quiet area should you wish to rest. There are no showers at the finish line.

## VENDORS

For spectators (or runners) looking for food & drinks to purchase, we will have:

- **Pizza Buoys** cooking up Neapolitan style pizzas between 2pm and 8pm.
- Hot tea/coffee provided by Embrace Ultra with a small donation to charity welcome.





## EXTRA ADD-ONS AVAILABLE AT FINISH

Don't forget to check out what's on offer at the finish line — from exclusive race kit to post-race recovery support:

### TRIPLE TRAIL FINISHER T-SHIRTS

Celebrate your race with our official Triple Trail Finisher T-Shirt — a great way to mark the achievement. T-Shirts will be available to **pre-order only**, with delivery by end of October. You can pre-order at the finish or online after the event.



### EMBRACE ULTRA MERCHANDISE

Our pop up stall will be selling official Embrace Ultra merchandise on the day, including our popular 'Embrace the challenge' technical T-shirt and Embrace x Attain Performance Cap.



### FORTIS HEALTH

Fortis Health will be offering post race treatment on a walk up basis. Treatments include a free injury assessment, plus paid sports massage and other injury treatments. Runners can also get 20% of follow up treatments. [Website](#)

PRICE LIST	
INJURY ASSESSMENT	FREE
SPORTS MASSAGE	
10 MIN	£10
15 MIN	£14
20 MIN	£18
CUPPING THERAPY	£12
COMPRESSION BOOTS	£12
JOINT & MUSCLE TAPING	£5

07969547386
 WWW.FORTISHEALTH.UK
 @FORTISHEALTHUK
 CONTACT@FORTISHEALTH.UK

## ONCE THE RACE HAS FINISHED

Just because the race is finished, it doesn't mean the journey is over — here's how to wrap things up and stay connected:

### SHARE YOUR STORY

We'd love to see your photos, hear your stories, and relive the day with you!

Tag us @embrace\_ultra and use #TripleTrailRaces on socials and don't forget to tell your running friends and family about the event.



### RACE PHOTOGRAPHY

We'll have several photographers out on the course capturing your moments.

All race photos will be completely free to download, available a few days after the event.



### RACE REVIEW

Your feedback really matters. It's how we earned our Gold Star Award on Racecheck in 2024. You'll receive a post-race email with a short feedback form — if you can spare 5 minutes to complete it, it genuinely makes such a difference to our small race company.



### RACE RESULTS

Every runner who finishes the race within the cut off times will receive an official race result. Unofficial results will be available immediately via the Open Tracking results page, however official results will not be confirmed until fully validated and published. Results will be published within 48hrs of the race finish.

## PLANNING ANOTHER ADVENTURE?

Already thinking about your next trail challenge? Whether you're after big miles, winter magic or sociable community runs, we've got something for you.



### WINTER WANDERLUST 50KM

Sunday 21<sup>st</sup> December 2025

A festive 50km ultra through the Kent Downs.

Stunning winter trails, cosy checkpoints and a warm festive finish – the perfect way to round off your running year.

[Enter now](#)



### THREE CASTLES 50KM

Saturday 30<sup>th</sup> May 2026

This stunning 50km race follows the River Medway from historic Rochester to Tonbridge, passing idyllic villages, scenic countryside, and three medieval castles. Ideal for first-timers or those chasing a PB. [Enter now](#)



### CASTLE TRAIL 30KM

Saturday 30<sup>th</sup> May 2026

Be part of the Three Castles 50km weekend with our new Castle Trail 30km race, running the second half of the 50km route which follows the river Medway through quiet trails, idyllic locks, the stunning Tonbridge castle and that spectacular track finish. [Enter now](#)



### SOLSTICE AT THE LAKES

Saturday 20<sup>th</sup> June 2026

A timed trail challenge on the longest day of the year. Choose 6,12 or 24 hours (solo or team) and run as far as you can on a scenic 2.5km lakeside loop. Our most inclusive event that's suitable for runners of all abilities. [Enter now](#)



# GOOD LUCK

## ENJOY THE JOURNEY

You've done the training, packed the kit, and now all that's left is to enjoy the adventure.

We can't wait to welcome you onto the trails for the Triple Trail 100km. Whether it's your first ultra or one of many, this race is all about the shared effort, the stunning route and the spirit of the running community.

Take it all in. Run your race. And most of all — have fun out there.

See you on the start line.  
— The Embrace Ultra Team

