

SheRACES Trail Series 2026 – Race Instructions

Please find below your final instructions for race day on Sunday 5th July 2026

If you have any questions, please check our website (<https://www.sheracestrailseries.com/>) where we have uploaded much of the Key Information you will need, including route details, aid station locations, travel information and our spectator guide.

Please note – we are not able to make any changes to entries within 7 days of the event, with the exception of our Pregnancy/New Parent policy.

Schedule

Registration opens: 7:30am

50km walkers' only start: 8am*

Mass start (10km, 25km and 50km): 9am

Please arrive with plenty of time to queue for picking up your number and using the toilets. We recommend arriving at least 45 minutes before the mass race starts.

Please note that the 8am start is for those who wish to walk the entire course **only and would like a little extra time at the start of the day. As a guide, this is for entrants who intend to be out on course for 10 hours or more. Due to safety considerations (medical cover and marshal placement) as well as timings for aid stations, we cannot accommodate runners or run/walkers at this time. If you intend to walk the 50km and would prefer to join in the mass start you are more than welcome to do so. There are no cut-offs – you are welcome to take all the time you need to complete the course.*

Venue Address

Denbies Wine Estate
London Road
Dorking
Surrey
RH5 6AA

<https://maps.app.goo.gl/n9PPmZZjxRf19KPB6>

The start/finish and event parking are in the large field to the right of the main Denbies building. There will be marshals on site to direct you.

Detailed travel information including public transport can be found on our website here: <https://www.sheracestrailseries.com/travel-accommodation>

Driving

Parking is free of charge. As you drive up towards the tree-lined road facing the main building, look out for a yellow 'Race HQ' sign pointing right along a grass track. Turn right and drive along here into the main field for event parking. You will be able to access your car during the event.

Registration and Venue Information

Registration will be at the event base in the Bacchus Field to the right side of the main building, adjacent to the start/finish and close to our event parking. Simply give your name to our volunteers at the registration desk. You will be given your race number and safety pins. Your race chip is attached to the back of your number so it is important not to bend, fold or damage it.

Denbies Wine Estate will be opening the Hatch on the Lawn at 8am (for drinks and snacks), their conservatory restaurant is open from 9am and their well-stocked shop from 9.30am.

Emergency Telephone Numbers

Per the mandatory kit list, these numbers must be saved to your phone for event day:

Emergencies (including medical): 07949 273732

Lost Runner (if you find yourself off the course route during the event): 07950 286960

Toilets

For registration and your time at the start/finish, the main facilities are the toilets in the main building, through the main entrance, which will be open for our use from 7.30am. These will be open and easily accessible throughout the event, and we have at least one marshal there to point you in the right direction.

There will also be portaloos near the start/finish.

Period products will be available near to both, provided by our event partner Fab Little Bag.

Mandatory Kit

Please check the mandatory kit list to make sure you are carrying all compulsory items. There will be spot checks at registration. A full list can be found here:

<https://www.sheracestrailseries.com/kit>

Extreme Weather

In the event of a yellow, amber or red alert issued for hot weather in Surrey on event day, we will require you to carry the extreme weather additions.

An email will be sent in this event, but you may also wish to refer to the Met Office website: <https://weather.metoffice.gov.uk/warnings-and-advice>

Routes

Routes and aid station/additional toilets information can be found on our website here:

<https://www.sheracestrailseries.com/routes>

SheRACES has partnered with Ordnance Survey to offer all participants an extended free trial of their premium app. We recommend you download the app, and then save the route maps to your phone via the app in order to be able to use them offline (in the event of poor mobile service). Via your phone's GPS you will then always be able to see where you are on course and find your way back if you make a wrong turn.

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Course Signage

The course will be marked by a combination of signs and small piles of sawdust on the ground.

The 25k and 50k courses follow the North Downs Way. In addition to the above signs and sawdust, look out for signs displaying an acorn – the emblem of the National Trails.

Bag Drop

There is no formal bag check facility, however, we will have a bag drop area near the start/finish for you to leave belongings while you complete the event. Items are left at the owner's risk.

Event Briefing

There will be a safety briefing and warm up before the mass start at 9am.

Road Safety and Trail Etiquette

There are no road closures for the event so please be mindful of traffic at every road crossing. Please close all gates behind you.

Headphones

If using headphones, please make sure they are bone conduction so instructions of marshals and traffic at road crossings can be clearly heard.

Tips & Advice

Painkillers

Please avoid taking NSAIDs (such as Ibuprofen/Nurofen) during the event. There is well-documented evidence on the potentially damaging effects of using these sorts of painkillers during endurance sports.

First Aid/Defibrillator & Medical Emergencies

On Course Emergencies

In the event of a medical emergency:

- Call the emergency services on 999, and
- Call the event emergency line on 07949 273732, and
- Always pass a message onto the next available runner
- If you are that next available runner, come directly to the nearest aid station, marshal point or to event base and inform one of the event team.

First Aid at Event Base/Aid Stations

A first aid kit is located at the event base and at each aid station.

At event base two fully automatic CPR Cardiac Science G5 DEFIBRILLATORS are located to the right side at the rear. Look for the AED signage. In an emergency these can be accessed by anyone. Open the case, open the defibrillator and follow the voice commands.

A Medical, Emergency & Ambulance Evacuation Plan is located at the event base in a red waterproof folder.

Foil blankets are kept at event base for both emergency purposes and can be requested at any time.