



THE
CHASE
TRAIL RUN



2026 ESSENTIAL INFORMATION

THE CHASE TRAIL RUN



Welcome to The Chase Trail Run

It's fantastic to welcome you back to the heart of the Dorset countryside where we are excited to bring you a wonderful weekend of running, music and camping.

Time to celebrate

We know the journey lots of you have been on to get to the start line. Each of you with your own story.

The Chase Trail Run is known as 'Runnings best kept secret' and we can't wait for you to experience the breath-taking routes, whatever distance you are running.

As you are probably aware, The Chase Trail Run is the sister event of the New Forest Marathon. We like to take the best bits from each event to make sure you get the best experience.

Once you are over that finish line, we think you deserve to take a moment to celebrate. The UK Trail Running Festival and New Forest Marathon are some of the only events which provide a platform to share and celebrate after your race. We encourage you to invite your friends and family and have a special day.

Our post race atmosphere is amazing. So, relax and enjoy your special moment in this very special place.

To make sure you are fully prepared, please read and enjoy the following document.

Have an amazing weekend. We look forward to seeing you on the start line!

Best of luck

Andy & Chris



ANDY DAISH
Event Director



CHRIS FARR
Event Director




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Find your local Hunt Forest Group branch at

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Blashford,
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BH24 3PE
Tel: 01425 472 572

Opening Hours

Monday – Friday: 8.00am – 5.30pm
Saturday: 8.00am – 1.00pm
(Extended hours through busy periods)

Email us at info@huntforest.com
Visit us online at www.huntforest.com



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SAME EVENT... NEW NAME...?



Those who have taken part will know how beautiful this landscape is. Due to our environmentally conscious approach, we remain the sole running event given privileges to run across this protected land.

We wanted the name of the event to reflect both the geographical area and the challenges many runners go through. We've added an extra twist to the races too, to make the new name even more meaningful!

- Cranborne Chase is one of the most treasured National Landscapes in the UK
- The Trail race routes cover part of the 1000 square kilometres that make this the 6th largest protected area in Britain
- This diverse and distinctive landscape is the only Dark Sky Reserve in the UK
- This stunning landscape is home to rare farmland birds, many bat species, orchids and butterflies across a plethora of exceptional habitats such as scarce chalk downland, ancient woodland and crystal-clear chalk rivers.

We also wanted to encapsulate 'the chase' to the finish line, 'the chase' to achieve a PB or 'the chase' of the runner in front... a journey only runners can appreciate.

THE ADDED TWIST

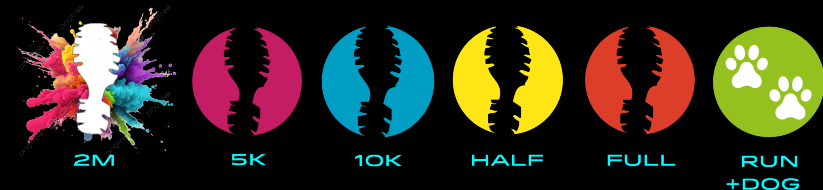
The event will continue to offer the same infectious atmosphere, live music, camping and race distance options that we know you love.

To add a touch of 'va-va-voom' to the mix, we've added '**THE CHASE**' as part of each race. All races will take place as normal with distances measured and verified by OS. But the last 100 metres will become an extra race! The fastest person over the last 100m from each race wins a separate prize. This means you can be placed anywhere in the main race distances and still have a chance to win '**THE CHASE**'!

All adding to the thrill of '**THE CHASE**'!

CAN YOU RESIST...

THE CHASE?



THE CHASE

TRAIL RUN



ESSENTIAL INFORMATION

THE FOLLOWING INSTRUCTIONS WILL GIVE YOU ALL THE ADVICE AND INFORMATION YOU NEED TO HAVE A FANTASTIC RACE DAY. PLEASE READ THEM CAREFULLY!

PRE EVENT

RACE PACKS

Race packs will be sent to your registered address on 15th April ready for your race on Sunday 26th April. The pack will include your running number and safety pins to fasten your running number to your shirt. Any runner entering after the 15th April can collect their race packs from Registration on Race Day.

Please ensure all sections are **COMPLETED ON THE REVERSE SIDE OF YOUR RUNNING NUMBER WITH YOUR EMERGENCY INFORMATION.**

START TIMES

Full Marathon - 9:15am

Half Marathon - 10:00am

10k - 10:00am

5k - 10:00am

2 mile - 10:10am

Junior 200m/1 mile - 1:30pm

BE AWARE OF TICK'S

The routes run through areas where ticks maybe present so please follow the following steps:

Key tick awareness messages

'Be tick aware' and remember that you could be exposed to ticks whenever you spend time outdoors ticks mainly attach to animals, but sometimes they may bite you you can prevent tick bites by running on clearly designated paths, using insect repellent and performing regular checks some tick bites result in infection, so its important to remove ticks safely and as quickly as possible the safest way to remove a tick is using a pair of tipped tweezers or a tick removal tool contact your GP or dial NHS 111 promptly if you begin to feel unwell with u-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors.

For more information, search for the phrases 'ticks' and 'Lyme disease' on these: www.nhs.uk or www.gov.uk

WE RECOMMEND ARRIVING AT LEAST 1 HOUR PRIOR TO YOUR START TIME

ESSENTIAL INFORMATION

BEFORE LEAVING HOME

ROUTE TO START LINE

Please arrive at least **1 HOUR** prior your race start time. All races start and finish in the same place with finish positions based on chip time so there is no rush to be at the front. Please ensure you take time to read the race rules, including how to overtake!

SPECTATORS

Spectators are welcome as are dogs, but please keep them on leads at all times. Spectators are welcome to enjoy the Race Village, food/drink vendors and live music. We have a number of picnic tables opposite the stage/food vendors for spectators to kick back and relax throughout the day, but feel free to bring picnic blankets and chairs. Dogs are welcome but must be kept on a lead at all times.

WHAT TO BRING WITH YOU

Make sure you have everything to enjoy the event including:

- Running Number Safety Pins (collected from registration)
Kit + Trainers Towel
- Change of clothes
Food and Drink including a drink to run with if possible
- Suntan lotion (hopefully)
Cash for traders, card maybe possible but internet connection can be challenging
- Remember to arrive 'race ready'
- Please note there is no baggage area at the UKTRF this year.
- Picnic blanket and chairs for Race Village

TRAVEL ADVICE

Plan your journey. Make sure you know where you are going and the address of St Giles House, Wimborne St. Giles, Wimborne, Dorset BH21 5NA.

The main car park entrance is signposted and can be found by following the What Three Words Link <https://w3w.co/attaching.ladders.drill> Please leave enough time to arrive, park and make your way to the Race Village.



By Car: We have ample car parking located a short walk from the Race Village.

From: New Forest / Bournemouth (A31)

From the A31, take the exit for Verwood onto the B3081. This is easy to miss! Drive north to and straight through Verwood, crossing over the roundabouts. On leaving Verwood, you will cross a small bridge and pass a golf course on your left. Take the third road on the left signposted to Shaftesbury and Cranborne. This is still the B3081. Follow this road to the end and then turn right onto the B3078

Take the 1st road on the left, back on to the B3081. Please park as directed. The car park is **FREE** all day.

From: Salisbury or Blandford (A354)

• Please use the Sixpenny Handley roundabout and head south on the B3081 to Cranborne. Continue for 3 miles. After a sharp bend to the right, ignoring the turning on the left, take the next left on the B3081 and follow the signs. Please park as directed; there are no parking charges.

From: Wimborne (A3078)

• Head north on the B3078 for approximately 9 miles, ignoring the first sign to Wimborne St Giles. Turn left onto the B3081 signposted to Shaftesbury and Wimborne St Giles. Follow signs and park as directed. There are no parking charges. Due to the COVID-19 restrictions we've removed the Baggage tent this year so everything you bring to the event must be left in your car.

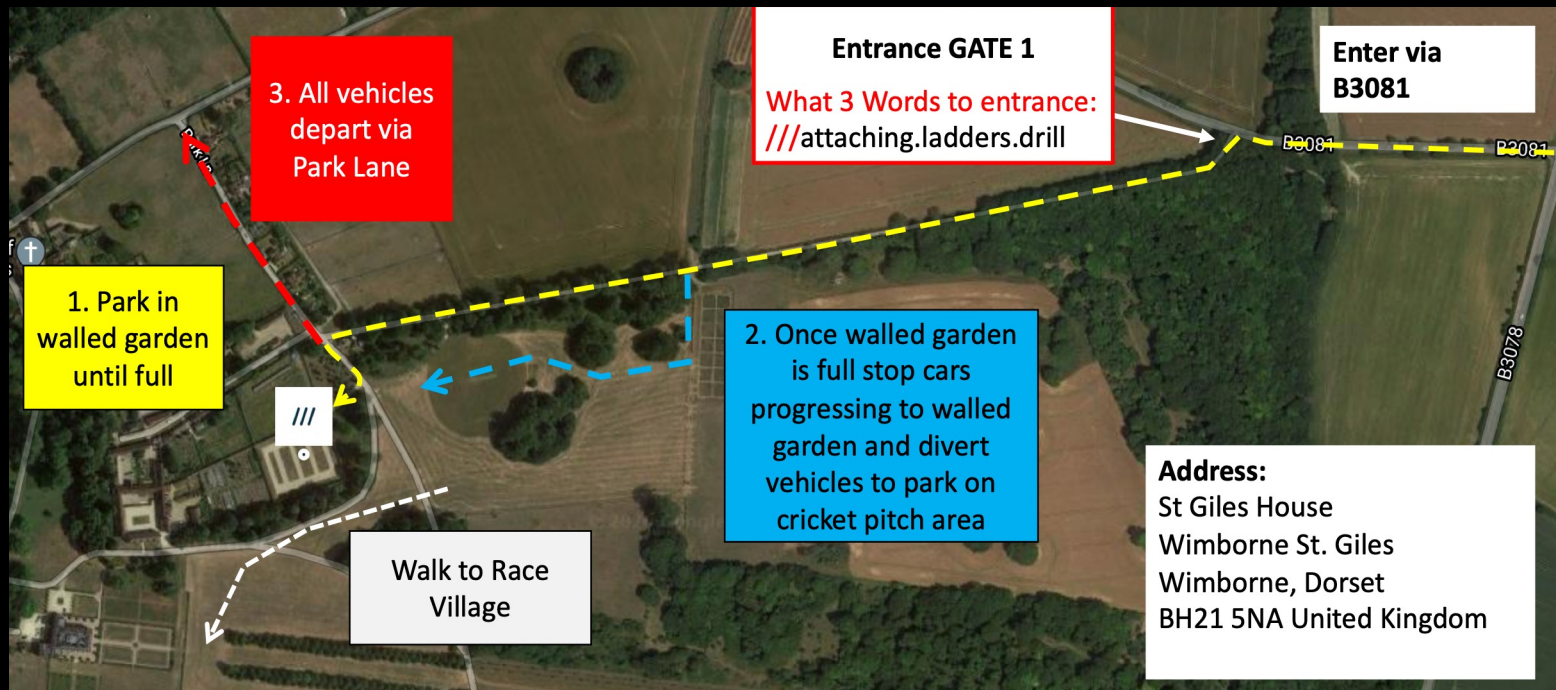
EVENT SITE ENTRY

Please allow plenty of time to access St Giles House Estate due to the numbers travelling to the event and a runner's crossing point at the entrance. Our full marathon runners will be passing the main entrance from 9:20am – 9:30am so expect a short delay if entering during these times.

For this reason, we ask if you can ensure you arrive at least **1 HOUR** before your event start time. Thanks, so much for your consideration and support.

ESSENTIAL INFORMATION

ENTERING THE EVENT



Our Entrance and Car Park Team will ensure you make a smooth entrance and exit. Please follow signage and their instructions to get you parked up and ready to enjoy the day with us.

ESSENTIAL INFORMATION



BEFORE YOUR RACE

CAR PARK

The car park is **FREE** for the duration of the event. The event opens at 8am and will run until 4:00pm.

OFFICIAL ADVICE FROM DORSET FIRE AND RESCUE

We advise that if the weather has been especially hot and dry in the preceding weeks, that visitors do not sit in their vehicles with the air conditioning operating to cool down as this poses a re risk!

ATTACHING YOUR RUNNING NUMBER

All running numbers must be attached to the front of your T-shirt/running vest using the safety pins supplied in your Race Pack. If you do need some spare check out the Race Registration gazebo in the Race Village.

ALL RUNNING NUMBERS MUST BE COMPLETED ON THE REVERSE WITH YOUR EMERGENCY INFORMATION.

This is also your timing chip so is essential you don't forget it. Please ensure this is not swapped with any other runners. There are no spare ones available, and runners won't be able to take part without their running number.

Please note that on the reverse of your running number you will see our emergency medical number. We have added this as an extra safety measure. Should you need medical assistance around the race or see a runner in trouble please do not hesitate to call it or dial 999 so we can get medical assistance as quickly as possible to that person.

As always, we will be running a sweep vehicle for all events to ensure runners can get safely back to the Race Village should you need to drop out. Please report to the nearest marshal or drink station on route who will assist you.

STERILISATION ZONES

There is a Sterilisation Zones in the race village should you wish to use it.

RACE START TIMES

Event	Start Time
Full Marathon	9:15am
Half Marathon	10:00am
10k	10:00am
5k	10:00am
2 mile	10:10am
Junior 200m/1 mile	1:30pm

LATE ARRIVALS TO THE START LINE

Anyone arriving late for the start of their race will **NOT** be able to run. This is due to the time sensitive nature of marshalling positions, medical cover and road traffic management around the course.



ESSENTIAL INFORMATION

THE FOLLOWING INSTRUCTIONS WILL GIVE YOU ALL THE ADVICE AND INFORMATION YOU NEED TO HAVE A FANTASTIC RACE DAY. PLEASE READ THEM CAREFULLY!

THE RACE

RACE RULES

- Runners must always keep to the right of the track
- Runners must make verbal contact before overtaking by shouting 'track'
- All overtaking must take place on the furthest point on the left of the track this will allow an approximate 3m gap between runners. If space doesn't allow, please wait for a suitable overtaking opportunity.
- Any runner seen dropping rubbish outside of the rubbish drop zones will be disqualified - Please respect the beautiful St Giles Estate!
- You must smile!
- Any runner seen breaking race rules will be disqualified and not get a race result.

THE DON'T LIST

HERE ARE A FEW THINGS NOT TO DO ON RACE DAY:

- Please don't wee in gardens or public places. There are plenty of toilets in Race Village before the start!
- Don't set off too quickly! Pace yourself during your run as the St Giles Estate routes are challenging so leave enough in the tank for that finish line sprint.
- You don't need to take too much water on board, just enough to stay hydrated!

FINISH LINE

Once over the finish line you will be guided through a finish funnel, please keep moving at all times to avoid a build up of finishers behind you! A UKTRF Medal, Finishers T Shirt, bottle of water and High 5 Salt Tablet will be available from self service areas.

RACE RESULTS

Your race result will be text to you. Full results will be available on the UKTRF website under the results section.

THE TOP 10 ESSENTIAL TIPS

THE RACE

1



If you're feeling unwell at any point during the event contact the nearest marshal or medical professional.

2

Make sure you are not running in new shoes on the race day. If you are running in a fancy dress outfit, make sure you have tried running in it before to ensure it's not dangerous.

3

Make sure your race number is completed with emergency contact information and you don't swap these with a friend - we need to know these details in case of an emergency.

4



Drink sensibly according to the conditions and not too much during the race.

5



If you're feeling unwell before your chosen event we advise you not to run. Health comes first.

6



Rehydration is important when finishing your event. Drink slowly rather than gulp large volumes very quickly.

7



Amend your goals depending on the conditions e.g if the weather is hot then please run slower.

8

Do not take anti-inflammatories before or during your event. Take paracetamol should you need painkillers. As always, seek medical advice where necessary.

9



Hydration is key to having a successful run, don't start dehydrated or over hydrated and practise drinking during your training runs.

10



Fam
HAVE FUN AND ENJOY THE RACE!

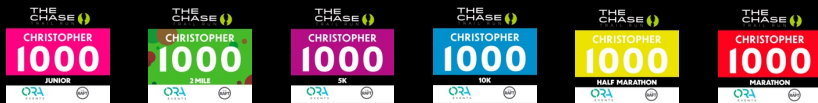
COURSE INFORMATION



Welcome to The Chase Trail Run 2026. Whichever race you have entered it is key that you are aware of the following information. Please take time to read the following carefully. The Race Village will open at 8:00am and close at 4:00pm.

NB: As part of our continued commitment to keep the St Giles Estate tidy, any participant seen to drop gel packs or litter outside of the Drink Station Areas will be disqualified.

THE RACES



All runners signing up before April 14th 2026 will be sent their Race Packs to their registered address to receive in good time for the event. Those signing up after this date will have to collect their Race Packs from the Registration Marquee located in the Race Village at St Giles.

All events are classed as multi terrain races with more than 10% of the running surface off road.

FINDING YOUR WAY

All races start and finish at the Start/Finish Line shown on the course map. Each race is colour coded using the colour system below: All you have to do is follow the footprints/signage around the course. Where you see a green sign, this applies to all routes. Each race will be followed by a Tail Rider or runner so we can ensure your safety.



HAZARDS

The courses comprise a mixture of compact gravel tracks, forest trails, grass, tarmac and farmland. However, you need to remember you are running through the St Giles Estate and therefore you will be sharing the routes with wildlife.

April is a sensitive month for bird life on the estate so please respect the fact you're running through their home.

There are many natural hazards such as tree roots, branches and there could be puddles depending on weather conditions.



MARSHALS

Many of the marshals are volunteers without them the event would not be possible. They are there for your safety and to enhance your experience. Please be polite to them and follow their advice.



MEDICS

We have a full medical team at the Race Village and around the course. If you feel unwell or pick up an injury please stop running and report to the nearest marshal or drink station, who can summon help. As an extra safety measure, you will find an emergency medical assistance number on the reverse of your running number. Please do not hesitate to use this if you need assistance.



RUN WITH YOUR DOG - RULES

1. Dogs should be on their lead throughout the event, including before and after the run.
2. The dog must be a minimum of 12 months old to enter the event.
3. You must clear up after you dog, even when competing in the event.
4. Long extendable/retractable leads are not permitted.
5. We encourage the use of harness, belts, and bungee lines. Although these are not essential, we encourage owners to consider purchasing these as they offer the safest solution when running with your dog.



ROAD CROSSINGS

The routes have several road crossings that are fully marshalled for your safety by Traffic Trained marshals. Please take care at these points and follow instructions given. All road crossing points will be marshalled to increase safety; however, it is your responsibility as a runner to ensure you cross safely.



HEADPHONES

Although not recommended, personal stereos, iPods & mp3 players can be used at The Chase Trail Run Event.

Please read the following advice:

The Chase Trail Run Team follows industry recognised standards and strongly advise that you **DO NOT** wear 'in ear' headphones or use audio devices during the race for your own safety, especially on road sections. However, we endorse the use of Aftershokz type headphones as these provide a safe solution allowing participants to hear their surroundings as well as their music.

Although **NOT RECOMMENDED**, there will be no disqualification for use of audio devices.



CHIPTIMING AND RESULTS

Your running number contains your race chip. Please ensure that this is safety pinned to your top using the pins included in your Race Pack. The chip will automatically pick you up as you pass the start and finish line.

At the end of the race, you are free to take your chipped race number home with you as a memento of the day. You will receive a text with your result at the end of the race if a mobile number has been supplied at time of booking. Please note mobile phone signal is pretty much non-existent at St Giles so there will be a delay in receiving this. Race results will be available via the The Chase Trail Run website.



DROPPING OUT

There will be sweep vehicles following all events. If you feel you cannot make it around the course please report to the nearest marshal or drinks station who will make a note of your race number and ensure you get back to the race village safely. Please do not leave the course without notifying an official.



SLOW RUNNERS

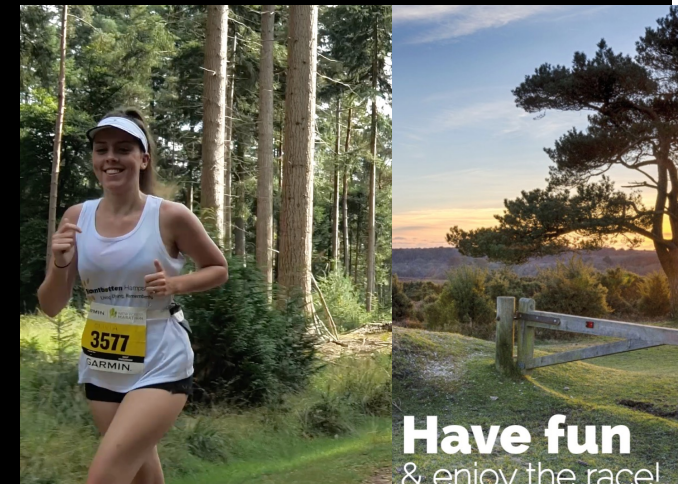
Our race event is scheduled to finish at 3:15pm, this will allow all runners plenty of time to complete the course. If you are still on the course after this time you **MUST STOP** and report to the nearest marshal who will escort you onto the sweep bus. A runner must retire immediately if ordered to do so by a medical official of the race.

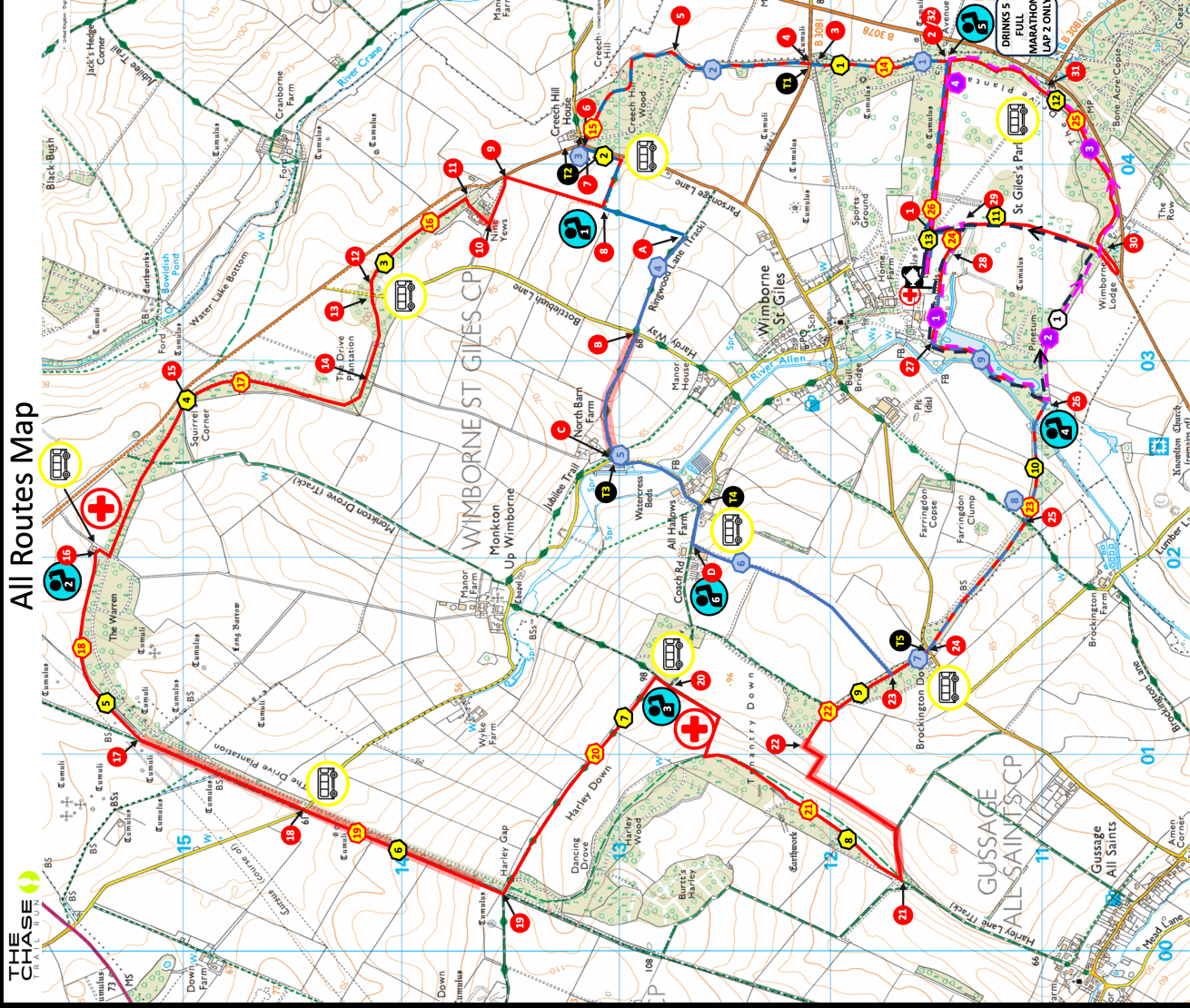


PRESENTATION

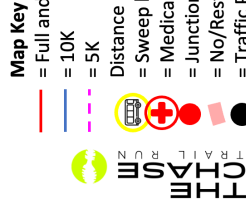
There will be no presentation on the day. All prize winners will be sent their prize to the address or email address that was registered when signing up and are featured across social media.

**THE
CHASE** 
T R A I L R U N





All Routes Map



- Map Key**
- = Full and Half Marathon route
 - = 10K
 - = (Full/Half and 10K all share the route)
 - - - = 5K
 - - - = 2 Mile
 - = Distance Markers: Full/Half (lap 1 in miles) Full (Lap 2 in miles)
 - = Sweep bus preferred access points
 - = Medical bases
 - = Junction Point
 - = No/Restricted vehicle access
 - = Traffic Point
 - = Drink station
 - = Start/Finish

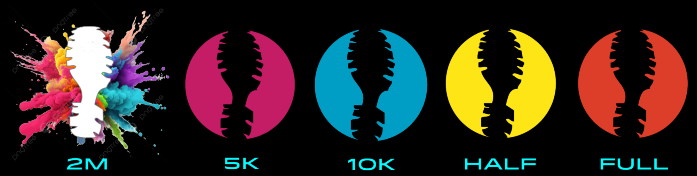
OS Letter Grid: SU

- Full (Lap 2 in miles)
- 10K (In Km)
- 5K (In Km)
- 2 Mile

Junctions

Start	Event / Bib Colour	Junctions
09:15	Full Marathon (FM)	1 to 32, to U-turn near 1, then 2 to 32, then to finish
10:00	Half Marathon (HM)	1 to 32, then to finish
10:02	10K	1 to 8, then A to D, then 23 to 29, then 1, then to finish
10:04	5K	1, 29, 28, 27, 26, 30, 31, 32, 1, then to finish
10:06	2 Miles	1, 29, 28, 27, 26, 30, 29, 1, then to finish
13:30	Junior	

EVENT PRIZES



Full Marathon - Half Marathon - 10K - 5K - 2 Mile

Male and Female 1st, 2nd and 3rd

- 1st - Urban RCS Air Conductive Headphones
- 2nd - The Chase Hoodie
- 3rd - Premium Water Bottle



THE CHASE...

Full Marathon - Half Marathon - 10K - 5K - 2 Mile

Male and Female 1st

- 1st - Premium Water Bottle



RACE VILLAGE MAP



ENJOY THE POST RACE ATMOSPHERE

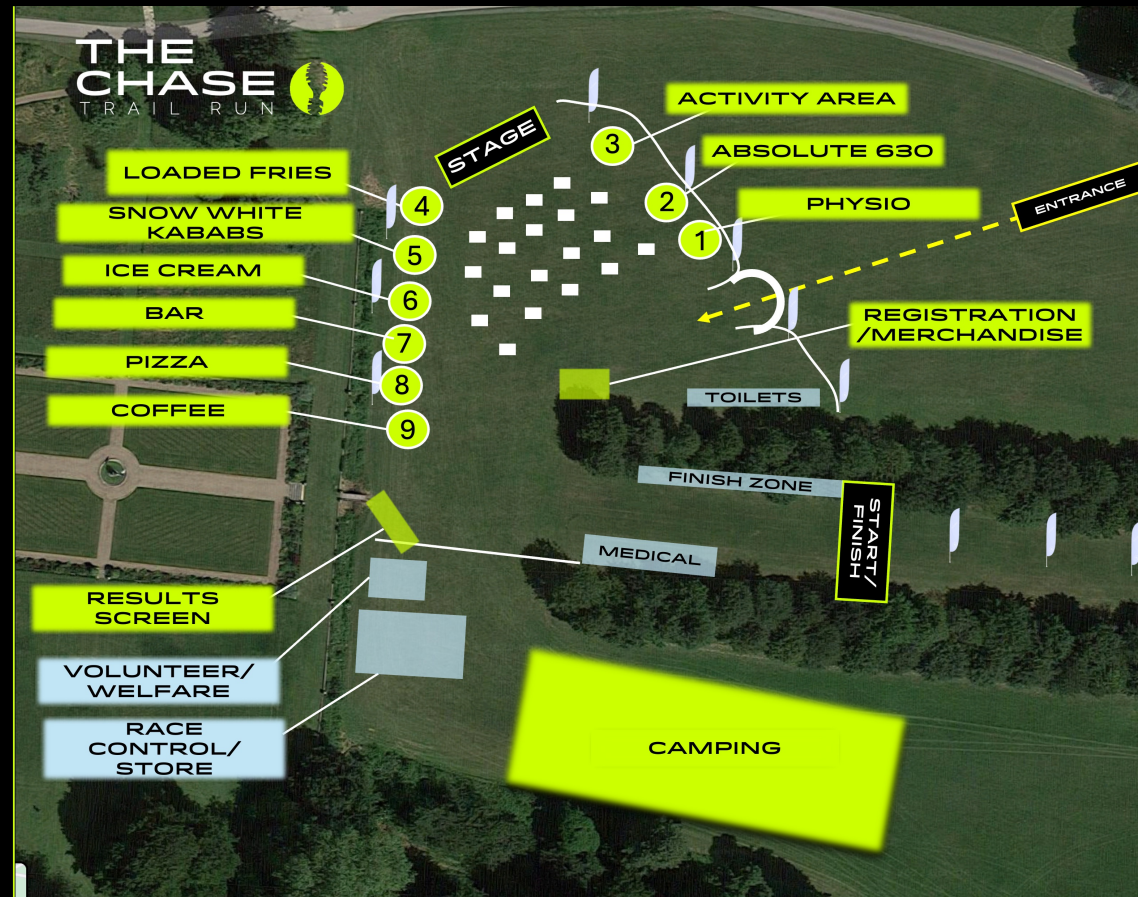
We welcome all runners, friends and families to enjoy the stunning grounds of St Giles House and be part of the post-race celebrations.

We have a very friendly Race Village with plenty of food and beverage outlets as well as an activity area for big and small kids!

Our physio treatment area is sure to be a hit to take care of those tired leg.

A selection of talented artists will be performing on the stage throughout the the day so please kick back join us to celebrate your amazing achievement!

To help support the traders can you please be prepared with both cash and card if you plan to purchase food or beverages as Wi-Fi signal is very limited on site.



PN	TRADER
1	South Coast Physiotherapy
2	Absolute 360 Sports Apparel
3	Rascals Castles Kids Activity Area
4	Paella Espania
5	Snow White Kababs
6	Snow White Ice Cream
7	Hop On Inn Bus Bar
8	Pizzamo
9	Ahh Roma Coffee

WHATS ON

Nia Nicholls

11:45am – 12:45pm
1:00pm – 2:00pm

Nia Nicholls is a singer/songwriter who's been writing and performing since she was 11 years old. Nia has garnered support from many country icons, including the "My Girl" singer, Dylan Scott, who cited she was "one to watch". UK country act,

Nia has received much airplay from BBC Radio Solent and BBC Radio Wales. Recently, her single "Exes" was made BBC Introducing's Track of the Week.

Nia has spent the last two months over in the states, where she has been performing and co-writing in Texas, Nashville and Memphis. This comes after she hit 1 million streams across her releases on Spotify



THE
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WHATS ON

Rujiero

10:30am – 11:30am
2:00pm – 3:00pm

Fusing reggae, folk and roots with bass line led melodies we introduce the awesome Rujiero.

Part of our memorable line up at Rock 2 Rock Lets Rock, Cornwall and gracing stages throughout the UK, Rujiero returns before the release of his much anticipated 2nd album.

Rujiero is set to get those toes tapping as you celebrate your running achievements.

Rujiero will also be running in the 5k before taking the stage.



THE
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TRAIL RUN 

HIGH 5

FUEL THAT
HIGH 5
FEELING

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THE CHASE
TRAIL RUN




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COFFEE

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THE CHASE
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**THE
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Coastal Podiatry is located at the Sandbanks Clinic, just close to the heart of the bustling Ashley Cross in Poole. With the outdoors in mind, we wish our clients to enjoy our beautiful UK Coastline and Country, whether it's walking, running, or even a more urban and professional lifestyle, after all it's your feet that must take you on that journey.

We have a special interest in gait analysis, movement patterns, performance and biomechanics and we know efficient movement and will always be at the heart of our clients needs. Podiatry as a profession, can play a great role in foot comfort, wellbeing, injury prevention and provides a significant role in health education centered around the feet

If comfort, performance and injury prevention are for you, then you may also wish to consider custom orthotics. Our service is available to discuss your needs and assess if you will benefit from prescription orthotic insoles.

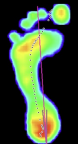
As well as sports injuries and musculoskeletal conditions that may affect the foot and lower leg, Podiatrist will also treat a range of medical conditions of the foot including routine skin and nail care, fungal nail infections, damaged nails, ingrowing toe nails, corns and calluses, verrucae, dry skin, cracked heels, diabetic and arthritic feet and much more.

Coastal Podiatry was established by Podiatrist Ruggero Calo' with comfort, performance and the outdoors in mind so that your feet can serve you to their best.

Consultations are available at the Sandbanks Clinic, 45 Commercial Road, Poole BH14 0HU
Clinic Contact 01202 748 899

Out of Hours, home visits and mobile 07748 142169

www.coastalpodiatry.co.uk info@coastalpodiatry.co.uk



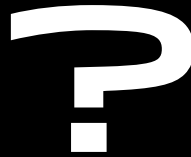
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NEW FOREST
MARATHON

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THE
CHASE
TRAIL RUN



COME AND JOIN US

FOR

NEW FOREST
MARATHON

2026



13TH SEPTEMBER
2026

RACE DISTANCES FOR EVERYONE



5K



10K



HALF



FULL



JUNIOR



WOODLAND
WALK

SIGN UP NOW

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THE
CHASE
TRAIL RUN



ENJOY YOUR RACE

