

2024 BOUDICCA ULTRA - 50 KM

RACE INSTRUCTIONS

Welcome to the 2024 Boudicca way ultramarathon

These are your race instructions for the event – please ensure that you read each section fully so that you are aware of the latest information for this year's race.

We hope that these instructions will be the final version but things sometimes change, any amendments to these (eg due to route diversions) will be communicated separately in the lead up to the race

Your Steps:

1. Read the Race Instructions below. Please read all sections in full.
2. Familiarise yourself with the Mandatory Kit list in the race brief
3. Watch the Race Brief – video link will be supplied in the week prior to the race

CHECKPOINT LOCATIONS & CUT OFF TIMES

There are 4 Checkpoints during the race.

With the exception of Checkpoint 4 which is a minimally stocked checkpoint, each checkpoint will provide refreshments including cola, Hi5, water and juice as well as a variety of food, fruit, snacks, crisps and biscuits.

If you have any special requirements please let us know well in advance. We will try and cater for vegan and gluten free options but if you are concerned then you can have your own supplies left at checkpoints up the route. Please be aware that we cannot guarantee that these supplies will be returned to you at the end so please don't pack them in your best tupperware.

We'll also have a Medic, First Responder and 1st aider's available.

Toilets are provided at the start, CP1, CP 3 and the finish.

Please ensure that you bring suitable and adequate provisions for the event, particularly if you have any special dietary requirements or allergies.

Support crews are welcome at all our races but please don't park in such a way to cause a hazard to other road users and please don't impede athletes entrance or exit from checkpoints.

Please also note that supplies are for runners only.

Please note that the cut-off times detailed below will be strictly enforced.

To avoid being disqualified, you MUST check in at EACH checkpoint location, you must arrive at the checkpoint before the cut-off time stated and exit the checkpoint no later than 20 minutes after the cut-off time.

*****BOGHOPPER RACES EVENTS ARE CUPLESS*****

To reduce the amount of plastic waste in the environment all our ultra distance races are cupless.

Please ensure to bring your own cup to use on the go through the Checkpoints or top up your bottles before leaving the Checkpoint.

CHECKPOINT 1 – Memorial hall, Pulham Market IP21 4SL

13k into race. Cut off 1110 hrs

CHECKPOINT 2 – Fritton

23k into the race. Cut off 1300 hrs

CHECKPOINT 3 – Globe pub, Shotesham NR15 1YG

36k into the race. Cut Off 1600 hrs

CHECKPOINT 4 – Caistor Roman Town

43k into the race. No Cut Off

FINISH - 50k

Trowse village green
Cut off 1830

DOGS

Can I run with my dog?

No - UK Athletics regulations do not allow running with a dog at any point during the event. Participants observed running with a dog will be disqualified from the event.

Can my support team bring a dog?

Supporters bringing dogs must keep them on a short lead at all times and must not obstruct participants or the event team.

Dogs are not permitted at any of the checkpoints along the route.

DROPBAGS

An optional single Dropbag can be handed to staff on arrival at Race Registration on Saturday morning only. This is for any kit you may require at the finish.

This will be transported to The Manor Rooms in Trowse which is a short walk from the finish line (only 100 metres)

Dropbags must be no larger than 25 litre capacity. Bags larger than this size will be refused.

Any Dropbag should be clearly labelled with the participant's bib number and surname.

We will be providing tags to attach to your dropbag once you have registered and collected your bib number and tracker.

Boghopper Races cannot accept liability for lost or stolen bags. Please do not keep valuables in the dropbag.

It is the responsibility of the runner to pick up any dropbags from the finish line. In the event that a runner withdraws from the race, they must return to the finish venue to collect their dropbag – these will not be transported to any other locations along the race route.

EVENT BRIEF

The virtual race brief will be available online a week before the race. Please WATCH it before attending the event.

EVENT PARKING

Can I be dropped off at the Start/Finish location?

Yes – you can be dropped off but please note that cars cannot remain parked at the start and, once a runner has been dropped off, the car should be relocated to one of the other off-site parking locations in Diss. There are a limited number of spaces on Vince's street so don't rely on these. It is easiest to park at the train station where there is ample cheap parking.

The best way to get to the start is by train. The station is 400 metres from the start. If you are coming from Norwich by train, get off at Diss station, cross the bridge onto the opposite platform and follow the signs and marshals to Hope church.

If you are coming from Ipswich/ London then you will get off at Diss but you are already on the right platform so just walk down the road to the start.

There is limited parking at Hope Church, athletes must not park here.

Can I park at the Start/Finish location?

Parking at Hope Church is limited and we have been given an allocated number of places which are available for event staff only.

If you wish to park near the start then the following car parks have been identified..

Diss station is the closest car park with 316 spaces. The postcode for satnav is IP22 4HN
A day ticket is £4 on a Saturday

In the unlikely event that this car park is full there are car parks at Chapel Street, IP22 4AN
,Mere Street IP22 4AB and Mount Street IP22 4QH

Please note these other car parks are a good 20 minute walk to the start. The train station car park on the other hand is about 3 minutes as is the train station itself so they would be our recommendations.

- To reduce the impact of parking at the event please consider doing one of the following –
- Being dropped off at the Start venue by friends or family members.

- Car sharing, not only does this reduce the amount of vehicles coming onto the site it's also helping the environment
- Using Public Transport or taxis. If staying at a local hotel please leave your vehicle there and walk to the start venue.

EVENT REGISTRATION

Where is race registration?

Registration will be at Hope Church, Vince's street, Diss, IP22 4HG

Please bring photo ID to registration

When can I collect my bib number and tracker?

Participants can register Saturday morning from 0630 til 0800 where your bib number and tracker will be provided. Race numbers are not sent out prior to race day.

EVENT ROUTE

Route GPX:

The latest GPX will be available to download via the website and by email to you 1 week prior to race day.

The team will also be out on the route in the days leading up to the event to check for any further diversions. Should there be any new diversions a new GPX will be uploaded to the website and participants will be emailed.

Please note the GPX is a guide only and the website and/or your device may optimise the gpx reducing the number of points thereby making the gpx less accurate.

As safety is our primary concern, competitors will need to carry mandatory Kit at all times and will be subject to random kit checks throughout the event. Although it follows a way-marked route and is marked by the race event team in the leadup to the Race, there is an element of self-navigation as markers may get removed prior to the race.

EVENT START & FINISH

Race Start

There will be a mass start for the event starting at 0830 from Hope Church, Diss.
Postcode for satnav to the start is IP22 4HG.

Signs leading to the race start and registration will be positioned as participants approach the building.

Race Finish

The Race finishes at the Village green, Trowse. The athlete recovery area is in the Manor Rooms , NR14 8ST which is 100 metres away from the finish line (food and drink is available here as well as your drop bags)

The overall cut off for the event is 10 hours with cut-offs at each checkpoint during the race with the exception of checkpoint 4.

Cut-offs will be strictly enforced and, to ensure you are included in the results you must finish before 1830.

In the event of any delays to the start time, checkpoints and overall cutoff times will be adjusted accordingly.

The event will be timed using your tracker on race day morning. There will also be a member of the event team to manually record your finish time as a back-up.

Once you have crossed the finish line you will be required to return your tracker.

The Route in detail:

You MUST visit all CP's as we will be manually checking runners.

Penalties or a DQ will apply if you do not.

The route is 65% trail and 35% country roads.

For the majority of the route (90%) you will be on the Boudicca Way with the exception of a detour a couple of miles after you pass the second checkpoint at Fritton (this is so you only cross the A140 once at Tivetshall and not 3 times), also at High Ash Farm near Caistor Roman Town at checkpoint 4 the Boudicca way goes back on itself, for the race you will follow the Boghopper signs through High Ash farm to rejoin the Boudicca way.

Other than these two occasions and unless there are any last minute diversions you will stay on Boudicca way until you get to the Finish at Trowse where marshals will direct you to the finish line on the village green.

There will be a gpx issued prior to race day.

The Boudicca way runs from Diss train station to Norwich train station. The race uses most of the Boudicca way but not all of it so pay attention to your navigation. Where it

leaves the Boudicca way we will have Boghopper arrows to direct you. However we must stress that it is your responsibility to know the course and thus a downloaded gpx is essential.

It takes many, many hours to mark the course. It took 2 days to mark out Weavers' way for instance and so it has to be done at least a day in advance of race day and some people may tamper with the signs or remove them altogether. Obviously we have no control over this but we will do our best to make sure the course is well marked.

The Boudicca way is a well marked trail anyway so you should follow the trail all the way from the start until you get to about 26km (just beyond Fritton) just after you cross the road that leads to the new roundabout at Tasburgh. At this point you will cross the road still following the Boudicca way and after you exit the woods you will pass a cottage and then hit a T junction, the Boudicca way turns left here towards Tasburgh and the Countryman pub but you will not be going that way, there will be a sign here directing you right and then further up the road you will turn left to go almost due north along some lovely country tracks past some horse fields and into Saxlingham Nethergate. This route cuts out the loop of the Boudicca way at Tasburgh meaning you only cross the A140 once. We have done this in the interests of safety as the A140 is a busy road.

At Saxlingham you rejoin the Boudicca way all the way until you get to Caistor Roman town, here the Boudicca way does an out and back, ***you won't be doing that***, you will carry on from the feedstation here and follow some beautiful paths through High Ash Farm (we have been given permission for access here so please be respectful) to rejoin Boudicca again.

You will stay on Boudicca way all the way to the finish.
There will be a marshal and an arrow here to direct you to the finish.

EVENT TRACKING

GB RaceTracker will be providing our GPS Trackers for the event and these trackers will be available for runners to collect at Race Registration on Race Day Only and must be handed back to Event Personnel should you decide to pull out of the Race or given to the Event team at the Finish Line.

When the tracker is handed to you, it will already be activated and ready for race start. No action is needed from you apart from attaching the tracker to your race backpack.

This tracker must stay with the entrant throughout the event and be fastened (velcro fastener provided) to the outside of the pack/shoulder strap with line of sight to the sky.

The tracker must NOT be placed in your backpack as this can affect the transmission of location data

Should the GPS tracker be lost, given to another runner, misplaced, or left at a Checkpoint then the entrant can be disqualified at the discretion of the RD/Checkpoint Manager.

Any decision made is final, no reasons or debate will be entered into.

Trackers are provided to help ensure runner safety and that no participant deviates from the race route, shortening of the course. For runners with crews, the tracker will help to locate the runner and track progress. The GPS Tracker updates at approximately 2 Minute Intervals.

An SOS Button is on the front of the device and can be used in an Emergency to inform Race HQ.

Trackers must remain in their waterproof sealed bag and a lost/stolen/damaged tracker will be charged at £150 + VAT, so please look after it. Please keep them in their waterproof pouch to ensure they are protected from rain and moisture.

Tracking is subject to signal, how the tracker is worn, network or server issues.

The Race can be followed by friends and family with regular updates of participant position.

The live tracking link will be available in the week leading up to the race.

Participants details will be updated shortly before race day

When will the tracker be active?

Race day from 6am.

Please note there is limited network signal in some locations along the route – when a runner leaves an area of no signal, their tracker icon will change to a flashing exclamation mark. Once a runner progresses to an area with mobile network coverage again, their progress will be updated and their tracker 'dot' will move to the updated location. The trackers roam alternative U.K. networks until signal is reached.

Please ensure you inform your supporters and family of the above to avoid any confusion or concern during the race.

If for whatever reason, a tracker isn't functioning correctly during the race we reserve the right to stop the participant and provide the runner with a replacement if one is available.

HEADPHONES / USE OF SPEAKERS

Runners are permitted to wear headphones during the race. Common sense should be used when crossing roads if listening to music. Playing of music through speakers is NOT permitted to ensure there is no noise disruption to other trail users.

MANDATORY KIT

The below list is compulsory. There will be random kit checks at checkpoints, and you could be subject to random checks at any time during the event as well as at the finish. You risk time penalties or disqualification if you do not have all kit with you at all times.

Marshals can ask you to produce an item of kit on route. Failure to comply with the kit check will mean disqualification from the race. Failure to have an item will incur a 10 minute time penalty. Marshals can impose up to 30 minutes time penalties per runner (equivalent to 3 missing items). These are random kit checks so please don't take offence if asked to produce an item, this is fairly standard practice in ultramarathons.

It is not feasible to check all kit at registration as we have quite a big field in this race but please carry the kit as it is for your safety. Failing to comply and turning up with a tiny waistpack with no kit is not fair on other competitors who do comply and is not very sporting so please get into the spirit of the event and carry the kit. It isn't very heavy.

The following items are **mandatory**

- Waterproof coat with sealed seams, i.e. Gore-Tex – Min 10,000mm
- Base layer long sleeved (Separate from Start Kit in a dry bag)
- Water bottle or bladder - min 1 litre capacity,
- Fully charged mobile phone
- Survival/thermal bag or Bivi bag,
- Headtorch – Min 75 Lumens, with spare batteries. (we also recommend a second light source, not your phone, but as this is a summer race we have deemed this not mandatory for this race)
- Whistle
- GPS Tracker (property of GB Race Tracker – given at Race Registration)

Please Note: additional items of kit may be added based on expected weather conditions. If necessary, we will advise you by social media in the days leading up to the event what additional items may be required.

ADDITIONAL RECOMMENDED KIT

- Electrolytes
- Emergency nutrition and snacks (fulfilling any dietary requirements/concerns re allergies)

MEDICAL ASSISTANCE & SUPPORT

Members of our medical team will be on hand throughout the event. Although largely a trail event, due to the nature of the event you will be passing through some urban areas and there are inevitably some road crossings where it will be necessary to slow and to stop. Particular attention should be given at these points. As always, if you see a runner experiencing difficulties please inform Checkpoint Marshals. Our team will always endeavour to reach any participant in difficulty but due to the inaccessibility of the trail this can take time.

Participants who lose time helping another fallen participant, struggling against the cut off time due to this reason, can claim this time back, subject to RD discretion and availability of Event and Medical staff, and under the proviso of completing within their new, extended cut off period. Please note venues may not have full facilities open in these circumstances outside of operating hours.

If you are not well, or need assistance, please make this known to the marshals at one of the checkpoints.

MEDICAL EMERGENCY INSTRUCTIONS GIVEN TO EACH ENTRANT

If minor injury, seek advice from the Event team at a Checkpoint or by calling Race HQ.

Only in an Emergency (a threat to life or limb)

1. Use thermal survival bag or thermal bivi bag if it is cold and use spare clothing. If you are suffering with the effects of the heat try and move to the shade, drink fluids, wear loose clothing and seek help
2. Trigger SOS button on tracker. Gently press the button underneath the RaceTracker logo on the front of the tracker for approximately 3 seconds. Please note, this is not as effective as speaking to RACE HQ.
3. Phone 999, ask for Ambulance

4. Call the Race HQ on the numbers provided at registration.

5. Attract attention from fellow runners and those nearby by shouting, using whistle, using torch.

If you are not well, or need assistance, please make this known to the marshals at one of the checkpoints. Checkpoint staff will duly inform further Checkpoints. If you or another runner feel unwell or require assistance between checkpoints, call Race HQ and activate the SOS Button on the Live Online GPS Tracker.

MEDICAL & OTHER RISKS

Medical Risks

1. COVID-19: Coming into contact with virus droplets (air-bourn, surface contact or personal physical contact) from a participant or Event Team member who has symptoms or who is infected with the virus. Please do not attend the event if you have any symptoms of Covid-19.

2. Renal Shutdown: Due to myoglobin, a protein material, transferring into the blood plasma. Myoglobin is cleared from the blood stream by the kidneys and will look brownish-colored in the urine. Adequate hydration will help flush myoglobin through the kidneys. Overwhelming amounts of myoglobin may clog the filtering system of the kidneys either partially or totally. If not treated, renal shutdown can cause permanent damage to the kidney function.

YOU MUST CONTINUE TO HYDRATE USING ELECTROLYTE FLUIDS THROUGHOUT THE RACE AND AFTER THE RUN UNTIL THE URINE IS LIGHT YELLOW-NORMAL.

3. Effects of Heat. This is a summer race and as such we may experience high temperatures. To combat the effects of heat stay well hydrated, take cover in the shade whenever you can, moderate your ambitions and be prepared to go slower. Drink electrolytes and you may need to take salt tablets to combat cramp. There is more advice available here

<https://www.gov.uk/government/publications/beat-the-heat-hot-weather-advice/beat-the-heat-staying-safe-in-hot-weather>

Familiarise yourself with this document and also the signs of heat illness so you know when to seek help.

4. Risks Associated with Low Sodium and Chloride Counts: Low sodium levels (hyponatremia) have been associated with Serious Illness. Replacing the water and SALTS lost during running is vital. WATER INTAKE ALONE IS NOT SUFFICIENT. This problem may in fact worsen after the race, as the non-electrolyte-containing fluid which has been accumulating in the stomach is absorbed.

Signs and symptoms of hyponatremia include; weight gain, bloating, nausea, vomiting, headache, confusion, lack of coordination, dizziness, muscle twitching/cramping and fatigue. If left untreated, it may progress to seizures, pulmonary and cerebral edema, coma and death.

Risks of hyponatremia include weight gain and low sweat rate, and can be minimised by eating salted foods a few days prior to the race, matching fluid and electrolyte intake to sweat losses.

5. Use of Drugs: No drugs of any kind should be taken unless prescribed by the Doctor (please be aware of possible side effects, i.e. thinning of the blood, etc).

6. Injuries: Careful with your footing. Overuse injuries/wear and tear, along with sprains and strains, etc, are a risk.

7. Common Fatigue: Leading to confusion. Checkpoints are evenly spread so help is close at hand.

Other Risks

Uneven and muddy terrain in sections, slippery surfaces, running close to potential falls into the water. Please watch the following video for advice on what to do if you fall into a water course [Falling into water advice](#). There is also running along some country roads and inevitably occasional road crossings, runners must stop and only cross when it is safe to do so. Take care out there.

Getting lost - should you get lost and have already asked for directions back onto the trail and are still unsure, we would suggest using the live tracking to check your position and then call Race HQ for further support.

OPTIONAL FINISHER T-SHIRTS

If you pre ordered an event t-shirt this will be available to collect at Trowse Manor Rooms.

PACERS

Pacers / support runners are not permitted.

PHOTOGRAPHS

We will have a photographer at the event who will be capturing you during registration, at race start, out on the course and at the finish line.

We will publish the links to the photographers' albums as soon as they are available (usually within 48 hours after the race concludes). For ease, we will put all links in a single post on the Boudicca way Facebook page and Boghopper races Facebook group. We will also update the race page on our website with links to each set of photos.

There are usually thousands of images captured during an event.

It takes time to edit, process and upload the photographs so please be patient .

RACE NUMBER VISIBILITY

Your Race Number must be visible at all times and ATTACHED TO YOUR FRONT - do not fold it or obscure it. Safety pins will be provided at registration.

RACE FINISHER AWARDS

All finishers who cross the finish line before the race cut-off will receive a medal.

Trophies will be awarded for Top 3 Male, Top 3 Female finishers.

There will also be a Club trophy for the first running club to get 3 finishers across the line.

RACE RESULTS

Where can I find my finishing time and the race results?

The live provisional results will be available via the tracking link during the race:

Results are updated as each runner crosses the finish line and will be your chip-timed result.

Following the conclusion of the race, we will verify and finalise the results to include any adjustments (such as time penalties / manual adjustments for missing chip reads). The link to the finalised results will be published on the Boudicca way ultramarathon Facebook Page within 48 hours of the race ending.

RACE ROUTE MARKINGS

The route is marked in the leadup to the race. We will be utilising laminated signs with our distinctive frog logo and red and white tape.

These signs can only be fixed to posts at turns and other suitable locations.

Please note, on occasion, markings have been removed in some sections by members of the public in the build up to the race and as such, despite our best endeavours, we cannot guarantee that they will remain in place during the race.

SUPPORT CREWS

Support crews are welcome throughout the race.

Please be aware there is limited parking at certain Checkpoints. Please ensure your support teams park their vehicles sensibly and do not block access to residential or commercial properties.

Support crews should not arrive at checkpoints hours before you are due to arrive, crews can follow your progress via the race tracker and should arrive no earlier than 30 MINUTES before your arrival time at a checkpoint. This avoids unnecessary traffic in the surrounding area which can upset local residents and may also impact the access of emergency vehicles.

Please brief your support crews to respect and adhere to the instructions of the Event team. Abuse from any support crews to event team members will not be tolerated and will result in YOUR disqualification from the event.

Support crews bringing dogs must ensure that the dog is kept on a short lead AT ALL TIMES. No dogs are permitted at any of the indoor or outdoor checkpoints where support crew access is available.

Please pass on these instructions to your support crews.

TRANSPORT

We would strongly advise participants to make transport arrangements prior to Race Day.

TRAIN STRIKES - Please also note that there have been a number of train strikes effecting transport options throughout the year and you should recheck closer to race day to ensure that you still have transport available.

VOLUNTEERS

Should family or friends be following your progress throughout the day and wish to join the event team at Checkpoints it will certainly be appreciated and gratefully received, please fill out the Volunteer form (available on our webpage at www.boghopperraces.co.uk) with the times they're available to support.

WITHDRAWAL

During the event - If you need to drop out of the race for whatever reason you **MUST** withdraw at a checkpoint

Please inform a Race Marshal at one of the checkpoints.

They will remove your tracker and inform the Race director you have retired.

It is your responsibility to arrange pick up or transport home.

Notification of your withdrawal will ensure all participants who are registered and pull out of the race are accounted for, allowing for the accurate and safe running of the event.

If a participant withdraws from the race they should do so from a checkpoint. It is not our responsibility to pick you up between checkpoints.

If you register and pick up your Race Number then you are on the Start line. If you choose not to race then you must inform Event Staff immediately.

When withdrawing at a checkpoint, you must hand over your Race number & GPS Tracker to race staff to signal your retirement. Checkpoints will inform the Race Organiser and update their event documentation.

Although ultimately decisions to continue are in the hands of the runner, Boghopper Races reserve the right to pull any participant out of the race on health grounds. If we believe the safety of participants or members of the public is being compromised in any way, we reserve the right to stop you from competing in this event at any time.

Upon withdrawal from the race, it is the responsibility of the individual to get themselves home or back to Race HQ.

Runners must collect any dropbags from the finish venue – these will not be transported out to locations on the race route.

Where possible, runners withdrawing from the race may be able to be transported by event support from a checkpoint back to Race HQ however this cannot be guaranteed. Priority will however be given to runners still participating in the race.

Where it is possible to transport a runner to the finish, this will only be available after a checkpoint closes and therefore may involve a significant wait. In addition, as event teams are deployed to multiple checkpoint locations, transport to the finish may involve intermediate stops on route for further (potentially lengthy) periods of time to the finish.

If you do not tell us that you are pulling out, you will be treated as missing. So you must let us know!

FURTHER QUESTIONS

Should there be any additional questions please don't hesitate to get in touch either by email at hello@boghopperraces.co.uk or via the online social media forums.

Please be aware that during the week leading up to the event, we will be route marking and preparing for the event so we cannot guarantee a reply to emails / messages or social media posts during this time.

FINAL THOUGHTS

Once again, huge thanks for taking on the Boudicca way ultramarathon mile, the first of our events in 2024, and please extend thanks to the volunteers who make the event possible.

We look forward to seeing you on the start line on Saturday 20th July 2024.

Best wishes
Kevin and Janice