

# **2026 BOUDICCA WAY 50KM ULTRAMARATHON**

## **RACE BRIEF**

### **REGISTRATION and START - Hope Church, Vinces Road, Diss, IP22 4HQ**

We strongly encourage you to take the train to the start as it is the easiest option.  
Please do not park in the spaces at Hope Church, these are for event staff and medics only.

### **TIMINGS**

**0630 - 0800 Registration and Mandatory Kit Check**

**0815 - Race Brief / Bag Drop Closes**

**0830 - Race Start**

1830 - Race Finish - you have 10 hours to complete the race (there are cut-offs along the route but these are generous). After this time you may not appear in the results.

### **REGISTRATION - PHOTO ID IS REQUIRED**

0630 to 0800 - Hope Church Hall, follow the signs to Registration.

- KIT CHECK
- REGISTER and will receive your Race number, safety pins and Tags for your Finish bag
- The TRACKER will then be attached to your pack.

### **FINISH BAGS**

At registration you can leave a bag which we will be waiting for you at the FINISH in The Manor Rooms, Trowse, NR14 8ST. This should be a small rucksack size. Put your Name and Race number on the tag.

### **MANDATORY KIT - Please see the separate document on Mandatory Kit**

- **This list is non-negotiable.**
- **You must pass KIT CHECK before REGISTRATION**  
As Race Directors we do not want to have to turn you away. Kit checks may also take place during the race and/or at the finish where penalties or disqualification will apply.

### **TRACKERS**

- All runners will have a tracker taped to their pack.
- A tracking link will be issued before race day, so we can see where you are and friends and family can follow you.
- Trackers must be returned at the finish
- If you withdraw from the race, you must let us know and the tracker must be returned
- DO NOT GO HOME WITH THE TRACKER. Lost trackers are charged at £150

### **THE ROUTE - The route is 65% trail and 35% country roads. Follow your GPX**

- Download the GPX here and know how to follow it: <https://ridewithgps.com/routes/56995097>
- You MUST visit all CP's as we will be manually checking runners (penalties or a DQ will apply if you do not).
- Most of the route follows the Boudicca Way with the exception of:
  - a detour a couple of miles AFTER CP2. (DO NOT FOLLOW THE BOUDICCA WAY SIGNS THAT CROSS THE A140 AT TASBURGH)
  - High Ash Farm near Caistor Roman Town, and
  - The final section into Trowse along White Horse Lane to the finish

The Boudicca Way runs from Diss train station to Norwich. **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 aim to 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 hours to mark the course and has to be done at least a day in advance of race day. The signs may get tampered with or removed altogether. 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 CP2). 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 arrive at a T junction, the Boudicca way turns left here towards Tasburgh. **DO NOT FOLLOW THIS but TURN RIGHT INSTEAD** (there will be a sign here directing you). Along this road you will turn left along some lovely country tracks, through Redwings Horse Sanctuary and into Saxlingham Nethergate.

At Saxlingham you rejoin the Boudicca Way all the way until you get to Caistor Roman town (final CP). Follow the beautiful paths through High Ash Farm (we have been given permission for access here so please be respectful) to rejoin the Boudicca Way again.

As you exit Boudicca Way at Arminghall, cross the bridge over the A47 then **you must turn RIGHT at White Horse Lane. It is not an overly busy road but please stay to the right and use the pavement when possible.** There will be a marshal and arrows to direct you to the finish.

## CHECKPOINTS and LITTER

CP1: Memorial Hall, Pulham Market: 12.5 km, indoor checkpoint with toilets

CP2: St John The Baptist Church, Morningthorpe 26 km

CP3: The Globe, Shotesham: 36 km, outdoor checkpoint at a pub with toilets

CP4: High Ash Farm, opposite entrance to Caistor Roman Town: 43km, outdoor checkpoint

Please DO NOT DROP LITTER anywhere on the route. Place it in bins along the route or leave it at the Checkpoints. If you are seen dropping litter YOU WILL BE DISQUALIFIED. Litter not only brings the name of Boghopper Races, Ultra runners and the sport of Running into disrepute but also threatens the future of races on Norfolk's beautiful trails.

## FOOD AND DRINK

- You will need to carry enough food and fluid as part of your mandatory kit to last 10 miles.
- Additional supplies will be at all of the checkpoints.
- There will be a variety of food and drink at each of the Checkpoints. If you have any special dietary requirements please let us know. Each will have a variety of the following: (Vegetarian and Vegan options will be available). If you need something specific, please carry it with you or have a crew to help.
  - Water / Squash
  - High 5 Zero Electrolyte (various flavours)
  - Crisps
  - Fruit (e.g. bananas, oranges)
  - Sweets/Chocolate
  - Jaffa cakes, biscuits, Malt loaf

## FINISH

Warm drinks and snacks will be available at the finish. There is also the White Horse Pub opposite, please support them.

## **CUT OFF'S - You have 10 hours to reach the finish**

Athletes must cross the finish line before 18.30 to be included in the official results.

There are 2 cut off's which you must meet to avoid being withdrawn from the race:

- CP 1 - 12.5km, Pulham Market. You MUST leave the checkpoint by 1100 hrs
- CP 3 - 36.5km, The Globe pub. You MUST athletes must leave the checkpoint by 1600 hrs.

***Our overall aim is for you to finish the race safely. If you are close to the cut off but looking comfortable and can convince us you can safely finish, then we may allow you to continue.*** We are however, constrained by permits, venuehire and have to think of the volunteers who have given up their time.

## **FIRST AID**

We encourage you to carry a basic first aid kit. In addition, each Checkpoint will have a First Aid kit in case of minor injuries and some Marshals are First Aid Trained. **The Medical Team and Race Directors reserve the right to remove you from the race if you are at risk or pose a risk to others.**

There are trained medics covering the whole course. Report to a Checkpoint if you can or call the mobile number of the Race Directors or Medical Team and help will be sent to you as quickly as possible. If you feel the situation is a true emergency, please call 999 FIRST and then alert the Race Director or Medical Team.

## **WITHDRAWAL**

If for any reason you chose to withdraw from the race, you should do this at a Checkpoint where you can be looked after until collected. We cannot guarantee your transport to the finish but will do our best to help. Trackers MUST be given to a marshal.

## **AWARDS**

All finishers will receive a medal. There will be trophies for 1st, 2nd and 3rd Male/Open and Female.

There is also a Team Trophy for the first three runners of the same team who finish first.

If you have completed Marriott's Way Marathon, Holy Trail 50 mile Ultra and now Boudicca Way ultra, then you will also receive a GRAND SLAM TANKARD.

Those who have ordered T-shirts will receive them at The Manor Rooms at Trowse where hot food/drinks and your supporters will be waiting . You can take your time here until you are ready to head home. Don't forget to pick up your finish bag.

## **PLEASE DON'T FORGET YOUR T-SHIRT IF YOU ORDERED ONE**

**Thank you for joining Boghopper Races on the Boudicca Way.**

**Janice and Kevin**