

WINTER WARRIOR RACE BRIEF

Background:

Winter Warrior is a 50km trail race from Trowse, Norwich to Diss.
This is a winter trail race so please dress accordingly.
Time limit is 10 hrs.

Registration: Meeting Room, The White Horse Pub, Trowse, NR14 8ST

Here you will have your kit checked, race number and tracker issued.

YOU MUST fill in the medical details and contact details on the back of your race number. You never know when you might need them, and on one of the very few times we have had an incident in one of our races a competitor failed to do this and it was extremely difficult to inform the right people in a timely fashion. So if you have a fall, injury, illness etc we need to know who to call..***please don't ignore this bit of pre race admin.***

Race day timings:

- Registration will be open from 0630 until 0800
- Race brief at 0815
- Race start 0830
- You must finish by 1830

Start line:

The start line is approximately 200 metres from the Manor Rooms up the hill just before the Crown Point Tavern, so please ensure you get to the start before 0830.

Navigation

The Boudicca way is incredibly well marked but on occasions the markers may be hidden by overgrowth or in some cases finger posts may have fallen down so ***it is your responsibility to know the route.*** This race ***will also require basic navigational skills.***

This course will not be marked but will be checked as much as possible

Therefore you must have a means to navigate and whatever device you use you must be familiar with it.

If you are running with a friend do not rely solely on them to navigate for you as they may slip up, fall over, become unwell or injured and then you will be in a pickle. So make sure you know how to navigate. We will issue a gpx so it is a good idea to download this and get used to using it. Be wary of following the person in front, as they may not know the route either.

Route details in brief:

1. 3 indoor checkpoints and 3 road crossings on this course with facilities for hot drinks and have toilet facilities
 2. The route follows The Boudicca Way from North to South (reverse direction to our summer race)
 3. ***The route is distinctly different from the summer race so you will need to download the specific Winter Warrior gpx.***
- **Checkpoint 1** is at 11 km into the race at All Saints Church, Shotesham
 - **Checkpoint 2** is at 22 km into the race at Tasburgh Village Hall
 - **Checkpoint 3** is at 37.5 km into the race at Memorial Hall, Pulham Market

Road Crossings

The route crosses the A140 **three times** in order to follow the true route of Boudicca Way. Please note the A140 is the main road between Ipswich and Norwich and can be very busy. Please take care, cross the road when it's clear and do not take any risks. We cannot stop the traffic and you are responsible for your safety at all times.

The crossings will be marshalled but the decision to cross is yours and yours alone.

1. The first crossing is at Redwings Horse Sanctuary at 20 km.
2. The second crossing is shortly after you leave Checkpoint 2, this is at 23.5 km near The Countryman pub.
3. The third crossing is at 40 km at The Ram Inn

The Finish:

Hope Church, Vince's Rd, Diss IP22 4HG (inside or outside depending on the weather)

1. You will get your medal here.
2. You will pick up your T shirt if you have ordered one. **DO NOT FORGET (every race we have people who forget to pick up T shirts and it creates unnecessary extra work for us)**
3. Hand in your tracker. **DO NOT GO HOME WITH IT as we will ask you to come back and drop it back in.** If you decide to ignore this advice we will have to charge you £150 + VAT for a replacement. **DO NOT FORGET !**
4. Your finish bags will be here for you to collect after the race. **DO NOT FORGET THEM.**
5. There will be hot food and drinks and cold snacks.
6. We would also like it if you could stay a while at the finish to welcome your fellow runners home, this will create a nice friendly atmosphere.

Finish Bags:

1. We will transport a bag to the Finish line at Diss for you.
2. You can use this to put dry clothes in for after the race.
3. This must be the size of a small rucksack/daysack. Please do not use large holdalls.

You must drop this off at one of the designated vehicles at the start line. It is your responsibility to do this, ***do not leave your bag in the Manor Rooms as it may not be at the finish for you if you fail to load it onto the designated vehicle.***

Make sure you have labelled this with a luggage tag that will be provided for you at Registration.

Please do not put any valuables or car keys in this bag.

You will not have access to this bag during the race so if you need any medication / inhalers etc during the race then you must keep these with you at all times.

At the end of the race you must collect this bag. If you do not collect this bag then you will have to make arrangements to pick it up from one of the Race directors' houses at a later date. We do not have time to be dropping off kit after the race as, unfortunately, this is becoming an all too regular occurrence and impedes on our ability to do the required post race administration that follows these events.

Medical:

There will be race medics on the course on race day. They are experienced medics from Challenge First Aid, a reputable company that we use for ultras.

Please make a note of their phone numbers and those of the race directors. (The numbers will be sent out prior to the race and displayed at registration).

If you need help, then please try and get to the nearest checkpoint if you can as this ensures that you can have shelter and be treated promptly. Some parts of the course are less easy to access by vehicle so please try and get to a checkpoint if at all possible.

If you cannot get to a checkpoint then ***we strongly recommend downloading what 3 words app (w3w) and get familiar with using it prior to race day.*** This gives a very precise location placing you in a 3 metre square. You can then share this location with the medics or emergency services as required.

If you have a genuine emergency then phone 999 first before calling us. Just as in everyday life.

If you need to withdraw from the race then you **MUST** inform the race directors on the mobile number provided or if you are at a checkpoint you must inform the marshals and **MUST** hand in your tracker. ***If you are retiring elsewhere and can't make it to a***

checkpoint then you are responsible for getting yourself to the finish to hand in your tracker. Failure to hand in a tracker carries a fine of £150 + VAT.

Trail running is a very friendly sport and the spirit of trail running means that if you see a fellow runner in distress we expect you to stop and help out to ensure they are safe. If you lose significant time doing this then we will credit you with that time back so it doesn't adversely affect your position in the race.

On occasions the medics may deem it unwise for you to continue in the race. In our experience this is a rarity and so we hope it won't apply. However, if this happens please accept the medics' decision in good grace. **We, as race directors, cannot override the decision of the race medics.**

Cut offs:

You have 10 hours to finish the race. Which means you must achieve an average speed of 5 kph to stay in the race. We believe this is an achievable pace and much more generous than other 50k events you might have considered entering.

If you fall below this pace then we, as race directors, reserve the right to remove you from the race as a safety measure.

The race start of 0830 means you must reach the following checkpoints by the following times:

- CP 1 - by 1045
- CP 2 - by 1300
- CP 3 - by 1600

You must finish by 1830 to be included in the results.

As the race directors cannot be everywhere on the course we delegate responsibility to the lead marshal at each checkpoint to enforce these cut offs. ***Their decision is final and any rudeness or arguing with the marshal will lead to disqualification and may prevent you from entering a future Boghopper event.***

Disqualification

When you enter one of our races you agree to be bound by the terms and conditions. We reserved the right to disqualify you if you do not. For example:

Littering: this is a big big no, no....Don't do it. It is an instant disqualification and a ban from any of our future races. This goes for all forms of litter including fruit peel (orange/banana) and spitting out chewing gum. **NO LITTER OF ANY KIND IS ACCEPTABLE.**

Rudeness: don't be rude to fellow competitors, the public or any race officials/ marshals.

Cheating: there are many forms of cheating and you will all be wearing a tracker so we can see if you cut the course to gain an advantage. The evidence is clear and indisputable as we will have a dedicated marshal keeping an eye on all your trackers, so please follow the course at all times. Do not be tempted to use any form of transport other than your own two feet.

Mandatory Kit: this is our pet hate so you had better get used to it! It is not optional. You may need some or all of your kit during the race, especially if an incident occurs. We reserve the right to do a full kit check of every athlete at every ultra race. Do not be tempted to shed items from your kit to make your pack lighter as your pack will be suspiciously slim.

We reserve the right to carry out random kit checks anywhere on the course. If you are found to have an item missing you will get a 30 minute penalty per item, if you have 3 items missing you will be **disqualified instantly** and will not appear in our results. We are both very keen ultra runners with over a 100 races between us and we often see people blatantly breaking this rule and this is not going to happen in our races. If your pack looks small we may disqualify you at the finish line in front of all your supporters and other runners, which will be very embarrassing. YOU HAVE BEEN WARNED!

Dangerous behaviour: our races by their very nature cross all sorts of terrain, roads, farmers fields etc. Each of these types of terrain can be a potential hazard. Our main area of concern on this course will be the **road crossings of which there are 3**. We will have marshals there to remind you to be safe. Please cross the roads safely. If marshals report dangerous behaviour we will take action as required. Sometimes it feels like you are standing at the side of the road for an eternity waiting to cross but in reality it is rarely more than 20 to 30 seconds. Take this time to have a breather, chat to the marshals, take on some nutrition and then cross safely when you can.

Ethos:

Our events are beginner friendly and as such we will help you wherever we can. We want everyone to finish and we are very proud of our low DNF (did not finish) rate.

We have very generous cut offs, we have excellent marshals, we have indoor checkpoints and provide food and drink at every checkpoint, we have toilet facilities at every checkpoint. The course is fairly straightforward with gently rolling Norfolk countryside, not rugged and testing like other parts of the UK.

We also allow help from friends and relatives, so if you want them to have extra kit for you such as fresh socks, new trainers or special food etc then we allow you to have this extra help without penalty. However, we do expect you to be able to do some things such as run, carry your mandatory kit all the time and make the cut offs.

Supporters can also meet you at checkpoint 2 or 3 but must remain outside or impede other runners. Supporters cannot be at **Checkpoint 1 (Shotesham church) as this is too small for parking.**

Our races are very friendly and we expect you to be kind to your fellow runners. We also expect you to be polite, kind and grateful for the excellent marshals that you will meet. Many of them are runners and many of them have completed Boghopper events in the past. They are helping you for free, they are giving up their time for you and without them you would not be able to race. So smile, say thank you and treat them how you would like to be treated yourself.

There is always a lovely friendly feel to our races and if you approach this race with a happy heart you will gain so much more from the experience.

If after racing with us you want to join the Boghopper Family and help us at future races then we will welcome you with open arms. We can't promise you riches but we can promise you a rewarding experience helping your fellow runners. Our marshals age from 4 yrs old to 82 and they keep coming back. Have a look at the Volunteer Hall of Fame on our website, you may see some familiar names on there. **Please thank our marshals as you pass, without them we could not do this.**

So smile, help each other and stay positive. You can definitely finish this race with the right attitude and we often have people who walk the whole way. Believe in yourself, you can definitely do this and we will do our utmost to help you along the way.

Finally:

We hope this race brief gives you a rough idea of what to expect from us and hope it helps you prepare well for race day. If you have any queries then feel free to email us on hello@boghopperraces.co.uk or use the chat function on our website at www.boghopperraces.co.uk

But to help you out here is a quick checklist for you:

1. Check the mandatory kit list and ensure you have all the items, if unsure get in touch and we can guide you
2. Make sure you have trail shoes for this race, it will be too slippery for road shoes
3. Make sure you know where the start and finish are
4. Make sure you know the race registration time and race start time
5. If you have a finish bag it must be a small daysack size (no valuables or car keys or medications etc.)
6. Bring photo ID to registration, you know who you are but we might not!
7. If you order a T shirt then PLEASE PLEASE PLEASE remember to pick it up at the end

8. Don't forget to pick your finish bag
9. Make sure you have downloaded the gpx onto a device that you know how to use
10. If you want to navigate on your phone by using the race tracker link then you can but **we don't recommend this method as it will drain your phone battery quickly**, so you will need a battery power bank and a compatible lead.
11. Lastly, but very importantly, smile at all times as we have an awesome photographer and he may well be hiding in a bush to catch your true running essence

We will send out race emails prior to race day and we will send a garmin link (gpx) for the course too (this is also available under the race information tab on our website). So keep on training and stay fit, healthy and happy. See you all on race day!

Best wishes
Kevin and Janice xx