

RACE BRIEF

BOUDICCA WAY 50KM ULTRAMARATHON **DISS TO NORWICH**

The race starts at Hope Church, Vincennes Road, Diss, IP22 4HQ

We strongly encourage you 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

0800 - Registration and Bag Drop Closes

0815 - Race Brief

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)

REGISTRATION - PLEASE BRING PHOTO ID TO REGISTER.

0630 to 0800 in The SPORTS HALL of Hope Church, follow the Boghopper Races signs from the car park.

Once you have passed the KIT CHECK, you will REGISTER and will receive your Race number, safety pins and Tags for your Finish bag. Your Tracker will then be attached to your pack.

FINISH BAGS

At registration you can leave a finish bag with any kit you might need at the end of the race, which we will be waiting for you at The Manor Rooms, Trowse, NR14 8ST

Please make sure the bags are not too big (small rucksack size is ideal) and put your Name and Race number on the tag.

MANDATORY KIT

Please see the separate document in race information for more details.

This list is non-negotiable. 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 be fitted with a tracker strapped to your pack. There will be a tracking link issued prior to race day. Trackers must be returned to the race staff at the finish. In the event of an athlete withdrawing from the race the tracker must be handed in at the checkpoint that you retire at. **DO NOT GO HOME WITH THE TRACKER AS YOU WILL BE CHARGED FOR ITS REPLACEMENT.**

THE ROUTE

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 past Fritton (this is so you only cross the A140 once at Tivetshall and not 3 times), at High Ash Farm near Caistor Roman Town and for the last stretch along the river at Trowse.

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 22 hours 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 until you hit the river at Lakenham, as you follow the road down to Lakenham the pavement is very narrow and some of the route is just a grassy verge so please be careful here and keep tucked in. You will have good visibility but just be careful when you cross the wide entrance of the road that goes to Trowse.

When you enter the meadow by the river, the Boudicca way cuts across the field at about a 45 degree angle, **you will not be doing this**, there will be an arrow here directing you towards the river. You will run all the way along the river bank until the end at a stile at Trowse. This leads you out onto the road at Trowse. You will see a sign opposite for Boudicca way that points left. **Do not go left as you will end up at the train station. You must turn RIGHT. This is a blind bend so we will have a marshal here to tell you when**

it is safe. It is not an overly busy road but please look both ways. Once safe, cross to the pavement and run on the pavement all the way to the finish at the Manor Rooms.
There will be a marshal and an arrow here to direct you to the finish.

CHECKPOINTS and LITTER

CP1: Memorial Centre, Pulham market : 12.5 km, indoor checkpoint with hot drinks available and toilet facilities

CP2: Fritton Common: 26 km, outdoor checkpoint

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

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 8 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. You are welcome to leave bags for the aid stations but as a minimum each will have the following: (Vegetarian and Vegan options will be available)

- Water
- Squash
- High 5 Zero Electrolyte (various flavours)
- Crisps
- Fruit (e.g. bananas, melon, oranges)
- Sweets/Chocolate
- Cereal bars
- Biscuits/Cake/Malt loaf

Indoor Checkpoint at Pulham Market will also have:

- Tea/Coffee/Hot Chocolate

Manor Rooms, Trowse (after the finish) will provide every athlete:

- Hot food
- Warm drinks and snacks

CUT OFFS

The overall time allowed for completion of the 50km race is 10 hours.

There are 2 cut offs:

- At 12.5km (CP1 Pulham Market) athletes must leave the checkpoint by 1100 hrs or they will be withdrawn from the race.
- At 36.5 km (CP3 The Globe pub) athletes must leave the checkpoint by 1600 hrs or they will be withdrawn from the race.

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

Our overall aim is for you to finish the race safely, so if you are close to the cut off but looking comfortable and can convince us you are in a fit state to finish then there may be some flexibility. We are however, constrained by permits and room hire etc

FIRST AID

Every participant should be carrying a basic first aid kit as part of their Mandatory Kit. In addition, each Checkpoint will have a First Aid kit in case of minor injuries and a number of the Marshals are First Aid Trained.

There are trained medics covering the whole course. Report to a Checkpoint if you can or call the mobile number of the Race Director 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 a trophy for 1st, 2nd and 3rd male and female.

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 ENTERING THE BOUDICCA WAY ULTRAMARATHON!