

RACE BRIEF
WEAVERS' WAY 50 MILE ULTRAMARATHON
ACLE TO CROMER

This is the race brief for the 50 mile race

If you are doing the 50km race please read that brief for the specifics about your race.

The 50 mile race starts from Acle Memorial Recreation Centre, NR13 3RA. There is plenty of FREE PARKING here and you can leave your car here all day.

1.0 TIMINGS

0530 - 0630 Registration and Mandatory Kit Check

0630 - Registration and Bag Drop Closes

0645 - Race Brief

0700 - Race Start

2100 - Race Finish - you have **14 hours to complete the race** (there are cut-offs along the route but these are generous)

2.0 REGISTRATION - PLEASE BRING PHOTO ID TO REGISTER.

0530 to 0630 in The BURE Room, follow the Boghopper signs to the right of the building.

PLEASE COME READY FOR KIT CHECK AND HAVE YOUR MANDATORY KIT READY FOR INSPECTION.
(see kit list below)

The process will be Kit Check, ID check and issue of race numbers, tracker fitting.

Once you have passed the **KIT CHECK**, you will **REGISTER** and receive your **Race number, safety pins** and **Tags for any Drop or Finish bags**. Then your **Tracker** will be attached to your pack.

Race Finish: 21:00 - You have 14 hours to finish the race.

3.0 DROP BAGS AND FINISH BAGS (POST RACE BAGS)

At registration you can leave a drop bag with any kit you might need mid race (such as spare socks, spare trainers, special food etc.). This will be at **STALHAM CHECKPOINT** and you can also leave a finish bag which will be waiting for you at **CROMER COMMUNITY CENTRE**.

You don't have to take up this option if you have supporters who will meet you on the course. Please make sure the bags are not too big (small rucksack size is ideal). And please make it very obvious which bag is for which place (mid race or finish) by marking as follows:

D for Drop and F for Finish on the label together with your **Name and Race number**.

4.0 MANDATORY KIT

Below is the mandatory kit list, this is **mandatory, not optional**. We have run many ultras where people are blatantly not carrying the mandatory kit and not only is this unfair to your fellow competitors, it is also a risk were you to be stranded on a riverbank in the rain with no kit and awaiting assistance. Remember, this is an Autumn Race and the weather can be unpredictable.

At registration, we will ask to see Items 1 - 7. If you do not have them you will NOT be allowed to start the 50 mile route, but we will give you the option to go away and buy these items either in Great Yarmouth or Norwich and return in time to start the 50km route from Stalham instead. This is for your own safety and wellbeing. SO DON'T FORGET THEM!

- 1. Rain jacket, min 10,000HH with taped seams.**
- 2. Head Torch with spare batteries. Spare headtorch**
- 3. Spare long sleeved top in a waterproof bag (this must be kept dry for emergencies)**
- 4. Bottles or Hydration pack with enough fluid to last 8 miles (1 litre minimum)**
- 5. Enough snacks/ food for 8 miles**
- 6. Fully charged mobile phone and card or £20 cash in case of emergency**
- 7. Foil blanket or bivvy bag**
- 8. GPX or map**
- 9. Cup**
- 10. First aid kit**

OPTIONAL EXTRA KIT: E.g. Spare socks, Lube, Extra top, Waterproof trousers,, Hat and gloves, reflective detailing / Hi Viz or rear red flashing light

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.

5.0 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.

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6.0 THE ROUTE - You MUST visit all CP's as we will be manually recording 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 (95%) you will be on the Weavers' way with the exception of the first 4km from the start via Fishley to Acle bridge. **Thereafter you do not leave the Weavers' way until you get to Stalham at about 20 miles.**

Checkpoint 1 is at Potter Heigham bridge (14km) on the riverbank and you then cross over the bridge to run towards Hickling, this is quite wild and woolly and usually loads of birdlife, deer, etc .

At the top of Hickling Broad you join some quiet roads all the way into Hickling village to **Checkpoint 2 (26.5km) at Chapel Pit, Hickling.** This is a car park next to the Methodist church (opp the Greyhound pub). Leaving here you are on quiet roads until you get to Stalham.

At Stalham approx (32km) you will be directed up St Johns Road to **Checkpoint 3 at the Stalham Poppy Centre.** This is the first indoor checkpoint with hot food and drinks. After you leave CP3 you will go back down St Johns Rd to rejoin the Weavers way.

You will stay on the Weavers' Way all the way to North Walsham town centre. Go past the Lidl supermarket, around the corner, past the fire station and into a big car park where there is a bus station and a library. **Checkpoint 4 (44.5km) is North Walsham Community Centre** in the back corner. Look out for signs. **This is the only indoor checkpoint.**

Leaving the checkpoint, retrace your steps to the fire station and cross at the zebra crossing, pass to the left hand side of the church and follow the arrows to rejoin the Weavers' Way as it winds its way through N Walsham. **You then stay on the Weavers' Way without any deviation until you get to Blickling Hall at 58km.**

This is one of the longer stints between checkpoints at about 8.5 miles in length, so make sure you are well fuelled when you leave CP4.

This is a lovely path though and as you near Aylsham you will have to cross the A140. This is at 53km into the race. **This is a busy road and the most dangerous part of the course. There will be signs warning you of the crossing. Cross it with care. We will have 2 marshals here. PLEASE OBEY THEM.**

The route goes across the top of Aylsham and onto a gravel path that takes you to the main

Blickling road. Cross this with care (there will not be a marshal here) and walk into the woods opposite, up a few steps and turn sharp left back towards Aylsham. This will be well marked.

You then cross a few farmers fields to exit into the hamlet of Silvergate and onto a quiet country lane that brings you out opposite St. Andrews' Church at Blickling. Cross the road with care and run across the front of the hall until you see **Checkpoint 5, The Buckinghamshire Arms. This is 58km into the race.**

At Blickling, the Weavers' Way runs up through the park with the lake to the right hand side in the distance. The Weavers' Way winds around the top of the lake. **The course doesn't leave the Weavers' Way for even a minute after this. It is Weavers' all the way!**

Your **6th and final Checkpoint** is at **The Cricketers on the Green pub** in Aldborough (previously known as Blackboys but it changed its name as Kent, the landlord, is cricket mad and the pub is on the edge of the green where they play cricket). If you get here in daylight it is a beautiful spot, a proper English village scene. If you get here in the dark it is a lovely cosy pub. Win, Win!

From here it is about 8 miles to the finish, so fuel up and get ready for the final push. Enjoy this last bit as it goes through the woods at Felbrigg Hall and ends up in Cromer. A great route.

As you enter Cromer you will cross 2 roads, both have potential to be busy so we have placed a marshal there to guide you across. **Please cross with care.** The finish line is only about 400 metres away from here, so you are nearly there.

BUT, and this is a big BUT - we urge you not to race this last bit.

If you are in a close fought battle for the podium and you can see your competitor in front and you haven't been able to catch him/her all day and they are waiting to cross the road because there is traffic, then please be sporting. DO NOT whizz by them to finish ahead of them. This will be viewed as unsporting behaviour. So for this reason, your finishing position will be taken as the first person to reach the marshal.

We have had to do this as we wanted you to be able to finish at Cromer Pier. So please, be good sports. **We will remind you of this in the race brief before the start.**

7.0 CHECKPOINTS and LITTER

CP1: Potter Heigham, 14km, this is an outdoor checkpoint

CP2: Hickling, 26.5km, this is an outdoor checkpoint

CP3: Stalham Poppy Centre, 32km, this is an indoor checkpoint with hot drinks available and toilet facilities

CP4: North Walsham Community Centre, 44.5km, indoor checkpoint with hot drinks and toilet facilities available

CP5: The Bucks Arms, Blickling, 58km, outdoor checkpoint

CP6: The Cricketers on the Green, Aldborough, 67.5km, outdoor checkpoint

Please **DO NOT DROP LITTER** anywhere on the route. Place it in bins along the route or leave 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.

8.0 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 North Walsham will also have:

- Tea/Coffee/Hot Chocolate
- Cup a Soup/Pot Noodle/Bread/Sandwiches

Cromer Community Centre (after the finish) will provide every athlete:

- Hot pasta meal or Soup
- Warm drinks and snacks

9.0 CUT OFFS

The overall time allowed for completion of the 50 mile race is 14 hours.

There are 2 cut offs:

- **At 44.5km (CP4 North Walsham CC) athletes must leave the checkpoint by 15.00** or they will be withdrawn from the race.
- **At 67.5km (CP6 Cricketers Pub) athletes must leave the checkpoint by 19.30** or they will be withdrawn from the race.

Athletes must cross the finish line before 21.00 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 (e.g. Cromer Community Centre must close at 22.30).

10.0 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.

11.0 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 you transport but will

do our best to help. Trackers MUST be given to a marshal.

12.0 AWARDS

All finishers will receive a medal. There will be a trophy for 1st male and 1st female overall.

Those who have ordered T-shirts will receive them at **Cromer Community Centre where hot food/drinks and your supporters will be waiting**. You can take your time here until you are ready to head home.

THANK YOU FOR ENTERING THE WEAVERS' WAY ULTRAMARATHONS!