

RACE BRIEF

WEAVERS' WAY 50KM ULTRAMARATHON STALHAM TO CROMER: 5TH OCTOBER 2024

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

The 50km race starts at the **Stalham Poppy Centre, Recreation Road, Stalham NR12 9BH**. There is limited parking here and the centre closes at dusk so don't leave your car here as you won't be able to get it out until the next morning. There is parking on the High Street and other streets nearby.

1.0 TIMINGS

0730 - 0900 Registration and Mandatory Kit Check

0900 - Registration and Bag Drop Closes

0915 - Race Brief

0930 - Race Start

1930 - Race Finish - you have **10 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.

0730 to 0900 in The MAIN HALL of the Poppy Centre, follow the Boghopper Races signs from the car park.

The process will be KIT Check, ID check , pick up race number then race tracker.

PLEASE ARRIVE READY FOR THE KIT CHECK. We have over 100 athletes to process in an hour and a half so if you could have the mandatory kit ready and available for inspection that will save time (see kit list below).

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.

Race Finish: 19:30 - You have 10 hours to finish the race.

3.0 FINISH BAGS

At registration you can leave a drop bag with any kit you might need at the end of the race, which we will be waiting for you at **CROMER COMMUNITY CENTRE**.

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

4.0 MANDATORY KIT

Below is the mandatory kit list, this is **mandatory and 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. This is for your own safety and wellbeing.

1. **Waterproof jacket, min 10,000HH with taped seams.**
2. **Head Torch with spare batteries.**
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 mile**
6. **Fully charged mobile phone**
7. **Foil blanket or bivvy bag**

OPTIONAL EXTRA KIT: E.g. Spare socks, Lube, Spare headtorch, Extra top, Waterproof trousers, cup (this is a cupless race), hat and gloves, reflective detailing on your kit, card and cash for emergencies, map/ gpx of the route

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.**

6.0 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 (95%) you will be on the Weavers' Way with the exception of the first few hundred metres at the start and the small diversion at the top of the lake at Blickling.

As you leave the Poppy Centre you will turn right and go down St Johns Rd to join 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 1 (12.5km) is North Walsham Community Centre** in the back corner. Look out for signs. **This is the only indoor checkpoint on the 50km route.**

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 North Walsham. **You will stay on the Weavers' Way without any deviation until you get to Blickling Hall at 26 km.**

This is one of the longer distances between checkpoints at about 8.5 miles in length. So make sure you are well fuelled when you leave North Walsham.

This is a lovely path though and as you near Aylsham you will have to cross the A140. This is at 21km 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, past the top of the town and onto a gravel path. This takes you all the way to the main Blickling road, cross this with care (this will not be marshalled). 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 where you will see **Checkpoint 2, The Buckinghamshire Arms. This is 26 km into the race.** Just over halfway here.

At Blickling, the Weavers' Way runs up through the park with the lake to the right hand side in the distance. The Weavers' Way normally winds around the top of the lake. **However, the National Trust are doing maintenance work in October so there will be a very short diversion straight ahead to a quiet road, and then a right turn to get you back on the Weavers' Way.** This will be well signed and has also been plotted on the GPX.

The course doesn't leave the Weavers' Way for even a minute after this. It is Weavers' all the way!

Checkpoint 3 (the last) 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 the 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: North Walsham Community Centre: 12.5 km, indoor checkpoint with hot drinks available and toilet facilities

CP2: The Bucks Arms, Blickling: 26 km, outdoor checkpoint

CP3: The Cricketers on the Green, Aldborough: 36 km, 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.

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/Bread/Pot Noodle/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 50km race is 10 hours.

There are 2 cut offs:

- At **12.5km (CP4 North Walsham) athletes must leave** the checkpoint **by 12:00** or they will be withdrawn from the race.
- At **36.5 km (CP6 Cricketers pub) athletes must leave** the checkpoint **by 17:30** or they will be withdrawn from the race.

Athletes must cross the finish line before 19:30 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 (for instance 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 to the finish 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!