WINTER WEAVERS' WAY ULTRAS RACE BRIEF

Background:

There are two distances both finishing at Cromer Pier, Cromer.

The 50 km race starts at The Poppy Centre, Recreation Rd, Stalham, NR12 9BJ

The 100 km race starts at Broadland-Gt Yarmouth Rugby Club, Cobholm Playing Fields, Cobholm, Great Yarmouth, NR31 0AY

Registration, timings:

100 km race:
This will be at Broadland-Gt Yarmouth Rugby Club, Cobholm Playing Fields, Cobholm, Great Yarmouth, NR31 0AY

Registration will be from 0600 to 0700
Race brief 0715
Race start 0730
You have 19 hrs to finish: therefore you must be finished by 02:30 at Cromer Pier

50 km race:
This will be at The Poppy Centre, Recreation Rd, Stalham, NR12 9BJ
Registration will be from 0830 to 1000
Race brief 1015
Race start 1030
You have 10 hrs to finish: therefore you must be finished by 2030

There will be ONE CUT OFF - Erpingham Village Hall

- **In the 50 km race you must leave this checkpoint by 1700 hrs (5pm)**
- **In the 100 km race you must leave this checkpoint by 2300 hrs (11pm)**

This will be staffed by an experienced volunteer who is acting on our behalf and has authority to tell you to stop (this is in the interests of safety).
There is no discussion about this.

We have a 10 hour cut off for 50 km and 19 hrs for the 100km. That is plenty of time, if you haven't reached here by the cut off then it is not going to be your day. It is not fair on staff to be left out on the course for hours after the race should be over. So please, if this happens to you, accept it gracefully.
You will also have to arrange transport home, taxi etc. The checkpoint staff may offer you a lift but you will have to wait til after their checkpoint shift has ended and please be aware they are under no obligation to do so.

Finish - Cromer Pier. It always makes a spectacular backdrop for your photos.
There are numerous pay and display car parking spaces nearby. Please tell your supporters not to drive down to the Pier.

After the race you will need to make your way back up the slope you just ran down to get to the Community Centre at Garden Street which is where your drop bag/ finisher bag is and also your T shirt and we will feed you too.

Getting to the starts

100 KM RACE:
You have numerous options:

1. Get the train from Norwich to Gt Yarmouth then walk to the Rugby club, there are two routes one is ¾ of a mile across the bridge, the other is 1.25 miles.
2. Stay overnight in Norwich, get the train to the start and when you have finished there is a train from Cromer back to Norwich (the last train leaves at 10.28 pm)
3. Stay locally in Yarmouth before and Cromer after..make a seaside weekend out of it!

50 KM RACE:
There is the option of a bus to the start from the finish. We will be putting this on for you. It will cost £12 and you will be able to choose this option on SiEntries.
If you drive to Stalham do not leave your car at the Poppy Centre as the car park is locked at dusk.

Route details in brief:

The 100 km starts at Great Yarmouth Rugby Club which is south of Breydon Water, you will then run a short distance (about a mile) through Great Yarmouth to cross a bridge next to the train station so that you end up on the north bank of Breydon Water.

You are then out onto the trails. This is a very runnable riverside trail with expansive views over Breydon water. This is shared by two long distance trails, The Wherryman's Way and The Weavers' Way. Just before the 5 mile point you will get to a windmill next to the railway line called Lockgate Mill, you will start to head across Halvergate Marshes. **The route on the GPX is the only cow free route across the marshes so you must stick to this carefully or you'll end up in a pickle**. It's actually fairly easy to follow so don't stress. Don't continue to Berney Arms mill as that route will take you into a world of cows and you won't like that at all!

After you cross the marshes you end up in Halvergate and then on to Acle past the amazing ruin of Tunstall church. Take care as you cross The Acle Straight. You will then run along the river bank to the second checkpoint on the river bank before crossing Acle Bridge. Take care crossing the bridge as this is a busy road.

After Acle Bridge you stay on the Weavers' Way with no deviations until you get to Potter Heigham where you will run across the iconic bridge to the village hall checkpoint, after this you then follow footpaths to return to the Weavers' Way. This is beautiful broadland running with no end of wildlife to keep you going before you pop out onto the road section that leads you first to Hickling and then to the checkpoint at Stalham.

After Stalham you will join the 50km route.

The 50km route leaves the Poppy Centre and turns right at Stalham High Street to join the Weavers' Way, this is initially a gravel path and good running. The route leaves this path to head up to North Walsham via Meeting Hill and then runs through N Walsham town centre with the checkpoint tucked behind the church in the town centre.
After leaving N Walsham you will be on another gravel path that takes you to Silvergate and then across some farmer's fields to Blickling Hall. Just before entering the grounds of Blickling Hall you will enter the church which is a checkpoint then run out of the churchyard and on into the grounds of the Hall. Running through the grounds you will loop around the top of the lake and out via Fisherman's car park and into the meadows beyond.

The Weavers'Way then winds its way through the villages of Erpingham where there is a checkpoint at the village hall, Aldborough, then the beautiful village of Hanworth where there is another checkpoint run by the villagers. You will run through Thwaite, Sustead and then on to Felbrigg Hall via the woods and around the lake to pop out in front of the hall. The route takes you straight through the grounds of the hall and into the village of Felbrigg. It is then downhill all the way to finish at Cromer Pier.

This is a hard and fast rule with Weavers' Way Ultras. When you reach the last marshal at the far side of the car park in Cromer you must stop racing. This is your race order. This is because there are 2-3 roads to cross and crowds that we don't want you racing through. So if you haven't caught the person in front of you by this accept it…please be sporting about this..

Checkpoints:

CP1 (100 k route only): Clubhouse, Halvergate Playing Field 15 km
CP2 (100 k route only): Acle riverbank at Kate and Dick's house 21.5 km
CP3 (100 k route only): Potter Heigham Village Hall 32 km
CP4 (100 k route only): Poppy Centre, Stalham (access to drop bags here) 50 km

CP5 (both routes): St Nicholas Rooms, North Walsham 62.5 km (12.5 km)
CP6 (both routes): Blickling Church 75km (25km)
CP7 (both routes): Erpingham Village Hall 82km (32km)...CUT OFF HERE
CP8 (both routes): Hanworth Village Hall 88km (38km)...Bonus checkpoint run by the villagers of Hanworth

The Finish

The finish is at Cromer Pier. You will get your medal here and your tracker will be removed.
This is a beautiful finish line and we are very lucky to be able to use it.

After you have finished please walk back up the slope to the Community Centre on Garden Street (you will have just run past it).

1. You will pick up your T shirt here 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)**

2. Double check that you have handed 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

3. Your finish bags and drop bags (100 km runners) will be here for you to collect after the race. **DO NOT FORGET THEM.**

4. There will be hot food and drinks here also.

5. We would also like it if you could stay a while at the finish to welcome your fellow runners home, this should create a nice friendly atmosphere.

Finish bags and Drop bags

At registration you can drop off a Finish bag, this must be small rucksack size not a large holdall. It must not contain valuables such as car keys. You are responsible for labelling it (tags are provided at registration) and also loading it onto the relevant vehicle. DO NOT JUST LEAVE IT LYING AROUND! We will transport this to the finish line for you where you can be reunited with it.

Do not forget to pick it up after the race.

On that note if you drop out earlier in the race you MUST pick up your bag from the finish.

In the 100 km race (this does not apply to the 50 km race) you can also leave a Drop Bag with us which you can access at The Poppy Centre, Stalham (halfway). This also must be a small rucksack size. Please label one D for Drop and F for Finish. There will be two distinct locations to put these at the start. MAKE SURE YOU PUT THE RIGHT BAG IN THE RIGHT PILE. D for Drop, F for Finish. Simple…but people get it wrong every race!

You will not have access to FINISH BAGS during the race, only after, so if you need any medication / inhalers etc during the race then you must keep this 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.

Dropping Out

If you feel you cannot carry on then please try and get to a checkpoint. Sometimes long runs can make you feel emotional. It's a crazy thing. I guess we've all been there. So if you are in a hole don't despair. One of the marshals at the checkpoint has more than likely sat where you are and cried too. It can be all consuming.

If this is you then stop, sit down, have a cup of tea, eat something. Don't hand your tracker in straight away. Talk to someone!! Honestly, it is the best thing. We (Me more than Janice) have both needed to be talked into carrying on and we are always grateful. Poor old Janice has had to field more than the occasional phonecall in the middle of a race from me, usually in the dark on a 100 miler. A listening ear from someone who has been there can usually turn your day around. You can do this!

That being said, if you really have to stop then don't be hard on yourself, you'll live to fight another day.

1. Please try to get to a checkpoint
2. Tell someone (a marshal) and
3. Don't forget to hand in your tracker. **DO NOT GO HOME WITH YOUR TRACKER**…it will be an expensive mistake for you…£150 approx…

Getting home is your responsibility so make sure you have made contingencies for this just in case.

Medical

There will be race medics on the course on race day. They are experienced medics from Challenge Running, a reputable company that we use for all our races.

Please make a note of their phone numbers and those of the race directors. (numbers will be displayed at registration and in the pre race emails).

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 as you would 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.

You **MUST** also hand in your tracker. If you are withdrawing at a checkpoint then hand it to the marshal at the checkpoint. ***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.

Please also remember to fill in the medical details and contact details on the back of your race number. You never know when you might need them. This is so that 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.

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 to you please take it on the chin and accept the medics' decision in good grace. **We, as race directors, cannot override the decision of the race medics.** Don't get stressed about this, we and the race medics will do everything we can to

encourage you to get to the finish line so we don't often withdraw people from the race on medical grounds. If you get to a checkpoint and feel overwhelmed we suggest you take a bit longer at the checkpoint, have some food and drink and chat to the volunteers. Most of them are runners who have been in your position before so will be very sympathetic.

Break the race down into small chunks and it will seem much more achievable. We want you to enjoy yourselves and not get stressed by the challenge. You know you can do it and you will be amongst friends and we (Janice and Kevin) look forward to seeing you at the finish line. You're going to be great!

What things will get me disqualified?

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. This is NOT a road race.
Trail runners do not drop litter…Full stop, end of story.

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 chunks off the course to gain an advantage. The evidence is clear and easy to see as we will have a dedicated marshal keeping an eye on all your trackers, and you won't be able to dispute it so please follow the course at all times. Also do not use any form of transport other than your own two feet. If we suddenly see your tracker speed up from 5 kph to 35 kph we will know that you are getting some kind of assistance.

Mandatory Kit: this is our pet hate so you had better get used to it !
The mandatory kit is for your safety.
If you slip and break your ankle 5 miles from a checkpoint and it is snowing/ raining you will rapidly start to feel rather miserable. Please pack the FULL MANDATORY KIT.

We will do a full kit check of every athlete at every race other than marathons and below.

If you do not have the mandatory kit you will not be allowed to start. No debate. You have had plenty of warning.

YOU NEED ALL THE KIT TO START>>>Don't ask us to let you off as the answer is no. Full kit is needed to start…

If after you pass the kit check you decide to shed some items to make your pack lighter then you will stick out like a sore thumb as your pack will be suspiciously slim and light looking. You will then be laying yourself open for a random kit check that can occur anywhere on the course and if you are found to have an item missing you will be disqualified, have your tracker removed and will have to make your way home as you will no longer be allowed to race.

This is a safety issue.

Your safety is our primary concern, if you fall and injure yourself and onnly have a pack of tissues and a mars bar in November in the rain you are going to have a very bad day.

We are both very keen ultra runners with over a 100 races between us and we often see people blatantly cheating by having tiny packs with just a drink and a hat and this is not going to happen in our races. If you think you have been rather clever and make it to the finish line having cheated and your pack looks small we can disqualify you at the finish line in front of all your supporters and other runners. This will be very embarrassing for you. YOU HAVE BEEN WARNED!

I think that has made it pretty clear. If you are unsure if your kit is good enough to pass kit check then get in touch and we can guide you.

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. We can't have marshals there to remind you to be safe as we have in previous races so this is your responsibility.
Please cross the roads safely.
If marshals report dangerous behaviour or runners taking risks with the traffic 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 other runners, 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 will feed you at every checkpoint, we have indoor checkpoints, we have toilet facilities at most checkpoints and the course is fairly benign, gently rolling Norfolk countryside.

We also allow help from friends and relatives, so if you have supporters and 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 and you won't be disqualified. Supporters can meet you at checkpoints as long as they don't go inside the building or impede other runners. 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.

This race will require basic navigational skills.

The Weavers'Way has good markers throughout and the route only deviates in a couple of places. ***It is a windy wiggly course so don't look for Boghopper arrows either, use your gpx. It is your responsibility to know the route.***

THIS COURSE WILL NOT BE MARKED…you must be able to navigate!

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. 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.

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 normally 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.

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.

Other matters

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. We would recommend you use trail shoes for this race, it will be too slippery for road shoes in quite a lot of places but of course this is entirely up to you.
3. Make sure you know where the start and finish are, and make sure you know how to get to the start in good time
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.). In the 100 km race you can have a drop bag that will be transported to The Poppy Centre, Stalham and then on to the finish for you. This does not apply to the 50k race.
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. Also don't forget to pick up your finish bag and drop bag (100 km only)
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, in which case 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 his photos are absolutely fantastic, he may well be hiding in a bush so be prepared to be ambushed.

That's all for now, we will send out a race email prior to race day and for the course too (this is also available 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