



The Marathon and Ultra events will be departing at the same time of 08:30. Great for a mass start and bring lots of incredible people together for an excited start right in the heart of Skegness!

This allows for all runners to finish ahead of sunset, and we've timed our cut offs in lines with this.

Sunset is at 18:23, we want to get everyone on the final mile by then.

Cut off times:

10 hours for both events

Walking pace (4mph) is 15 min mile pace.

For the **Marathon it's 22 min mile pace (1 hour and 7 min, 5k pace)**

For the **Ultra Marathon it's 16:54 min mile pace (51 min, 5k pace)**

The course is very flat on very good surfaces.

Check points will be along the way, and we will check on your progress against the above time, should you be at risk of not hitting the cut off we will withdraw you from the event. This is for your safety and the well-being of our volunteer team manning stations. This also means you will be into the final mile before nightfall... which is nice!

Spot checks will be made at the start of the event, and you will not be permitted to compete without the mandatory items (this applies to the marathon and the ultra-event)

Any runner/walker who is deemed unfit to continue (this is at the discretion of the team/medics) will be withdrawn from the race.

While we appreciate at the time this may feel unfair, it is for your safety and the safety of our response team. This will be a final decision and please be prepared to accept this (we've been there personally, so we're ready to look after you).

At our check points a Marshall may ask to see you race number so please ensure its visible or easy to get to. All runners will be clocked at the halfway points.

You must notify our team at the first instance if you decide to retire during the event.

Where possible and/or relevant we will look to provide you escort off the course and get you back to the start/finish area.

An emergency number will also be provided to you ahead of the day. This is for emergencies on the day only... ie not checking on results, photos or finding the location of the chip shop!!

You must carry all items marked on the mandatory equipment list for the duration of the event. We do have multiple feed and aid stations along the way for you to re-stock as you go along. Details of this can be found in the information pack ahead of the day.

We appreciate the event is mainly on nice flat (very flat!) coastal paths, super safe and very easy to follow, the route is also well marked out, but it is march, the weather is variable, and we know from personal experience that having these items with you will help improve your race experience (and time!)

Read on for mandatory and recommended kit 😊



Mandatory event kit:

- Hat and Gloves
- Waterproof Jacket
- Minimum of 500 ml water/sports drink to be carried. This should be in an easily re-fillable container (we will have jugs at aid stations for you).
- Headtorch/Torch
- Whistle
- Emergency food supply (something high energy)
- Route description (and/or map) / this will be on the website as a pdf for your phone and also a GPX download so you can load it straight into your running watch or phone app
- Mobile phone
- Our emergency contact number

Recommended kit

- Spare Gloves & hat
- Buff or running scarf
- Pack of tissues
- GPS (or map app on your phone)
- Full leg cover (eg running tights)
- Spare long sleeve top
- Collapsible running cup
- Chips and/or candy floss