

RUN TO THE SEA ULTRA MARATHON

SATURDAY MARCH 28th at 8:00am



Welcome to the 2020 Run to the Sea Ultra Marathon - a fabulous 50km multi-terrain course from Ringwood to Hengistbury Head

A welcoming, well organised event; the perfect intro to ultra-running, an opportunity to challenge yourself to a 50km run, or simply just enjoy a fantastic run to the sea!

Please read this guide carefully to make sure you have everything you need for a safe, enjoyable and stress-free race day.

Have a great run!
The UltraViolet Team

www.runtothesea.com

SUMMARY

| | |
|----------------------------------|--|
| Race Day Parking | Hengistbury Head Pay & Display parking at Hengistbury Head at a cost of £3 per day. Postcode – BH6 4EN Numerous unrestricted street parking areas nearby – see maps. Ringwood Please only park at The Furlong pay & display car parks. Postcode – BH24 1AT |
| Buses | For those who have pre-booked a seat, the buses will take you from The Broadway, Hengistbury Head (the finish) to Ringwood (the start & registration) pre-event only. Buses will leave from 6:00am and the last bus will leave by 6:45am at the very latest . There will be toilet facilities available close to the bus pick-up point. |
| Registration | Friday 27th March from 6:00pm until 7:30pm St Peters School, St Catherine's Rd, Bournemouth BH6 4AH. Saturday 28th March from 6:30am until 7:45am Greyfriars Community Centre, 44 Christchurch Rd, Ringwood, BH24 1DW |
| Baggage drop | Free baggage-drop near start area – these will be taken to the finish for you. Please note, we will only transfer the event drawstring bags we issue you with you at registration; travel light! |
| Changing facilities | There are toilets at the start, but no changing facilities. Arrive in kit. |
| Toilets on course | Toilet facilities at each check point/feed station & numerous places on route. |
| Entries on the day | Sorry no, the race is full. |
| Race briefing | Compulsory race briefing at start line at 7:50am. |
| Start | 8:00am at Bickerley Common. |
| Terrain | The 50k course starts on the Castlemans Trailway start until the approximate halfway mark. It's relatively flat and will be mainly firm underfoot, but can also be wet in places if we have a lot of rain beforehand. From 27km onwards the course is mainly on promenade and footpaths. |
| Feed stations Checkpoints | There are four feed stations/checkpoints on the course and one at the finish. You may have personal nutrition delivered ahead of your arrival, |

which must be dropped in the box at registration by 07:30am on race day. See details below how to get your personal nutrition out on the course.

Cut off points Check point 1 – Ferndown Wayfarers Cricket Club **(9.5k)** closes at **9:55am**
Check point 2 – Willett Arms Pub, Wimborne **(19k)** closes at **11:50am**
Check point 3 – Poole Christian Fellowship **(30.5k)** closes at **2:20pm**
Check point 4 – Bournemouth Seafront **(40k)** closes at **4:20pm**
The cut off time for the finish is **6:20pm**

Prizes Prizes will be given to 1st, 2nd, 3rd Male & Female (regardless of age), then 1st Male & Female in the following categories: V40, V50, V60+. There will also be a team prize for the team/club with the first five finishers over the line

GETTING TO THE EVENT

Car Parking - see maps below.

Hengistbury Head

Pay & Display parking is available at a cost of £3 per day at the two large open-air car parks at Hengistbury Head. Postcode – **BH6 4EN**

Payment at both of these car parks can only be made by card or on your phone, no cash.

There are numerous unrestricted on-street parking options available within a 10minute walk of the pay & display car parks. Please park considerately.

Ringwood

There is no parking whatsoever or drop off area at the race start or race registration. We risk jeopardising the future running of the event by annoying local residents – please only park where we ask you to. Parking is only available at The Furlong pay & display car parks. Postcode – **BH24 1AT**

From the large car park here, it's a 5minute walk to race registration and the start.

BUSES & PRE EVENT BAGGAGE

Our buses will take you from The Broadway, Hengistbury Head (the finish) to Ringwood (the start & registration) pre event only. Buses will leave from **6:00am with the last bus leaving at 6:45am**. We advise you to aim to arrive for 6:00am as you won't all fit onto the last bus!

It's a 30minute journey by bus. You'll be dropped a short walk from race registration.

At race registration (see below), you will be issued with a Run to the Sea drawstring bag, these will be labelled with your race number. Please be aware that these drawstring bags (big enough to fit some

running shoes and a few small items) are the only bags that we will transport for you back to the finish area. **TRAVEL LIGHT.**

Anything that you travel on the bus with, that you aren't going to run with, needs to go in your drawstring bag; you cannot leave anything on the bus as it is going back to the depot after drop-off. We suggest you travel in your kit with a layer over the top, take a drinks bottle, banana and your car keys etc – that's it.

REGISTRATION

Registration is open-

Friday March 27th 6:00pm until 7:30pm
St Peter's School, St Catherine's Rd,
Bournemouth BH6 4AH

&

Saturday March 28th 6:30pm until 7:45pm
Greyfriars Community Centre,
44 Christchurch Rd, Ringwood, BH24 1DW

Please collect race packs at registration on Friday evening or Saturday morning - they will not be posted out in advance.

If you have **any questions** about the event, we strongly recommend you collect your pack on Friday evening. Race registration will have race info and the course displayed, and race toilets.

Your 'Run to the Sea' race pack /kit bag contains-

- ✓ Your race number* (to be worn on your front)
- ✓ Your chip - fits around your ankle
- ✓ An UltraViolet headscarf
- ✓ Your UltraViolet collapsible cup if you have pre-ordered one (also available to purchase on the day)

*If you have a medical condition that will need consideration, please mark the front of your number with a cross and write details on the back. Race numbers must not be passed on to another runner

Please help yourself to safety pins at the registration desk

Personal Feed Station Items

See below for further details. If you would like your own nutritional items taken to a particular checkpoint along the course, leave them labelled and in the appropriate box at registration.



Baggage at the start

Our bag drop-off point is right next to the start line

RACE BRIEFING & COURSE



The race briefing will take place at the start line at Bickerley Common at 7:50am and is compulsory for all competitors.

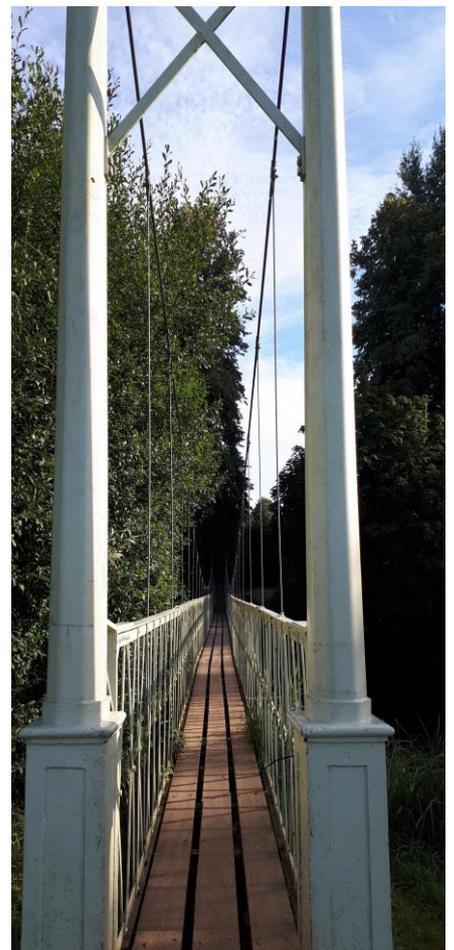
The course-

Our course is 50km point to point, starting in Ringwood (Bickerley Common) and finishing at Hengistbury Head. The first half follows the path of the Castlemans Trailway, and as an old railway, it avoids any major inclines. The second half of the route is a mixture of seafront promenade, pavements, parks and some steps.

Road Safety-

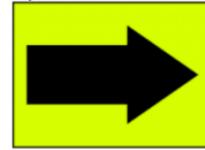
The course does cross a number of roads. When you follow the race signage you will be guided to cross the roads at pedestrian crossing points – please make adult decisions about crossing roads only when safe to do so, using the crossing point correctly and safely. Any runner seen crossing the road when the lights are red will be disqualified. Marshals along the route are there to guide you, not to stop traffic or help you cross safely – this is your responsibility.

The course is narrow in some places, with gates to negotiate etc. Please be patient and courteous with other members of the public. The course is unsuitable for buggies and wheelchairs.





This one means
'go right'



Course signage-

The course is fully signed with yellow arrows. All meaningful junctions will be signed, but be aware that long straight sections where no turns are required, will only be signed sporadically.

You will find a PROVISIONAL course map on the race website, with a downloadable GPS file. The FINAL route will be emailed to you with a week to go.

Please only consider using the GPS option to help with navigation if this is something you are familiar with.

Cut-off times-

Each check point will close at the time given below.

The marshal at the check point will advise if you are behind and will arrange for you to be taken back to the finish.

- ✓ Check point 1 (9.1km) closes at **9:50am**
- ✓ Check point 2 (19km) closes at **11:50am**
- ✓ Check point 3 (32.4km) closes at **2:20pm**
- ✓ Check point 4 (41.5km) closes at **4:20pm**
- ✓ Finish (50km) closes at **6:20pm**

You can use any GPS unit (including phones) that can download and show the route.

Please be sure to check your battery life beforehand so that you know whether to have it on throughout, or to only use it for checking purposes.



Checkpoint distances and cut-off points will be printed on your race number

CHECKPOINTS/FEED STATIONS

There are four checkpoints/ feed stations on the course

Check point 1 – Ferndown Wayfarers Cricket Club (**9.5k**) closes at **9:55am**

Check point 2 – Willett Arms Pub, Wimborne (**19k**) closes at **11:50am**

Check point 3 – Poole Christian Fellowship (**32.4k**) closes at **2:20pm**

Check point 4 – Bournemouth Seafront (**40k**) closes at **4:20pm**

The cut off time for the finish is **6:20pm**

Each check point will have the following items:-

| | |
|-------------|-----------------|
| Water | Flapjacks |
| Squash | Haribo |
| Cola | Jelly Babies |
| Bananas | Savoury nibbles |
| Oranges | Pretzels |
| Jaffa Cakes | Fig Rolls |

Personal nutrition?

If you would like to have your own nutrition sent out to any feed station, please place it in the relevant box at registration **by 7:30am latest**.

If you have particular favourites, or any dietary requirements, it is worth taking up this option.

Your items may not be loose – they must be in a bag or other container

clearly marked with your name. Please come prepared with these labelled in advance.

Please note that we are unable to return unused items or containers to you after the race



Compulsory Check Points-

At checkpoints you must cross the timing mat before heading back onto the course; this will provide real time split times for you to the web.

Collapsible Cups – help us avoid using plastic

To avoid using plastics, we will not be providing any cups at our checkpoints. Should you wish to do anything other than refill the bottles/bladder packs etc that you're carrying, you will need to bring your own cup with you. If you are in need of something suitable, you can purchase an UltraViolet collapsible cup at registration for £3

COMPULSORY KIT LIST & MEDICAL PROVISION

There will be random pre- & during-race checks and anyone found not to be carrying the mandatory items will be disqualified.

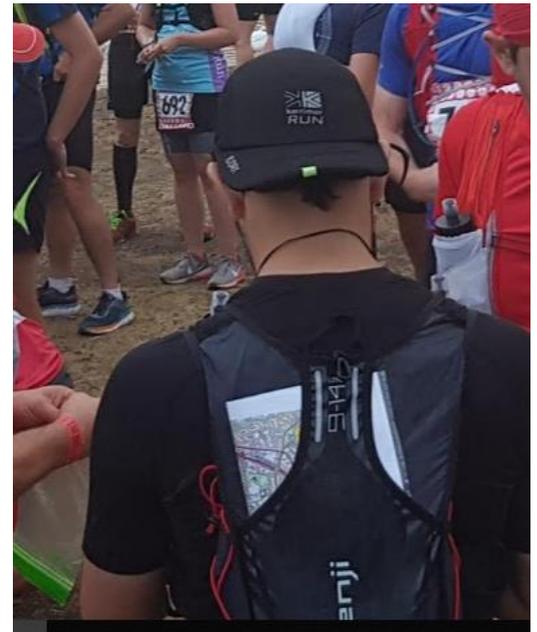
Compulsory

- ✓ Fully charged mobile phone with emergency & race organiser numbers included*

- ✓ Water bottle/vessel – holding at least 500ml of fluid
- ✓ Foil blanket
- ✓ Waterproof jacket

Strongly Recommended

- ✓ GPS unit with final route uploaded (if you are used to using one)
- ✓ Whistle
- ✓ £10



Medical provision-

There will be dedicated medical provision available throughout the race.

*Emergency and Race HQ contact numbers will be printed on your race number.

Due to the nature of the course, the medic may take some time to reach you, or potentially be out of contact tending to other runners. In that instance you should contact the emergency services on 999 AS WELL AS the race medics.

AT THE FINISH

The presentation or prizes will take place as each winning runner finishes.

Prizes will be given to 1st, 2nd, 3rd Male & Female (regardless of age), then 1st Male & Female in the following categories: V40, V50, V60+.

There will also be a team prize for the club/team with the first five runners over the line. No age/gender categories apply and you don't have to run together. Club/team name must be entered while registering for the race or via the link in your confirmation email up until 7 days prior to the race. Club/team names cannot be added to any runner after this point. We will award the team prize as soon as possible after the race.

Finishers Medals

Each finisher (within the cut-off time) will receive a fabulous bespoke medal commemorating both the event and the success of your own personal challenge!

Remember that this medal is only yours if you complete the race and finish (at the finish line) within the cut-off times. The checkpoint 4 & finish line cut off times are completely non-negotiable.

Chip Timing

Our brilliant race timers, Rogue Racer, will be there to look after you at the finish. Your results will be live online and you can print off your results slip for your own personal details

Post Event Baggage

The drawstring bag you left with us back at the start line, labelled with your race number, will be there for you to collect a few yards from the finish

Massage

Post event massage is available at a rate of £10 for 15 minutes

Location

The finish line will be on the grass near the Hiker Café. The café is open post event and serving hot/cold drinks and hot/cold food. The toilets here are available. If you have the energy, the beach and Hengistbury Head itself are 400m away, whilst your cars are a short walk in the other direction.

OTHER NOTES:

Toilets-

There are toilets at the start/finish area, the feed stations and other designated points along the course.

Marshals-

Many thanks in advance to our marshals. If you would like to be part of the team for one of our future events, please contact info@ultravioletrun.co.uk Perhaps you have a supporter coming with you on race day who would like to help out at this event. Volunteer them and you'll get money off a future race entry!

Maps below....

MAPS

Car Parking options, Bus pick up & Finish at Hengistbury Head, BH6 4EN



The Start & Saturday morning registration.



The provisional route can be found [HERE](#)