

# 50 Mile Ultra Run Instruction



## ENTRIES

50 Miler Ultra run, Saturday 3 July 2021, Castle Race Series.

## QUALIFICATION STANDARD

There is no requirement for qualification to enter this race but participants are reminded that the course is over arduous and hilly terrain. The organiser has implemented cut offs at each of the feed stations and, due to the welfare of staff out on the course, will have no hesitation about pulling anyone from the race if they fall behind these set times.

## CUT OFFS

Runners must finish the course within a 17 hour time limit. There are additional cut offs at each feed station on route. See the [feed station table](#) here for full details.

## AWARDS

FINISHER Medal & T-Shirt to all finishers.

Additional prizes will be awarded to 1st, 2nd and 3rd placed male and female runners.

## REGISTRATION

Registration check-in takes place at Hever Castle on either Friday evening or on Saturday morning at the start, adjacent to Eastbourne Pier. Exact timings found on the Race Information Pack.

## COACH TRANSPORT FROM HEVER

For those staying in the campsite or in other accommodation near to Hever there will be coach transport to the Start Line in Eastbourne. For details on coach departure timings and location please see the Race Information Pack.

## FINISH LINE BAGS

Finish Line Bags can be deposited at registration and should be clearly labelled with runners name and bib number. These will be transported to the finish for you. Your finish line bag may be a maximum of 50 litres in size. You will need a complete change of dry clothes to put on once you have completed the race. We also suggest you pack some warm clothing including a good jacket and a bobble hat as the wind can whistle through the finish area!

## START TIME

The race will start at 06.00hrs and the start line will remain open for 1 hour after that for any latecomers. Your time will only start when you and your tracker (see below) cross the physical start line of the course.

## START/ FINISH LOCATION

The Start is at Eastbourne Pier. Grid reference: TV 61757 98907. What Three Words: Curvy/ Housework/ Await

The race finishes at Hever Castle in Lake View field overlooking the lake and Italianate Loggia. Grid reference: TQ 48315 45061. What Three Words: Twice/ Star/ Silk

## ROUTE

The race route travels from the start at Eastbourne Pier along the promenade to the start of the South Downs Way (SDW) path. It then follows the SDW path to Birling Gap and then up and over the Seven Sisters to the Seven Sisters Visitor Centre. From here, still following the SDW the route tracks north to Alfriston and then heads west almost to the Firle Beacon before descending to the Ram Inn and the quintessential village of Firle. From here, the route heads north through Glynde and at Barcombe Mills joins the Sussex Ouse Valley Way. Once the rural idyll of Fletching is made, competitors are on the home stretch. A stiff challenge up and over the Ashdown Forest brings participants to the ancient parish of Chiddingstone and finally the back gate of Hever Castle with a well-earned trot around the grounds and the Finish Line as the prize. [Read detailed route description here.](#)

## TIMING AND GPS TRACKING

All competitors will be issued with a Geo Tracks GPS tracker which will also act as their timing device. This must be kept with the athlete at all times either on their person or in their backpack.

This GPS tracker has three uses;

- 1) it will provide the participant with an overall time and various split times for their race; 2) it will provide the race organisers with the ability to track each participant and know their exact whereabouts on the course at all times;
- 3) it will provide supporters the ability to track their athlete, via a Live View URL, along the route to make support and logistics for family and friends a lot easier.

Please ensure you return the GPS tracker at the finish point. If you retire early please also drop the tracker off at the finish or at a feed station.

Geo Tracks also provide an iPhone app that is the perfect aid to navigation. The app centres on your GPS tracker icon and shows the route to follow.

Live View Tracking route maps can be seen here:

<https://events.geotracks.co.uk/live/633>

(Please note tracker icons will appear on the day of the event)

To download the Geo Tracks iPhone app please click this link

<https://apps.apple.com/gb/app/geo-tracks/id1480094189>

You will need to enter the event no. 633 and your bib number (issued at registration).

(Please note. The app only works on the day of the event and not before!)

## GPX FILE

It is highly recommended that participants download the GPX file for the event and upload to an electronic navigation device such as a GPS watch.

The GPX file can be downloaded from this page (scroll down to find the 50 Miler Ultra Run).

<https://www.geotracks.co.uk/whats-tracking>

## **FEED STATIONS**

There will be 7 feed stations, including the finish, along the length of the course. [A full list of the feed stations and all opening closing times can be found here](#). All feed stations carry as a minimum: water, coke, chocolate, sweets, sandwiches, nuts, lots of fruit, High 5 gels, High 5 bars, High 5 zero tabs, High 5 energy source, wraps, sandwiches and other sweet and savoury snacks. Hot drinks are available at the Seven Sisters Visitor Centre, Fletching Village Hall and the Finish. Hot food at the finish only.

## **SPORTS MASSAGE**

Sports massage provided by Six Physio will be available at selected feed stations. This will be provided on a first come first serve basis. See Feed Station list for their location.

## **COURSE MARKINGS**

The course is marked by a mixture of signs, some permanent, some Castle Race Series (CRS) branded and also some orange tape.

South Downs Way marker posts, which are fixed, come in different forms but always displaying the acorn which is the key symbol and guide on this part of the route as with all National Trails. In addition to the fixed markers as above, the course will also be marked with red & white tape and CRS marker arrows. There are a number of road crossings to negotiate, some of them are extremely busy and will NOT be marshalled. It is the responsibility of the runner to negotiate all road crossings safely.

It is ultimately the runners responsibility to navigate the course successfully, with or without course markings. We strongly recommend that you take the time to recce the route before race day & carrying a map and compass are highly recommended for the event in case of an emergency.

## **PACERS**

Pacers on foot are permitted at any point on the route.

## **CREW SUPPORT**

Runners are allowed to have a crew support and there are a number of excellent points on the route for this. However, the support you receive at the check points will be enough for any runner, and a crew is not essential. Runners are responsible for their crew and must ensure that their behaviour does not adversely affect any of the other participants in the race.

## **MEDICAL**

There will be a dedicated team of race medics available throughout the duration of the weekend including static first aid teams and race ambulances. If you suffer an injury or accident that requires direct medical attention, the medics will be on hand to assist you. Contact numbers and full details of what to do in an emergency will be given to you in the Race Information Pack and again at race registration. Due to the nature of the course ie. often remote and far from roads,

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the medics may take some time to reach you, or potentially be out of contact tending to other runners. In those instances you should contact the emergency services on 999. Full instructions on what to do in an emergency can be found in your information pack.

## **KIT**

90% of the course is on trail, therefore trail shoes are advised. There are sections of trail which can become very muddy in wet conditions. The South Downs are formed of chalk and are composed of significant sections of exposed and slippery chalk bed and rocks. These sections must be negotiated carefully in both the dry and the wet. The South Downs ridge is very exposed and in wind and rain runners can become cold quickly. Visibility can also be extremely poor under cloud cover.

### **Runners must therefore carry the following mandatory equipment at all times:**

- Fully Charged Mobile Phone with the numbers for the Race Medic and Race Director (these will be provided at registration)
- Water Bottles/Bladder capable of carrying a minimum of 1 litre.
- Survival Blanket: 1.4m x 2m minimum
- Waterproof Jacket: Gore-tex or similar, minimum 10000mm+ & must have sealed seams.
- Whistle
- Headtorch or Primary Light Source
- Back Up Light source - Minimum 25 Lumens
- Warm Hat - Beanie Hat or Buff (either are accepted)
- Gloves
- Long sleeved base layer or fleece top - This must be carried separately from the start and kept dry, for use only in an emergency. Starting in 2 layers is not a substitute.

There will be kit spot checks prior to the race as well as during and at the finish. A time penalty of one hour will be imposed for any item found to be missing at any point on course.

### **In addition, we strongly recommend, the following items:**

- Route Map - Should be a hard copy that you are able to navigate from and not a map on your phone
- Compass - This should be a separate physical compass and not electronic/ on your phone.