



RUN TO THE SEA BOURNEMOUTH 2023

RACE GUIDE

SATURDAY OCTOBER 14TH



RACE SUMMARY



Start Venue – Moors Valley Country Park, BH24 2ET
<https://w3w.co/groomed.winemaker.cartoons>

Finish Venue – Hengistbury Head, BH6 4EL <https://w3w.co/slide.deck.ropes>

Race Packs/Registration – your race bib will be available to pick up from the start on race day between 06:45-07:45. Your chip will be on the reverse – no need to do anything with this. Your silicone cup/buff will be there too, if you have pre-ordered these

Entries on the day – None. All entries are in advance of race day.

Bag Drop – We will transport your SMALL bag from the start to the finish for you. This is a FREE service – travel light, we can only transport a small bag. Make sure you attach the baggage tag on your race number to your bag before dropping off at the bag drop van.

Race Briefing – Online by email in advance of race day, compulsory to read.

Start Time – Starts between 07:30 – 08:00. Final start times confirmed a week before the race. Head torches are required around the site before 07:20.

Onsite facilities – Toilets at the start & finish and numerous points on course. Hot drinks available to purchase at the start pre-event & a café next to the finish line.

Course signage – Fully signed course using arrows & red & white tape. You can't go wrong! A GPS route is provided within race week, along with a Google Map route highlighting checkpoint locations and toilets.

Terrain – Very pretty 50km point to point course, firm woodland trails from the start, joining the Castleman Trailway until 27km. From 27km it's largely gravel paths, pavement and the promenade. Fairly flat throughout. A short section of sand within the final KM! A road shoe course.

Checkpoints – 4 on course and mandatory to enter each feedstation even if you do not require food or water. Failure to do so may result in disqualification and/or no results. Each checkpoint will offer water, cola, Active Root & sweet and savoury snacks. Personal nutrition can be delivered to checkpoints 3 & 4. *No cups will be provided.*

Cut off – 17:00 at the finish and specified times for on-course checkpoints.

Finish – Medals, drinks, snacks and race mementoes. FREE soup & bread for runners at the adjacent Hiker Café.

Prizes – 1st, 2nd & 3rd female & males overall & age categories. Prizes posted out after race day.



GETTING TO THE EVENT



OPTION 1

Go to the Finish end of the race, Hengistbury Head, and catch one of the pre-event shuttles to the start.
Your car will be waiting for you at the Finish
(must be pre-booked!)

We suggest parking at the Hengistbury Head car park, BH6 4EL <https://w3w.co/slide.deck.ropes>
Note – car parking charges do apply, and no cash is taken.
Payment is easiest made via the Ring Go app, location 59021. Further details found [HERE](#)

You will need to pre-book a shuttle bus seat as part of your entry (£8), or 'edit your entry' via the link in your confirmation email up until 2 weeks before race day.
Email info@ultravioletrun.co.uk if you need help with this (up until 2 weeks before race day).

You will be assigned a bus according to your start time – this will be confirmed a week before the race. Our bus departure point is next to Hengistbury Head car park.

Remember – anything you take on the bus but aren't running with (spare clothes) will need to fit into a SMALL bag. We can ONLY transport a small bag (drawstring size) for each runner

OPTION 2

Go to the Start end of the race, Moors Valley Country Park, and make your own way from the Finish after your run.

You can park or get dropped off at Moors Valley Country Park, BH24 2ET
<https://w3w.co/groomed.winemaker.cartoons>

Note – car parking charges do apply for stays of 15 mins or longer and payment can be made by cash or card.
NOTE: the venue closes at 17:00. Further details found [HERE](#)

If you are being dropped off by a supporter at the Start, their car will need to be offsite within 15 mins of arriving to avoid being charged for car parking.

Any spare kit or changes of clothes etc. that you would like us to transport to the finish for you will need to fit into a small bag (drawstring size).



BEFORE THE START



Buses – if you have booked bus transportation, you will be provided with specific details 7-10 days prior to race day. You will be allocated a bus time in accordance with your start time. The bus journey from The Broadway at Hengistbury Head to Moors Valley Country Park pre-event will take around 25-30 minutes.

Race Packs/Registration – Race Bibs (including chip & baggage tag) should be picked up from registration at the start between 06:45-07:45.

Attach the baggage tag to your bag prior to taking to the baggage van.

If you have a medical condition that we need to know about, please mark the front of your race bib with a cross and complete the details on the reverse .

We will not be supplying pins with your race numbers, so you'll need to bring your own. Your race number should be visible on your front.

If you've ordered a buff or collapsible cup, these can be collected at the registration desk on race day.

Baggage – TRAVEL LIGHT, we can only accept a small (drawstring size) bag. If you're travelling on the pre-event buses, we suggest you travel in your kit with a layer of clothes over the top. Perhaps bring a drinks bottle, banana, and your car keys etc; that's it. Essentially, everything you travel with that you're not running with, needs to fit into a small bag.

The bag drop off van is right next to the start line. **Your race number has a tear off baggage label on the bottom – you must attach this to your drawstring bag before going to the baggage van.**

Start Times & Procedure – you'll be setting off in groups between 07:30 & 08:00. Final start times will be confirmed at least one week beforehand. Approach the start area 10 mins before your start time and our start line team will call you forward.

NOTE – headtorches will be required around the site until 07:20.



Chip Timing – your timing chip is on the back of your race number, so your own start & finish times are taken along with split times from the course.

Tracking - we have predictive tracking for all runners – this is your estimated position on the course based on the time you reach each checkpoint. If you would like real-time tracking for your supporters to follow your actual progress please go to the Rogue Racer desk at registration to sign up (£1)

Personal Nutrition Drop – if you have any dietary preferences or just want to use the nutrition you've trained with, we will take it out onto the course for you. Nutrition must be in sealed bags and labelled with your race number and checkpoint locations and placed in the boxes at race registration. Personal nutrition must be dropped off by **07:45**. **Note – this is available for Checkpoints 3 & 4 only.**

Toilets – there are toilets at the bus pick up point at The Broadway at Hengistbury Head, and also at Moors Valley



ON THE COURSE

Race Briefing – important details and final reminders will be in the briefing. This will not be presented at the start, but online in advance, on the website and emailed to you within the final week.

It is assumed that you will have read the race briefing – if you have any questions you need to contact the organisers *before Wednesday October 11th*.

Terrain - The course is mixed terrain and on firm ground throughout. We follow the Castleman Trailway for 27km and as an old railway line, has very few inclines. The second half of the course is largely on seafront promenade & pavement. The course is suitable for road shoes.

Hilly/Flat? The course is flat with only 299m of elevation gain through the 50km.

Signage – the course is fully signed with arrows, red & white tape and warning signage where appropriate.

Additional Navigation - We will provide you with a course GPX file for use on GPS devices. Also provided will be a Google MyMap version of the course which can be viewed on a phone and is marked with checkpoint locations, toilets etc. **These will be emailed to you approx 1 week before race day.**

Headphones – we politely request that you do not use in-ear headphones for your own safety.

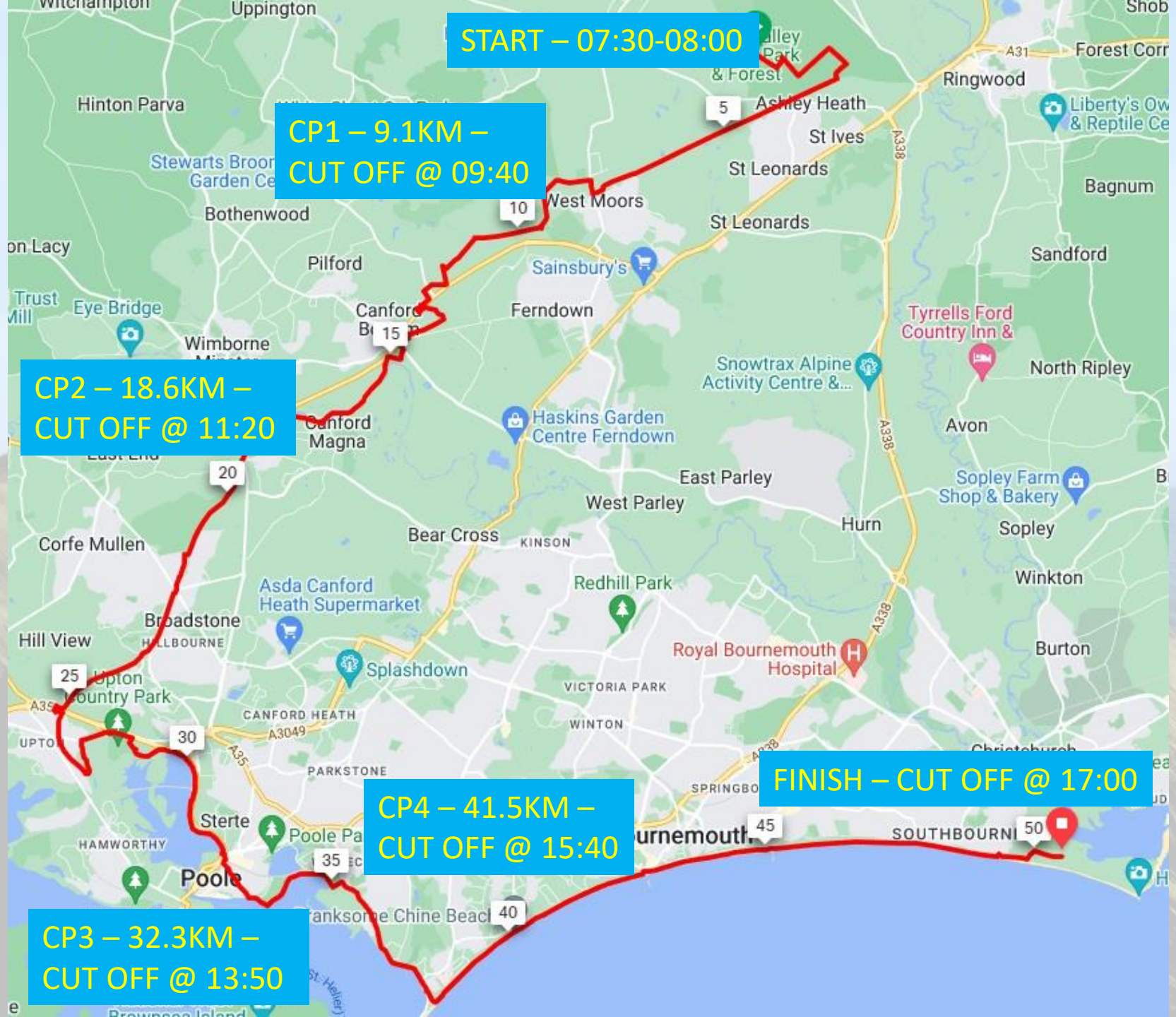
Course Etiquette – please be courteous to other path users. Short sections are narrow, please be patient and overtake when suitable.

Mandatory Kit –

- Fully charged mobile phone with emergency numbers included (found on your race number)
- Drink Vessel (bottle/bladder pack etc) holding a minimum of 500ml at the start (please bring ready-filled)
- Foil Blanket
- Waterproof/Showerproof jacket
- Method of payment, in case of emergencies
- Head or Chest Torch

We appreciate that the need for some items may seem unlikely, however we have to plan for your safety in an emergency.

Medical Back-up – there is dedicated medical provision throughout the event. Due to the nature of the course, our medics may take some time to reach you. In a life threatening emergency, you should contact emergency services via 999. The event contact phone numbers will be printed on your race number.



START – 07:30-08:00

**CP1 – 9.1KM –
CUT OFF @ 09:40**

**CP2 – 18.6KM –
CUT OFF @ 11:20**

**CP4 – 41.5KM –
CUT OFF @ 15:40**

**CP3 – 32.3KM –
CUT OFF @ 13:50**

FINISH – CUT OFF @ 17:00



There are four checkpoints around the course, you'll find them at 9.1km, 18.6km, 32.3km & 41.5km. *It is compulsory for you to enter each checkpoint even if you don't need anything to eat or drink, in order to cross the timing mats.*

What to Eat? Each checkpoint will stock a selection of snack items: biscuits, sweets, raisins, crisps, chocolate bars, savoury snacks and water to replenish your bottles with, along with cola & Active Root. **If you'd like to eat specific items, check the personal nutrition option as below.**

No Cups – we will not be providing plastic cups at the checkpoints. If you want to use a cup for cola, etc, at the checkpoints, you'll need to bring your own. UltraViolet collapsible cups are available to purchase via the event entry page or on the morning at race registration for £5 (cash only)

Personal Nutrition – available for checkpoints 3 & 4 – this allows you to carry your food for the 1st half and replenish in the 2nd half. Put your food into sealed & labelled bags – mark your race number and which checkpoint they should go to on each bag. Drop at registration before 07:45 and it will be taken out to checkpoints on the course for you. This is a FREE service.

Checkpoint Guidance –

- A tail-end runner will advise any participants if they are behind the cut off times; **you are required to be self-sufficient if you have to retire from the event**
- Use the hand sanitiser available
- We are unable to return any personal items left at checkpoints
- Supporters should not come to the checkpoints, access is limited and required by the event team and medical staff

CHECKPOINTS





AT THE FINISH



Back at Hengistbury Head you'll see our UltraViolet feather flags. Cross the line and your result is automatically recorded.

You can then pick up your finishers medal & goody bag. There will be water, cola, Active Root & snacks to help yourself to.

Collect a voucher at the finish line for your FREE finishers soup & bread combo from the Hiker Cafe (just 100m from the finish)

Results & Prizes – 'live' results will be online courtesy of our timers *Rogue Racer*. Prize winners will receive their awards by post shortly after race day. We have overall, age category, a team prize and spot prizes up for grabs.

The team prize is for the 1st team to have 5 runners cross the line – make sure you've entered using the correct team name (hint – make it the same as your team mates!!)

Massage – available courtesy of Muscle & Mind at £15 for 20 minutes.

Mugs – the amazing Absolute Mugs are available to purchase to immortalise your day, just click [HERE](#)

