

# RUN TO THE SEA – BOURNEMOUTH ULTRAMARATHON



Welcome to the 2022 Run to the Sea Bournemouth - a fabulous 50km multi-terrain ultramarathon from Moors Valley Country Park 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 an enjoyable and stress-free race day.

Have a great race!

***The Ultra Violet Team***

[www.runtothesea.com](http://www.runtothesea.com)

# AT A GLANCE SUMMARY

|                           |  |
|---------------------------|--|
| Race START                | <a href="#">Moors Valley Country Park, Ashley Heath, Dorset, BH24 2ET</a>  |
| Dropping off at the START | If you are not taking the event bus from the finish, your supporters can drop you off at the start – there is a 15-minute drop-off time that is free of charge. After that <a href="#">car parking charges can be found here</a>   |
| Race FINISH               | <a href="#">Hengistbury Head, Christchurch, Bournemouth</a>  |
| Parking at the FINISH     | <a href="#">Hengistbury Head, Broadway, BH6 4EL (please note charges apply)</a>  |
| Registration              | Registration is at the START (Moors Valley Country Park) from 06:15-07:45 on race day.   |
| Baggage drop              | You will be provided at Registration with a RTTS Bournemouth drawstring bag – this is for you to get a few essentials transported from the start to the finish. This is a FREE service – full details are in the “Buses & Baggage” section .   |
| Onsite facilities         | There will be toilets at the start & finish venues (and at points along the route).<br>There is a café at the finish where you will pick up your FREE soup and bread afterwards  |
| Entries on the day        | Sorry no entries on the day  |
| Race briefing             | Your race briefing will be emailed to you before the event, it is considered that by turning up to the event you have read and agreed, to the safety briefing  |
| Start                     | 7:00am – 8:00am.<br>Groups of runners will be started off at intervals. Your exact start time will be pre-allocated and confirmed before race day. You should arrive approximately 30 mins before your exact time slot and approach the start area with 10 mins to go. <b>If you have an early arrival you may need to use your headtorch for registration &amp; the first kms</b><br><b>Please read the Race Start section later in this booklet for full guidelines.</b> |
| Terrain                   | The 50km course starts in Moors Valley for a couple of kilometres before joining the Castleman’s Trailway. You will stay on the Castleman’s Trailway 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.

Please be respectful and courteous to other users of the trails

#### Checkpoints

There are four checkpoints on the course. You can have your own personal nutrition delivered to checkpoints 3&4 ahead of your arrival, which must be dropped in the box at the start. See "Checkpoints" below how to get your personal nutrition out on the course.

It is mandatory to stop at each checkpoint and cross the timing mat, even if you don't want food or drink

#### Course signage

Yellow/black arrows & occasionally red/white tape. You will be sent the final GPS file for the route in the week before race day – make sure you use the latest version as changes could be made. There will also be a google map version of the route made available, showing checkpoints and public toilets along the route

#### Cut off points

Checkpoint 1 – Ferndown Wayfarer Cricket Club **(9.1k)** closes at **09:40am**

Checkpoint 2 – Willett Arms Pub, Wimborne **(18.6km)** closes at **11:20am**

Checkpoint 3 – Poole Christian Fellowship **(32.3km)** closes at **13:50pm**

Checkpoint 4 – Bournemouth Seafront **(41.5km)** closes at **15:40pm**

The cut off time for the finish is **5pm**

Please see Checkpoint Instructions below

## DETAILED INFORMATION

**PLEASE ARRIVE AT THE RACE START VENUE APPROXIMATELY 30 MINUTES PRIOR TO YOUR OWN START TIME**

**ARRIVE AT THE START LINE IN KIT, NUMBER PINNED ON, GPS PRIMED (if using) AND READY TO RUN**

**PLEASE APPROACH THE STARTING PENS 10 MINUTES PRIOR TO YOUR OWN START TIME**

**IF YOU HAVE AN EARLY ARRIVAL TIME, HAVE YOUR HEADTORCH READY TO USE FOR REGISTRATION AND THE FIRST FEW KMS**



**MAKE SURE THAT YOU'RE ON TIME!**

# RACE REGISTRATION

**Race packs should be picked up at the START (Moors Valley Country Park) on race day. Registration will be open from 06:15-07:45**

**Please make sure you ask any questions by email/phone by Wednesday 12<sup>th</sup> October.**

**The Race Start** is at [Moors Valley Country Park, Ashley Heath, Dorset, BH24 2ET](#)

Please ensure that you have read the race instructions/briefing prior to race day and have asked any questions you may have.

**The Race Finish** is at Hengistbury Head, Bournemouth (postcode: BH6 4EN)

## **Your race pack will contain-**

- ✓ Your race number\* (to be worn on your front)
- ✓ Your race timing chip which will be on the reverse of the race number
- ✓ Your RTTS Bournemouth drawstring bag to have essentials transported to the finish for you
- ✓ Your Ultra Violet silicone cup (if you have pre-ordered one)

\*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

# BAGGAGE & BUSES

**Buses:** The bus arrangements will be sent to those who have booked the bus transport at least a week before race day. Buses will be allocated according to your start time to make sure you are at the start in good time. Our buses will take you from The Broadway, Hengistbury Head (the finish) to Moors Valley Country Park (the start) pre-event. You will be allocated a bus according to your start time – please make sure you are there in plenty of time as the buses are full and it is unlikely we will be able to fit you on a later bus.

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

**Baggage:** In your race pack you will be issued with a Run to the Sea Bournemouth 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 can transport for you back to the finish area. **TRAVEL LIGHT.** If using one of our pre-race buses, 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.

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

# RACE START PROCEDURE

- ✓ Exact time slots will be pre-allocated and confirmed before race day. These will be at intervals between 07:00-08:00
- ✓ You should turn up approximately 30 minutes before your exact time slot
- ✓ If you have an early arrival be prepared to use your headtorch until around 07:30
- ✓ **If you are using the Personal Nutrition service:-** Personal nutrition must be left in a sealed bag, labelled with your race number and the checkpoint each bag should go to, and placed in the appropriate boxes at the race start area as you arrive. This is for checkpoints 3 & 4 and you must drop your food bags by **07:45am** latest
- ✓ 10 minutes before your exact time slot, make sure you are at the start area where a crew member will direct you to your start pen
- ✓ Race numbers are in number order to enable you to find your position in the start pens
- ✓ Position yourselves in one of the 'starting pens' until called forward
- ✓ **You should arrive at the start in kit, number pinned on to your front, with mandatory kit, gps primed and ready to go.**

# RACE BRIEFING & COURSE

The race briefing will be made available to you by email prior to the day. It will then be assumed that you have read, understood & agreed to the race briefing. If you have any questions for the organisers, get in touch BEFORE race day.



## At the start-

There will be no pre-race mass safety briefing. Instead it will be emailed to each runner just before race day. By turning up to the event you are considered to have read and agreed to, the safety briefing & covid measures.

## The course-

Our course is 50km point to point, starting in Moors Valley Country Park 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 and parks.

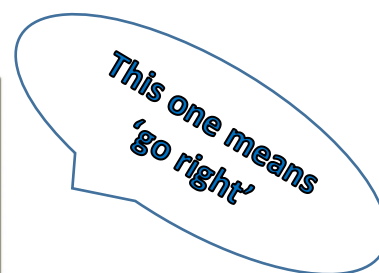
## Road Safety-

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.

## Course signage-

The course is fully signed with yellow signs-



All meaningful junctions will be signed, but be aware that long straight sections where no turns are required, will only be signed sporadically. There will also be red/white tape where we are unable to fix a sign.

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.

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

**Please make sure you are familiar with your chosen GPS app well before race day.**

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.

## 'Time of day' cut-off times-

Each check point will close at the time given below.

We have a sweep runner at the rear of the race who will advise if you are behind the cut off times.

Runners are expected to be self-sufficient in getting themselves to their required destination if they have to drop out of the race.

- ✓ Checkpoint 1 – Ferndown Wayfarer Cricket Club (9.1k) closes at 09:40am
- ✓ Checkpoint 2 – Willett Arms Pub, Wimborne (18.6km) closes at 11:20am
- ✓ Checkpoint 3 – Poole Christian Fellowship (32.3km) closes at 13:50pm
- ✓ Checkpoint 4 – Bournemouth Seafront (41.5km) closes at 15:40pm
- ✓ The cut off time for the finish (50k) is 5pm

## Course etiquette –

Please be respectful of other path/trail users on the course. Give people space and do not stretch across the entire width of the trails/paths



# CHECKPOINT/FEED-STATION INFORMATION

There are four food and water stations on the course. These are located at the checkpoints. There will be a timing mat at each checkpoint and **it is compulsory to CROSS THE TIMING MAT to check-in at each checkpoint, even if you do not want to stop for food or drink, to get a finish time.**

1. Checkpoint 1 (9.1km)
2. Checkpoint 2 (18.6km)
3. Checkpoint 3 (32.3km)
4. Checkpoint 4 (41.5km)



Each checkpoint will have a selection of 3 or 4 individually wrapped snacks such as biscuits, crisps, raisins, sweets, bananas, as well as water to replenish your water bottles, and flat cola. There will be vegan-friendly options.

Our checkpoints will not be using cups. Should you want a drink around the course, you will need to use your personal cup. If you do not have a suitable one you can pre-order an UltraViolet silicone cup (£3) via your 'EDITENTRYDETAILS' link in your confirmation email. Otherwise you can purchase one on the day (£5 correct cash only please). These squash down to pocket size & are perfect to use on course. You can of course top up your bottles with water at each station

**Please make sure your supporters do not try to meet you at feed-stations – these are for runners only and to avoid crowding we do not encourage spectators to wait at these points. These areas also have limited access & parking, and access will be required by our event crew and medics.**

## FEEDSTATIONS

- ✓ Please do not arrange to meet your supporters at checkpoint/feed-stations
- ✓ There will be hand sanitisers for you to use for hygiene purposes
- ✓ Food items will be individually wrapped
- ✓ All drinks (water & cola) will be in large containers with taps
- ✓ **DON'T FORGET YOU CAN HAVE YOUR OWN NUTRITION SENT TO THE 2<sup>ND</sup> HALF OF THE COURSE.** This means you can carry your nutrition for the first half and then replenish at checkpoints 3 & 4
- ✓ Personal nutrition must be left in a sealed bag, which needs to be labelled with 1) your race number, and 2) which feed-station (3 or 4) each bag should go to and then placed in the relevant boxes at the race start area as soon as you arrive.



- ✓ You must drop your food bags by **07:45am** latest
- ✓ We will then deliver them to the designated checkpoint(s) around the course for you, **starting from Checkpoint 3 at 32.3km**



- ✓ Please note that we are unable to return any unused items left at checkpoints after the race.

## TEAMS

- ✓ Team members will register individually, ***entering exactly the same team/club name***
- ✓ Team/club names cannot be added after three weeks before race day
- ✓ Team/club runners do not have to run together
- ✓ The finish the first five members of a club/team over the line, regardless of age or gender, will be the winners
- ✓ Prizes will be posted out after race day due to the staggered starts

## COMPULSORY KIT LIST & MEDICAL PROVISION

Each competitor (including relay runners) must carry the following kit listed below:

- ✓ Fully charged mobile phone with emergency numbers included\*
- ✓ Water bottle – holding at least 500ml of fluid pre-filled (note we do not have water at the start)
- ✓ Survival blanket
- ✓ Waterproof jacket
- ✓ **Head or chest torch**
- ✓ Money to enable you to taxi/bus/train to your destination, should you have to drop out



There will be random pre, during & after race checks and anyone found not to be carrying the mandatory items may incur disqualification or a one hour time penalty.

#### Medical provision-

There will be dedicated medical provision available throughout the race. **\*Contact numbers will be printed on the front of your race number.** Due to the nature of the course, the medics may take some time to reach you. In those instances, you should contact the emergency services on 999 AS WELL AS the race medics.

## THE FINISH LINE

The event is chip timed and results will be live online in real time.

Prizes will be allocated after race day, due to the staggered start.

Prizes will be given to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male & Female (regardless of age), then 1<sup>st</sup> Male & Female in the following categories: V40, V50, V60+ There is also a prize for our 1<sup>st</sup> Team/Club.

Each finisher (within the cut-off time) will receive a fabulous bespoke medal.

The Hiker Café is less than 100m from the finish line, and will be offering FREE soup & bread to finishers upon presentation of a voucher that can be picked up at the finish funnel.

At the finish line we'll be offering water, cola and a range of snacks to all finishers.

Run to the Sea mugs are available to purchase - they come personalised with your name & finish time and can be ordered directly from [our supplier, Absolute Mug.](#)