

## National [[Distance]] - 3rd May 2014

Dear [[Name]],

This is your final pre-race email for the National [[Distance]]. Please read this information carefully.

Your race number is: **[[RaceNo]]**

### TIMETABLE:

#### Fri 2nd May

19:00-20:00; Number/chip collection. Premier Inn Gravesend Ctl, DA11 7LF

#### Sat 3rd May:

06:30-07:30; Number/chip collection. Cyclopark, DA11 7NP

07:00; On-site Cyclocafe opens

**08:00; RACE START - NATIONAL 100K**

08:30-10:30; Number/chip collection for 50K. Cyclopark, DA11 7NP

**11:00; RACE START - NATIONAL 50K**

13:45-14:00; NATIONAL 50K winners expected to finish

14:30-15:00; NATIONAL 100K winners expected to finish

18:00; NATIONAL 50K time limit (7h)

20:00; NATIONAL 100K time limit (12h)

We will endeavour to balance the desire of winners to get home with our wish to have all podium finishers and championship medallists together for a single presentation. If you do finish in the top-three and need to leave before the presentations then please collect your trophies before you go - we cannot post them as they're glass.

### PRE-RACE:

You must collect your race packet on Friday evening or on Saturday morning. Your packet contains:

- Race number(s)\*,
- Ipico Timing Chip (small "credit card" style to be tied to shoe laces),
- Cable ties for chip. Bring your own re-usable ties if you intend to swap shoes,
- Safety pins,
- Baggage tag (please use if you want to leave your bag with us).

\* - Note that 50K runners will have only ONE race number which MUST be displayed on their front throughout the race. Runners in the 100K will have TWO numbers and must wear one on their front and one on their back at ALL times. The number on your back allows fellow runners to identify which race you're in. National Team runners have one extra race number to keep as a souvenir or sell on eBay.

### RACE ETIQUETTE:

There will be a real mix of speeds at these races, but plenty of room for all on our 6m wide circuit! If you are being lapped then please just stick to your line and don't suddenly deviate. You do not need to "give way", just be consistent so overtaking runners know where to pass. This is especially true around the feed zone.

Both races are held under UKA and IAU rules. The latter stipulates that food/drinks must only be accepted by runners inside the official "feed zone". Supporters must not

hand anything to their runners outside of this zone. There is plenty of room in the zone for the national teams, our event-supplied drink station and for runners' own supporters. Supporters are reminded of the rule prohibiting ANY running on the circuit, even during hand-overs of food. Remember the "Stand and Hand" policy!

You are very welcome to bring your own supplies and your own table for them - there is plenty of space within the feed zone for everybody to have many tables each!

GPS watches are allowed.

### **VENUE FACILITIES:**

The amazing **Cyclopark** venue includes showers, toilets, changing rooms, lockers, free Wi-Fi and a fabulous cafe. Please make full use of the cafe as they have been kind enough to extend their opening hours for this event.

A Morrisons supermarket is less than five minutes' walk if you need any last-minute supplies. If you don't have a supporter with you we'll honour any sensible requests to get you what you need from there during the race.

There is a BP Petrol station with a Subway within 10 minutes' walk, and a Toby Carvery just half-a-mile from the venue.

Cyclopark has a children's play area as well as BMX and skate parks. The latter are available for a fee.

Please pay close attention to the directions on the event website. The A2 was rebuilt a few years ago and if you have an old SatNav it won't know about the new road layout.

### **RACE TIMING:**

The races will be timed by **ChipTiming UK**. We have successfully used the same provider for our marathons at the same venue. Of the 10,000+ laps they've recorded for us they have missed just one lap and that was when the runner went around the mats! Obviously you must run across the timing laps every lap!

We will have three displays available throughout the race: top-5 men & top-5 women in 50K; same again for 100K; ability to look-up individual runner's lap-count. We ask that supporters don't crowd these displays - we'll have a marshal available throughout who can relay the information to runners without their own supporters.

Provisional results will be available on the day. Final results will be published on the event website.

### **KIND THANKS:**

This race could not happen without the selfless support of our volunteers. Please be gushingly polite to them and remember it's never their fault that ultras make your legs hurt.

A special thank you must be extended to the huge financial assistance this race has been offered by the **Kent Roadrunner Marathon**. Without their money this race wouldn't be able to be staged.

We would also like to thank **CLIF Bar** for their continued support of our events. We'll have CLIF SHOT Electrolyte and CLIF SHOT BLOKS as well as the usual supplies at our event drinks table.

Thanks also to **British Athletics** and **England Athletics** for their logistical support and financial contribution.

**MORE INFORMATION:**

Directions, course map, prizes, finishers' medals, FAQ, etc can be found on the event website: [http://www.national\[\[Distance\]\].com](http://www.national[[Distance]].com)

Sleep well and see you on Friday/Saturday!

**Ian J Berry**

Race Director, National 100K & National 50K

You're receiving this email because you entered the National [[Distance]].

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