



# **SEALSKINZ WIRRAL ULTRA & BIKE RIDE**

## **35 MILE TOUR OF THE WIRRAL ON FOOT OR BIKE**

**[WWW.GOLD-EVENTS.CO.UK](http://WWW.GOLD-EVENTS.CO.UK)**

### **2017 Race Instructions**

Thank you for your entry into the 2017 Sealskinz Wirral Ultra & Bike Ride. This document gives you all of the information you require to complete the event successfully.

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## 1. Pre-Race Day

To make sure that your race is successful, you need to be prepared. So, please take 5 minutes to read and understand this section.

### 1.1 Training

Please don't just wake up having never run and think 'I fancy running an Ultra run or bike'. This is a hard challenge, but due to the generous cut off time, it is possible to complete without much training for somebody who has a base fitness. Endurance runs/rides are the most appropriate training for this event.

You should practice on surfaces similar to the event.

### 1.2 Food

On the days prior to the race, it is advised to eat carbohydrate high foods. You do not need to over-eat as your body will feel bloated. I recommend either speaking to an experienced athlete or doing further research on this matter.

### 1.3 Hydration

Please ensure that your body is fully hydrated in the days leading up to the event. Try to drink approximately 2 litres of water per day. Please note it can be dangerous to over drink.

### 1.4 Kit & Clothing

Ensure that you have the correct kit for raceday.

All cyclists must have a bike & helmet.

The kit-list below is NOT mandatory as we will be running/riding through villages and towns as well as numerous checkpoints. However I would still consider these items for your own comfort on the race day:

- Trail Trainers
- Waterproof Jacket
- Water
- Food Supplies
- Whistle
- Mobile Phone/Camera
- Compass
- Map
- Hat
- Sun Cream
- Spare clothes and towel for the finish
- Sunglasses
- Gloves
- Pump & puncture repair kit

### 1.5 Route Preparation

Research and understand the route before the race. If possible recce the route. Make sure you either have a map, route instructions or GPX file ready for the race day.

### 1.6 Event Updates

Please see our website ([www.gold-events.co.uk](http://www.gold-events.co.uk)), Facebook page (/goldeventsuk) and Twitter feed (@goldeventsuk) for updates in the days leading up to the race.

## 2. Race Day: Pre-Race

Welcome to the big day..... Here's what you need to know to get to the start line.

### 2.1 Breakfast

The most important meal of the day right? Well it could be your only meal for a while, so make sure that you have a good one. Try not to eat large amounts within one hour of the start.

### 2.2 Meeting Points and Parking

Our event HQ and start is on the promenade in front of Wallasey Town Hall

Free Parking is available at Rappart Road car park.

Postcodes:	Wallasey Town Hall	CH44 8ED
	Rappart Road Car Park	CH44 6QE



### 2.3 Toilet Facilities

Please note that toilet facilities may not be available at the start area.

There are numerous Mcdonalds restaurants near the town hall. Please consider this on approach to the event.

### 2.4 Registration

Registration will be at the front of the town hall from approx 6:45am. You will be given a number, pins, map/booklet and a timing chip. Please make sure that your number is visible as this will be used at the checkpoints to ensure you are all accounted for.

Attach your timing chip to your shoe, if this is not possible, please advise at registration.

During registration you will be required to sign a waiver, declaration of health and acceptance of a lost/damaged chip replacement fee of £10.00.

### 2.5 Bag Drop

We will have a secure bag drop. Please advise if you wish to use the facility when arriving at registration.

Although the facility is secure, by leaving your equipment, you accept that we hold no responsibility for lost/damaged items.

### 3. Race Day: The Race

So you've done all of the hard work. The only thing you have got to do is complete the event and remember a few rules.

#### 3.1 The Start

The start is on the promenade at the front of Wallasey Town Hall, 7.30am on the 2<sup>nd</sup> July.

The Bike Ride mass start will be first.

The Ultra Race mass start will follow shortly after.

Cyclists on the Bike Ride can then start any time between 7.30am and 9am.

If you are cycling with a runner, either start with the Bike Ride masses and wait down the road, or start after the runners and catch up.

#### 3.2 The Course

The course follows the Wirral Circular Trail public footpath anticlockwise. The route is a loop with the start & finish being at the Town Hall.

The route is very well signed.

You must stick to the path, so that we can locate you if need be.

In the sections where the route splits for cyclists/runners, choose which route best suits you.

**However, if the route is marked by our Gold Events arrows, you must follow these.**

The route is flat, with the terrain mainly being tarmac and compact paths.

All landowners have been contacted, so are aware that you will be coming.



#### 3.3 Road Safety

The course crosses numerous busy roads, so please take care. It is better to get to the finish in a slower time, than not get there at all.

Anybody seen acting dangerously on roads will be disqualified for their own safety and that of others.

#### 3.4 Marshals

Our marshals will be the people in High Viz vests, generally at HQ and checkpoints. They are giving up their own time for the safety of you, the runners.

Please always follow the marshals' instructions and be friendly as you pass.

The marshals' will have the power to disqualify anybody or suspend/cancel the race on the grounds of safety. Therefore, if this does happen, please be considerate as there will be a well thought out reason behind it.

3.5 Littering  
Anybody seen littering will be disqualified. Please keep your litter until the next bin or checkpoint.

3.6 Animals  
We do not expect there to be any animals on the route. However, if you do, please be considerate and close any gates after you.

3.7 Checkpoints/Feedstations  
There will be numerous checkpoints on the route to a) ensure your safety, and b) ensure that all runners are following the correct route.

Checkpoints will also act as feedstations. They will generally contain water and juice to drink. Food will consist of high energy snacks like sweets, chocolate, biscuits and nuts. Some feed stations may contain the odd cake and savoury nibble.

If you have any dietary requirements, it is advisable to bring your own food.

The checkpoints/feedstations are located at are located at:

Hoylake Lifeboat Station	CH47 3AL	8.5 miles
Wirral Country Park	CH61 0HN	13.5 miles
Hadlow Road Station	CH64 2UQ	21.2 miles
Bromborough Pool (Dock Road South)	CH62 4UB	28.2 miles

3.8 Cut Off Times  
As the event is aimed at all, the cut off times are generous. We will also be flexible for short periods, but need to consider the welfare of the marshals so there will be a point where we say enough is enough.

Please use the following as a guide:

Wirral Country Park	13.5 miles	3 hrs 15 mins from the start
Hadlow Road Station	21.2 miles	5 hrs 15 mins from the start
Bromborough Pool	28.2 miles	7 hrs 15 mins from the start

3.9 Retirement  
Please ensure you make it known to an event official either by telephone or at a checkpoint of your intention to retire. Otherwise, we could be searching for you into the night.

You could also be retired by a event official or the paramedics on the grounds of safety.

Please store my number (Andrew – 07725125502) into your telephone in case you need to contact me.

3.10 Bike Recovery  
We will have a van available for bike recovery in the case of mechanical faults. The van can hold up to 4 bikes plus passengers.

3.11 The finish  
The finish area is at Wallasey Town Hall, by the promenade. Your number and time will be recorded for the official results. **Please return your timing chip.**

## 4 Race Day: Post Race

Congratulations!! You have completed the Wirral's newest event, now bask in the glory.

### 4.1 Finish Area

Once you have recovered, remove your timing chip and exchange it for your memento.

We will provide some light refreshments at the finish area.

### 4.2 Showers and Changing

There is no official shower and changing facilities. The nearest showers are at Guinea Gap Leisure Centre which is a short walk from the finish (approx. 500 yards).

### 4.3 Presentation

The Ultra Run presentation will be held near the finish area, when the majority have finished.

Awards will be given to: 1st, 2nd and 3rd Male 1st, 2nd and 3rd Female

Spot Prizes will also be awarded to the happiest runner.

The Bike Ride is non-competitive, but again a spot prize will be awarded to the happiest cyclist.

### 4.4 Race Feedback and Reviews

We welcome feedback to make the race even better in 2018. If you have any major issues all we ask is for you to contact us first to discuss the complaint.

## 5 Route Information

Please remember it is ultimately your responsibility to navigate yourself to the finish line. You will therefore either need to know the course inside out or have some kind of help in the form of the following:

### 5.1 Link to Mapping Website

Please find below a link to the official event route, using website [www.mapometer.com](http://www.mapometer.com):

[Sealskinz Wirral Ultra & Bike Ride](#)

### 5.2 GPX File The GPX file can either be downloaded from the mapping website or below:



wirral-ultra-2017 (1).gpx

### 5.3 OS Map Information

The OS map that covers the area of the event is 266.

### 5.4 Route Description

At registration, we will have general maps and tourist information booklets with details and information regarding the route.