

ROUND READING ULTRA MARATHON

SATURDAY 30th JULY 2022



Welcome to the 2022 Round Reading Ultra Marathon - a fabulous multi-terrain course circumnavigating Reading in one 50k circuit.

A welcoming, well organised with event; the perfect intro to ultra-running.

Please read this guide carefully to make sure you have everything you need for an enjoyable and stress-free race day.

Note that as we draw nearer to Race Day there may be changes made to this document so please be sure to re-read with 3 weeks to go. We will email you the final version.

Have a great race!

The Ultra Violet Team

SUMMARY

Race start venue	<p>Berkshire County Sports Club, Sonning Ln, Sonning, Reading RG4 6ST Please approach via Sonning (Charvil Lane, Pound Lane, Pearson Road) to allow your fellow runners to cross the road shortly after the start.</p> <p>The entrance is directly opposite Reading Blue Coats School.</p>
Parking	On-site free parking
Registration	Race packs are not being posted – please pick up your pack on the day between 06:30-07:30. Wherever possible try to pick up 30 minutes before your start time
Baggage drop	Please leave baggage in your vehicles, which will be adjacent to the start area. If you are not driving and therefore unable to do so, there will be an indoor area where you can leave belongings. This is not a supervised bag drop, so please don't leave valuables
Onsite facilities	<p>There will be event toilets at the start venue. There will be access to the Berkshire County Sports Club for coffee, showers and to use the bar post-race!</p> <p>There will be a FREE ice cream for all finishing runners (just show your race number) in the Sports Club. They will also have other food and drinks to purchase.</p>
Entries on the day	Sorry no entries on the day
Race briefing	Your race briefing will be sent to you by email and on the event website before the event, it is expected that you will have read it prior to arriving at the race
Start	<p>7:00am – 8:00am.</p> <p>Groups of runners will be started off at intervals. Your exact start time will be pre-allocated and sent to you before race day. You should arrive approximately 30 mins before your exact time slot.</p> <p>Please read the Race Start section later in this booklet for full guidelines.</p>
Terrain	The 50k is a 1-lap course and it is a varied, multi-terrain course around Reading, consisting of approximately 80% trail and 20% road surface. The course includes flat river & canal towpaths, undulating woodland trails, country lanes and cuts through Reading's many urban green spaces. Please respect other users of the paths & trails at all times – it is shared space and not ours exclusively
Checkpoints/Feed stations	<p>It is mandatory to check-in at each checkpoint/feed-station.</p> <p>These stations will be self-service, with individually wrapped food items. Drinks bottles and/or your own cup can be filled at the water and cola</p>

containers (there will be no plastic cups available). If you dropped your own nutrition off, this will be available for you to pick up from the relevant feedstations (3, 4 & 5). Hand sanitisers will be available for general hygiene at feedstations

Course signage Yellow/black arrows; small orange/black Round Reading Ultra Marathon stickers; 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 have been made. There will also be a google map version of the route made available, showing checkpoints/feed-stations and public toilets along the route

Cut off points Check point 1 (9.2k) cut off is 10:40am
Check point 2 (19.1k) cut off is 12:25pm
Check point 3 (26k) cut off is 1:40pm (RELAY TEAM CHANGEOVER POINT)
Check point 4 (33.5k) cut off is 3pm
Check point 5 (42.3k) cut off is 4:35pm
Finish (50k) cut off is 6pm

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

PLEASE STAY AWAY FROM THE STARTING PENS UNTIL 10 MINUTES PRIOR TO YOUR START TIME

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

By car-

Please approach via Sonning (Charvil Lane, Pound Lane, Pearson Road) to allow your fellow runners to cross the road shortly after the start.

Parking is free and you will be marshalled to the parking area as you arrive at Berkshire County Sports Club. Please follow the marshal's instructions and park carefully. The car park is adjacent to the start/finish area.

Public transport-

Both Reading & Twyford train stations are 3.2 miles to Berkshire County Sports Club.

Cycling- There are plenty of suitable places to lock up bikes near the start area at the Berkshire County Sports Club.

READ ON FOR IMPORTANT DETAILS ABOUT RACE DAY

RACE REGISTRATION

Race registration: will be at Berkshire County Sports Club, Sonning Ln, Sonning, Reading RG4 6ST between 06:30am-07:30am. Runners may pick up their race packs 30mins before their start slot.

Enquiries: Please make your enquiries must be made to the office BEFORE race day. Please make sure you ask any questions by email/phone by Wednesday 27th July.

The Race HQ, Start & Finish is at
Berkshire County Sports Club Sonning Ln,
Sonning, Reading RG4 6SY

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

Your race pack will contain-

- ✓ Your race number* (to be worn on your front)
- ✓ Your race timing tag which will be on the reverse of the race number
- ✓ Your silicone cup (if you 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-

Please leave any bags in your vehicle; race car parking is all onsite.

If you are unable to leave a bag in a vehicle, please bring it, labelled with your race number, to be left inside Berkshire County Sports Club. This is an unsecured baggage area, so please do not leave valuables.

Entries on the day-

We may offer late entries – please ask fellow runners to check before turning up

Online entries will close at midnight on Saturday 23rd July

RACE START PROCEDURE

- ✓ Exact time slots will be pre-allocated and sent to you 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 ready to run in your kit
- ✓ **Personal Nutrition must be dropped into the relevant boxes by 08:00.** This is for checkpoints 3,4, 5 only (there is no personal nutrition service for checkpoints 1 or 2)
- ✓ Your buff will make a very good mask during the start and at feed-stations, should you choose
- ✓ 10 minutes before your exact time slot, make your way towards the start area where a crew member will direct you
- ✓ 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
- ✓ Groups of runners will start in small groups at the same time

- ✓ You should arrive on the start line with number pinned on to your front, gps primed and ready to go.

RACE BRIEFING & COURSE

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



The course-

The course is a 50k 1-lap course and it is a varied, multi-terrain course around Reading, consisting of approximately 80% trail and 20% road surface.

The course includes flat river & canal towpaths, undulating woodland trails, country lanes and cuts through Reading's many urban green spaces.

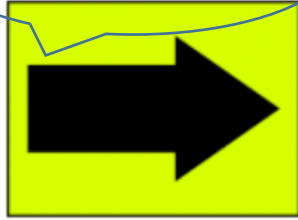
Remember that we share the space with other path users so please be courteous and respectful to all

Course signage-

The course is fully signed with the following two signs-

This one means
'go right'

1. Yellow arrow



The RRUM course is fully signed, with arrows at all junctions throughout. There are also small orange/black stickers on lampposts and you may see red/white tape hung from trees, etc

If you have used the method before, we strongly recommend using a GPS device loaded with the course as means to help you navigate the course.

The GPX file for the final route will be available to download from the website within the final 7 days before the race. There will also be a Google MyMap version for those who prefer it.

'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. You are expected to be self-sufficient if you need to retire. Checkpoint marshals may be able to help you arrange transport back to the start/finish if required.

Check point 1 (9.2k) cut off is 10:40am
Check point 2 (19.1k) cut off is 12:25pm
Check point 3 (26k) cut off is 1:40pm (TEAM CHANGEOVER POINT)
Check point 4 (33.5k) cut off is 3pm
Check point 5 (42.3k) cut off is 4:35pm
Finish (50k) cut off is 6pm

Course etiquette –

Remember that we share the space with other path users so please be courteous and respectful to all.

Short sections of the course are narrow, please be patient and only overtake when suitable.

This one means
'go right'

2. RRUM stickers



It is perfectly possible to navigate using the course signage only.

Your GPS unit can either be used to navigate all the way round, or as a back-up in case you need to check your manual navigation.

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

Please be sure to check your battery life beforehand so that you know whether to have it on throughout, or to only use it as back up.



CHECKPOINT INFORMATION

There are five Checkpoints on the course.
It is compulsory to check-in at each checkpoint even if you do not want drinks or snacks-

1. Checkpoint 1 (9.2k)
2. Checkpoint 2 (19.1k)
3. Checkpoint 3 (26k)
4. Checkpoint 4 (33.5k)
5. Checkpoint 5 (42.3k)



Each checkpoint will stock a limited selection of individually wrapped snacks as well as water to replenish your water bottles, and cola. If you have specific dietary requirements please use the **PERSONAL NUTRITION** service offered (see section below for details)

Our checkpoints will not be using cups. Should you wish to take a drink around the course, you will need to use your personal cup. You can purchase an UltraViolet collapsible cup, to be collected on race morning, via the registration system (use the edit entry link on your confirmation email) or on race morning at registration (£5). 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.

Personal Nutrition:-

We operate a free service transporting your personal nutrition to the 2nd half of the course (**checkpoints 3, 4 & 5**). This allows you to carry your own nutrition for the first half and re-stock over the course of the 2nd half of the course.

Make sure your nutrition is in a sealed bag, labelled with your race number and the checkpoint each bag needs to go to, and drop it into the relevant boxes at the start area **BY 08:00 LATEST – ANYTHING LEFT AFTER THIS TIME WILL NOT BE TAKEN.**



We will then deliver your nutrition to the designated checkpoint(s) on the 2nd half the course for you (no personal food items can be taken to checkpoints 1 & 2)

Please note, the first personal nutrition items will arrive at **CP3 (26km) at approx. 08:30 earliest**; if you feel you are likely to reach CP3 before that time, we advise you to make your own nutritional arrangements.

We are unable to return any unused items left at checkpoints after the race. Please make sure your supporters do not try to meet you at feed-stations – they are for runners only. These areas also have limited access & parking, and access will be required by our event crew and medics.

CHECKPOINT HYGIENE

- ✓ Please remember that supporters may not meet you or wait at checkpoint/feed-stations
- ✓ We will provide hand sanitisers for general hygiene purposes
- ✓ Food items will be individually wrapped
- ✓ All drinks (water & cola) will be in large containers with taps. Please use the anti-bac wipes available to clean any taps/surfaces

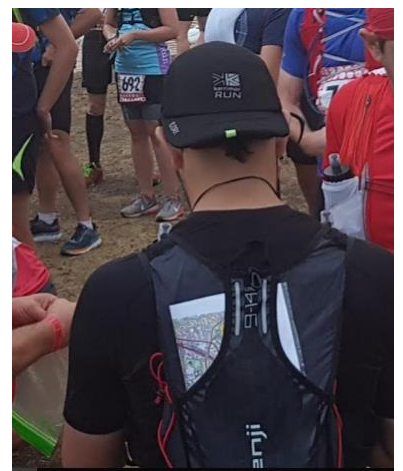
RELAY TEAMS

- ✓ Relay teams are made up of 2 runners per team
- ✓ BOTH runners should pick up their race packs from registration between 06:30-08:30
- ✓ Runner 1 will run from the start to checkpoint 3 on the course at 26k
- ✓ Runner 2 will run the remainder of the course from checkpoint 3 to the finish
- ✓ RUNNER 2 – make sure you stay well away from the timing mat at Checkpoint 3 while waiting for Runner 1 to arrive to avoid starting your time off prematurely!
- ✓ Both runners must 'check in' together with the marshals at checkpoint 3 before runner 2 can start
- ✓ Relay teams will need to be self-sufficient in terms of transportation around the course

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
- ✓ Survival blanket
- ✓ Waterproof jacket
- ✓ Money to enable you to taxi/bus/train to your destination, should you have to retire



Medical provision-

There will be dedicated medical provision available throughout the race. ***Contact numbers will be on your race number.** Due to the nature of the course, the medics may take some time to reach you. In a life-threatening medical emergency, you should contact the emergency services on 999.

PRIZES & FINISHERS MEDALS

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

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

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

Finishers Memento-

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

Remember that this medal is only yours if you complete the race and complete the distance within the cut-off times.

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Many thanks to all of our race partners & amazing team of volunteers. If you would like to provide a volunteer for the RRUM please contact info@ultravioletrun.co.uk