

Final Details and Joining Instructions for Mud Runner ICEBREAKER

The Severe Winter Duathlon

Start Time: ICEBREAKER will start at 11am.

How to get there:

ICEBREAKER is being held at Eastnor Castle, Ledbury, Herefordshire, HR8 1RL

How to Find the Castle

Eastnor lies between the Cotswolds and the Welsh Marches. The Castle is 2 miles east of Ledbury on the A438 Tewkesbury road.

Journey Times to Eastnor

Central London 2 hours, Manchester 2 hours, Birmingham 1 hour Bristol 1 hour Cardiff 1 hour.

If you are using Sat Nav please IGNORE the directions as you approach Eastnor and follow the Brown Tourist signs - a number of Sat Nav providers are currently directing you the wrong way.

In particular do not use CLENCHERS MILL LANE but go via Ledbury

Directions from London

Take M4 West.

Exit M4 at junction 15 (Swindon).

Follow A419/A417 to Cirencester and Gloucester (Dual Carriageway).

Before Gloucester exit A417 onto M5 North (towards Birmingham) at junction 11A and continue as if from North or South.

Directions from North or South

Exit M5 at junction 8 onto M50.

Exit M50 at junction 2 Follow A417 to Ledbury.

Follow the Brown Tourist signs (Eastnor Castle) via bypass and through Ledbury Town Centre onto A449 (signed Worcester and Malvern).

After 1 mile turn right again onto A438 (signed Tewkesbury and Eastnor).

Entrance to the Eastnor Castle is after 1 mile on the right hand side.

ADMINISTRATION

Race / Bike Numbers: Enclosed

Please complete the emergency contact details on the reverse of your race number and affix the number to the front of your running shirt. Affix the bike number to the cables on your handlebars.

Helmets: These must be worn when riding your bike

Transition: The bike transition is in the start finish area where there is bike racking for your use.

Tyres and Punctures: Please ensure your tyres are in good condition and correctly inflated. You should carry a puncture repair kit with you.

Parking: There are plenty of parking spaces at the site. The start/finish area is a short walk/limp across the road

Valuables: We recommend you leave any valuables in your car. If you need somewhere for your car keys, please take them to the registration desk where they will be tagged with your race number.

You will need your race number to collect them

Changing: There is a small changing area. Probably best to arrive in your running clothes and bring a warm, dry change of clothes to get into afterwards.

Timing & Results: There will be a race clock at the finish line. Results will appear at www.mudrunner.co.uk on Monday 20th February.

Race Photography: Race pictures will be available to view and purchase after the event, a link will be posted onto www.mudrunner.co.uk.

First Aid: Medical support will be present on the course and at the finish. You should be relatively fit and have no known medical conditions.

Toilets: Toilet facilities are available at the start and finish. The Eastnor Estate is a wonderfully well maintained estate with SSSI areas (SSSI means - site of special scientific interest - I think!) so please be respectful of this it is definitely not a 5,000 acre toilet or rubbish tip and so please don't treat it as such.

Showers: There are no showers at the site, we have included a stream toward the end of the final run section which should prove both cleansing and invigorating.

Water: There is one water station at roughly the halfway point of the 10km run. There is no water station on the cycle route and the final 3km run, you will need to take your own !
Water will be available in the transition area.

Goody Bag An event goody bag will be handed out close to the finish funnel. This will include your special souvenir T shirt and some other goodies!

Prizes: The fastest 3 men & 3 women and winning team will be awarded prizes. There will also be awards for the fastest male and female in the over 40; over 50 and over 60 age groups.

Prize Giving: The first male and female and winning team will receive their prizes on the day at 14:30. All other places/prizes will be confirmed and posted on Monday 20th February.

Team Prizes: There is a team prize for the fastest team of 3. You will all get your own individual time and your team time will be based on the last member of the team to cross the line. You do not need to all run or finish together, it is up to you.

Spectators: Spectators are welcome, please bear in mind that this is a hilly offroad course and may not all be appropriate for push chairs.

HELP: We're Here to Help For more information or assistance, please contact: info@mudrunner.co.uk or 01531 634066

COURSE DETAILS

This is Elsie's best description of the course and hopefully will give you a clue as to what to expect.

10km Run: 95% of the run route is on muddy offroad tracks regularly used by Land Rover for vehicle testing and training. It is currently fairly muddy and vile, it is a variation of the Mud Runner CLASSIC course, being run in a different direction with a few loops removed to keep it to 10km. ♦

The course has a number of tough hills and waterfilled pits. Trail shoes or even moulded football boots are recommended. The short tarmac sections at the beginning and end tend to deter people from running in spikes.

20km Bike: This starts with the first 2 km of the run route and includes a long muddy grassy hill which will be hard going. This is followed by a good downhill, a short road section and another grassy hill before you enter a 10km section of firm trails, which are gently undulating with no technical sections, there is some elevation gain during this section.

The next 2km is through some woods on the western slopes of the Malvern hills. The tracks here are muddy with lots of puddles and ruts with a number of fierce uphills and downhills. This is the hardest section of the course. Bouffant Kes (our resident clumsy) gets round this section with a lot of pushing, cursing and bitterness about his colleagues and the world in general. Take care and enjoy yourself.

After you exit the wood the course snakes downhill from the Obelisk crosses the road and continues on good tracks across some farmland crosses one more road and then onto the finish. There is (of course) one more vile hill to tackle before the end, but at least there is a nice view at the top.

A number of competitors have asked about whether SPD or mountain bike pedals are recommended. The choice is yours, but bear in mind there are likely to be some sections where you will need to push your bike.

3km Run: The final run skirts the perimeter of the Castle Grounds, after an initial hill it is mostly flat with a short stream at about halfway. The finish is through the wall back to the start / finish area.

Road Section: The bike course crosses the road in several places. When cycling on the road the usual rules of the road and Highway code applies.

Best of luck and have a great race.