



Eastnor Castle
Eastnor
Ledbury
HR8 1RL

T: 01531 634 066
E: enquiries@mudrunner.co.uk

If your pack has not arrived or you have just registered you can collect your timing chip/number from registration on the day of the race.

Race Timing Chip

These disposable chips are already attached to the back of your race number. In case you lose your race number (and so your timing chip) during the race, as a precaution we record the finish and please make the finish line marshalls aware of your race number.

Race Number

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

Start Time

Due to the large numbers of people now taking part in Mud Runner we will be implementing a staggered start, consisting of a number of separate waves of runners 5 minutes apart. Please read the separate attachment about the staggered start.

Merchandise

There will be some Mud Runner merchandise (hoodies and t shirts) available to purchase on the day, so please remember to bring enough cash to buy a dirty burger after the race and perhaps a hoody.

Health and Safety

There will be a health and safety briefing before each wave of the race which we ask you to pay attention to. Runners are advised to not wear jewellery (including rings) and the course is not appropriate for barefoot runners.

Course Changes

The race has been advertised as 7ish arduous country miles, which we appreciate is spectacularly vague. We have made a couple of changes to last years course and believe the current course distance to be about 7.5 miles. Most importantly (following feedback from last year) the finish has been moved from the Castle courtyard to Boulters Park which is where the race starts. The course will still run through the castle courtyard but will then continue for 400 metres (including one more hill) to the finish. To adjust for this extra length we have removed two of the more cynical loops in the woods. I can assure you we haven't removed any mud.

Best of luck with the race, in the interim if you have any questions please do not hesitate to contact me.

Regards

A handwritten signature in black ink that reads 'Kester Wilkinson'.

Kester Wilkinson
Race Administrator



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VERY IMPORTANT – PLEASE READ

Timing and Start: Due to the large numbers of people taking part in Mud Runner CLASSIC we have decided to stagger or phase the start process to ensure that each runner can enjoy the full experience of the run. This will NOT affect your personal time, as your chip will record this on an individual runner basis. Depending upon final numbers, we will release runners in up to 7 waves, at 5 minute staggered intervals

How will it work? We will have a number of clearly marked enclosures that will hold +/- 200 runners in each. Upon the first start signal the first wave of runners will cross the start line and complete the race. We will then bring the next wave of runners forward and start them on the second start signal after a 5 minute interval has elapsed. This process will continue until all the runners are away.

This method ensures that course congestion is kept to a minimum, and any 'pinch points' clear more quickly than using a mass start.

In short, a wave start creates a safer, more enjoyable experience for all participants.

What wave am I in? We would ask you to approach this situation realistically, and place yourself in the wave that is most appropriate to your ability/level of fitness; as a rule of thumb, please use the following grid as a guide;

We have chosen 7 waves based on 10km road race times.

11:00 Wave 1 – Runners who can confidently run 10km in under 50 minutes
11:05 Wave 2 – Runners who can confidently run 10km in under 52 minutes
11:10 Wave 3 – Runners who can confidently run 10km in under 55 minutes
11.15 Wave 4 – Runners who can confidently run 10km in under 57 minutes
11:20 Wave 4 – Runners who can confidently run 10km in under 1hr
11:25 Wave 5 – Runners who can confidently run 10km in under 1hr 5 minutes
11.30 Wave 7 – Just happy to get round and complete the course.

If you are asked to move from one wave to another to balance the numbers, please do so graciously – it will not affect your time adversely.

What are the benefits? Wave starts have been implemented in a large number of road races during the past few years, with overwhelming success and praise from runners. Ultimately it is safer, the density of runners on the course will be reduced allowing for greater running as well as easier access for race officials and medical personnel

And it's more fun...runners will participate in groups of others of a similar pace; each wave will have its own start, creating many smaller races instead of one large one, enabling participants to run freely, at full stride from start to finish without dealing with disproportionate levels of congestion at the obstacles.



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Date: Sunday 16th October 2011

Location: Eastnor Castle Estate, Herefordshire

Course Details: 7ish arduous country miles around the Eastnor Estate using the same tracks that Land Rovers have been tested and developed on.

Mudrunner is over a variety of terrain and conditions from rolling grassland (well a little bit anyway) to mud, wet mud and sticky mud. The course includes hills, waterfilled pits, muddy banks and did we mention mud. You will get very wet!

The course will be marked and we will let you know the halfway point, other than that it's 6ish miles in length and brilliant fun.

Time: Mudrunner will start at 11.00am. Dependent on how confident you are with the wonders of the british transport system you will want to allow yourself plenty of time to get to the site, sort your kit out, make frequent trips to the toilet, retie your laces and go through your absurd (they are not cute or lucky) pre-race rituals before getting to the start.

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 17th October.

Race Photography: Race pictures will be available to view and purchase after the event, a link will be posted onto www.mudrunner.co.uk, as well as the slightly blurry photos your own relatives and guests are welcome to take.

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, however, there will be facilities to wash off the bulk of the mud so you are in a reasonably clean state before you have to get back into your car. We are hoping Muddy Tub of Love will make a reappearance as a way to clean off the worst of the mud.



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Water: One drinks' station will be at about the halfway point and another at the finish. You might want to bring your own water to consume beforehand (or whatever electrolyte laden snake oil gives you that awesome cutting edge above your nearest rival)

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

Prizes The fastest (chip time) 5 men & 5 women and winning team will be awarded prizes on the day at the venue.

There will also be awards for the fastest male and female in the over 40; over 50 and over 60 age groups.

Prize giving will take place at 12.45 pm.

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.

There is also a marshalls prize for the most impressive / ridiculous team or individual.

Refreshments: The obligatory dirty burgers, greasy dogs and tea/coffee will be available to purchase at hopefully less than the "how much ?" prices usually charged.

Spectators: Spectators are welcome, there will be some signage to a couple of viewing points on the course, 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



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Directions

Mud Runner is being held at Boulters Park Eastnor Castle, Ledbury, Herefordshire, HR8 1RL



How to Find the Castle

Eastnor lies between the Cotswolds and the Welsh Marches. The Castle is 2½ miles east of Ledbury on the A438 Tewkesbury road.

Journey Times to Eastnor

Central London 2½ 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 Boulters Park is after 1 mile on the right hand side.

Nearest Train Stations

Ledbury - 2 miles (Direct train from/to London Paddington - duration 2.45hrs)

Great Malvern - 8 miles (Direct train from/to London Paddington - duration 2.30hrs)

Gloucester - 19 miles (Direct train from/to London Paddington - duration 1.50hrs)

Taxis are available and pre-booking is advisable.