



Eastnor Castle
Eastnor
Ledbury
HR8 1RL

T: 01531 634 066

E: enquiries@mudrunner.co.uk

Dear <<firstname>> ,

Thank you for entering Mud Runner: Oblivion 2013. Your race timing chip and race number are enclosed, along with all the details about the race. Because you have received your race number and chip you don't need to visit Registration before the race – you are good to go!

Entry Details

Your entry details are as follows:

First Name: <<firstname>>

Surname: <<surname>>

Race Number: <<race number>>

Raceday: <<course>>

Start Time: Due to the large numbers of people now taking part in Oblivion and to avoid congestion at Obstacles we will implement a staggered start, consisting of 8 separate waves of runners 5 minutes apart. Please read the separate attachment about the staggered start and note that this means the last wave will start at 35 minutes after the first.

The Saturday start time is 17:00 and the Sunday start time is 11:00.

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 but please make sure the finish line Marshalls are 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.

If you are a Mud Master and have not received a yellow/black race number please email elsie@mudrunner.co.uk, you can collect a new number from registration on the day.

If you complete the race and have become a Mud Master (i.e. have completed three different Mud Runner events in a 12 month period) you can collect your Mud Master hoodie from the Retail area after the race.

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 hoodie.

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.

Camping: If you are camping a separate information pack has been included. Additional camping permits can be bought from registration on the day.

Saturday Night: We will have an acoustic band and a communal campfire after the race on Saturday night and you are welcome to join us. There will be some catering but no licensed bar, you are welcome to bring your own alcohol.

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

Regards

Kester Wilkinson
Race Director





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RACE DETAILS - MUD RUNNER OBLIVION: 2013

Date: Saturday 29th & Sunday 30th June 2013
Location: Eastnor Castle Deer Park, Herefordshire

VERY IMPORTANT – PLEASE READ

Timing and Start: Due to the large numbers of people taking part in Oblivion we 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 8 waves, at 5 minute staggered intervals

How will it work? We will have a number of clearly marked enclosures that will hold circa 150 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; times are minutes after the race start time.

We have chosen 8 waves based on 10km road race times.

00:00	Wave 1 – Runners who can confidently run 10km in under 50 minutes
00:05	Wave 2 – Runners who can confidently run 10km in under 52 minutes
00:10	Wave 3 – Runners who can confidently run 10km in under 55 minutes
00:15	Wave 4 – Runners who can confidently run 10km in under 57 minutes
00:20	Wave 5 – Runners who can confidently run 10km in under 1 hour
00:25	Wave 6 - Runners who can confidently run 10km in under 1 hour 5minutes
00:30	Wave 7 - Just happy to get round
00:35	Wave 8 - Just here for the burgers and and T shirt

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. In previous years some of the fastest times have come from the later waves.

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. We have also increased the width of a number of obstacles this year to allow for the larger numbers.





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Course Details: Oblivion runs for 6ish miles across the Eastnor Castle Estate. This is a tough 10 kilometre course made up of rutted tracks, stony uneven ground, marsh and bog areas, brambles, gravel and fields occasionally used by stock. We suggest that you bear this in mind when considering the clothing you plan to wear.

Through some of the wooded areas there are a myriad of other tracks, the course is clearly marked so please stick to the course and do not deviate.

The Obstacles: All obstacles will be marshalled and they will note race numbers of people deliberately avoiding obstacles. However, their main role is to ensure runners cross them in a safe manner, respond to any incidents and help you enjoy your day. All of our marshalls are volunteers and they are not there to "police" the event and enforce rules just to ensure you have a safe and enjoyable day, please treat them with respect.

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.

Key Drop: If you can't leave your keys with anyone you can leave them at our key drop area. Please note we do not take any responsibility for your keys or possessions but are happy to look after them until you finish the race.

Timing & Results: Results will appear at www.mudrunner.co.uk on the afternoon of Tuesday 2nd July.

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 which affect your ability to complete the course.

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, we find the last couple of lakes clean you up a proper job, and the tub of love is always available.





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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/sports drink to consume beforehand.

Goody Bag An event goody bag will be handed out close to the finish funnel. This will include your special souvenir Oblivion 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 & female 'veteran' by age category.

There is a marshalls prize for the most enthusiastic/amusing/helpful/noteworthy runner.

Team Prizes: There is a team prize for the fastest male, female and mixed teams of 3. *For larger teams the team position is based on the first three runners across the line – this has changed from last year when it was based on the last person in the team to cross the line.*

Prize Giving: As some of the higher placed finishers will come from later waves, the prize giving will be 45 minutes - 1 hour after wave one finishes.

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. Please ask spectators to keep out the way of the runners and off the course where possible. Also, to be wildly enthusiastic and make a lot of noise.

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 Eastnor Castle Deer Park, 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.

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 deer park is after 1 mile on the left 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.

