



# Event Guide

## PARTICIPANT INFORMATION FOR ULTRA NORTH

ULTRA NORTH is just a few days away. You will be one of the first to complete the North East's newest Ultra!

This guide gives you key event information for the event.

This guide includes information on:

- > **The Route**
- > **Start and Finish**
- > **Checkpoints**
- > **Registration, Bag drop and Start Times**
- > **Mandatory Kit**
- > **Cut-Off Times**
- > **Rules**
- > **Supporters**
- > **Parking**
- > **Medics**
- > **Risks and Dangers**
- > **Race Bling**

## COVID-19

We have put comprehensive measures in place to minimise the risk of Coronavirus transmission. We will continue to monitor developments related to the pandemic and will update participants if the need arises in the days before the event.

### **Before the event:**

If you experience symptoms related to Covid-19 during the 14 days preceding the event you must not attend the event.

If you are isolating due to Covid-19 related measures and this isolation period has not been completed by the event date you must not attend the event.

For the purposes of track and trace, you must ensure that your contact details provided when you entered the event (on the online form) must be accurate and up to date.

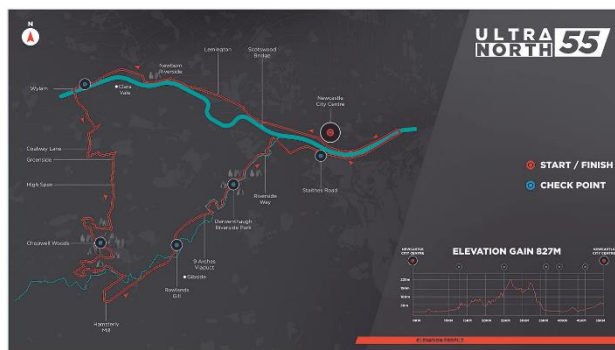
A written pre race briefing will be emailed to you 2 days prior to the event date and a race briefing video will also be included. Please ensure you read/watch these. There will be no verbal pre race briefing on the event day.

If you have any queries relating to the above prior to the event, please contact us at [info@ultranorth.co.uk](mailto:info@ultranorth.co.uk)

## THE ROUTE

ULTRA NORTH includes two challenges:

- > **ULTRA NORTH 55** – 55km starting and finishing at the Newcastle Eagles Community Arena. Download the route GPX file [here](#).
- > **NORTH 27.5** – 27.5km, also starting and finishing at the Newcastle Eagles Community Arena. Download the route GPX file [here](#).



The multi-terrain route includes sections on footpaths, parks, woodland, pavement and roads. If weather conditions in the run up to ULTRA NORTH are predominantly wet parts of the route (mainly the woodland sections) may become muddy.

The route will be well signposted with our own ULTRA NORTH temporary signage.

At various points it is necessary to cross main roads. Care is required at all road crossings and designated crossings (e.g. pelican or zebra crossings) must be used at all times if they are present. Note that sometimes these crossings may be a short distance off route.

## START & FINISH

ULTRA NORTH 55		NORTH 27.5	
Starts between 08.00 and 08.30hrs		Starts between 10.00 and 10.30hrs	
<b>START &amp; FINISH:</b>	Newcastle Eagles Community Arena Scotswood Road Newcastle upon Tyne NE4 7AF  View on <a href="#">Google Maps</a>	<b>START &amp; FINISH:</b>	Newcastle Eagles Community Arena Scotswood Road Newcastle upon Tyne NE4 7AF  View on <a href="#">Google Maps</a>

# CHECKPOINTS



## ULTRA NORTH 55 :

Checkpoint 1: will be at Wylam, approx 13km from the start

Checkpoint 2: will be at Hookergate Lane, High Spen, approx 21km from the start

Checkpoint 3: will be at Rowlands Gill, approx 36km from the start

Checkpoint 4: will be at Staithes Road, Gateshead, approx 47km from the start.

## NORTH 27.5 :

Checkpoint 1: will be at Wylam, approx 13km from the start

A variety of drink and food will be available at each checkpoint and at the finish. Drinks will include water, fizzy drinks (with some made flat). Food items will include savoury snacks and sweets. A range of CLIF bars, blocks and gels will also be available at the checkpoints.

# REGISTRATION BAG DROP & START TIMES

	ULTRA NORTH 55	NORTH 27.5
Registration	07.00hrs to 08.30hrs	09.00hrs to 10.30hrs
Bag Drop	07.30hrs to 08.30hrs	09.30hrs to 10.30hrs
Start	08.00hrs to 08.30hrs	10.00hrs to 10.30hrs

## REGISTRATION

**All participants should wear a face covering from the time they arrive at the start and until they are on the start line.**

Unfortunately due to the increased COVID-19 regulations we are discouraging spectators from coming to the start area.

All participants must register at the start. Please bring a copy of your entry confirmation email (a copy on your phone is fine) to registration.

To ensure a safe event please pay particular attention to the following. We appreciate that runners like to arrive in good time and to leave extra time in case of travel delays. However we will have measures in place to ensure that the start area does not become too crowded. This may mean that you are asked to queue outside the start area for short time, whilst other runners set off.

The start area will be entirely outside (bear this in mind alongside the likely weather conditions for the event).

Registration will be open from 07:00hrs on Saturday 03 October however please arrive at the Start location for registration no more than 60 minutes before your start time. Participants must register here to receive their number bib.

## BAG DROP

Where possible we ask that participants leave their belongings (out of sight) in their car (see Parking below) or with their supporters and arrive race ready, however we appreciate that the on the day weather conditions may mean that this is not practical. The baggage facility will be in operation from 07.30hrs. Only one bag per participant please.

Your race number will come with a 'bag tag' which you must affix to your bag. Please bring your own pen/marker to complete your details on the tag.

Bags deposited with the event team will be stored outside but undercover. Please note whilst we will make every effort to ensure all bags and belongings are stored securely, all participants leave belongings entirely at their own risk. Participant's bags will be stored next to other bags so ensure you use hand sanitiser when dropping off and collecting your bag.

## START TIMES

Participants will start in groups of no more than 6 individuals. Any runners 'queuing' to start must maintain a distance of 2m from others, as per social distancing regulations.

## MANDATORY KIT

All participants must carry with them the mandatory kit listed below. Note that unfortunately there will not be an opportunity to purchase any kit at the start so please ensure you bring all required kit with you.

MANDATORY KIT REQUIREMENT	RECOMMENDED KIT
<ul style="list-style-type: none"><li>&gt; Fully charged mobile phone with ULTRA NORTH event control number saved on the phone</li><li>&gt; Debit/Credit card to enable purchases from shops if required, and use on public transport again if required</li><li>&gt; Foil survival blanket or a warm layer of clothing</li><li>&gt; Cup(s) for water (ideally collapsible), or a water bottle(s) including your own initial water supply and fuel/food required.</li><li>&gt; Face mask for use in the start and finish area</li></ul>	<ul style="list-style-type: none"><li>&gt; Appropriate clothing for the weather conditions possible for London at the time of the event.</li><li>&gt; Food/drink that you have run with previously</li><li>&gt; Small first aid kit</li><li>&gt; Head torch, if required</li><li>&gt; GPX route file downloaded on device</li></ul>

## CUT OFF TIMES\*

**ULTRA NORTH has cut off times that will be enforced.** The cut off times are to ensure that all participants have completed the route by 19.00.

### ULTRA NORTH 55 :

The cut off times for 55km participants equate to a pace of approx. 12minute/km or 5km/h.

**Cut off point 1:** At the road crossing of the A695 which is approx. 16km from the start. Any participant who has not passed this point by 11.15 hrs will not be permitted to continue.

**Cut off point 2:** At the fourth checkpoint at Staithes Rd which is approx. 46km from the start. Any participant who has not passed this point by 17.12 hrs will not be permitted to continue.

**Finish cut off:** The final cut-off time is 19:00 at the finish line. Participants must cross the finish line before this time to receive a finishers medal and have a recorded time. Sunset in Newcastle will be 18.30hrs

### **NORTH 27.5 :**

The cut off times for 27.5km participants equate to a pace of approx. 19minute/km.

**Cut off point 1:** At the first checkpoint at Wylam which is approx. 13km from the start. Any participant who has not passed this point by 14.15 hrs will not be permitted to continue.

**Finish cut off:** The final cut-off time is 19:00 at the finish line. Participants must cross the finish line before this time to receive a finishers medal and have a recorded time. Sunset in Newcastle will be 18.30hrs

## **RULES**

The ULTRA NORTH rules are listed [here](#).

## **SUPPORTERS**

If you plan to have your own support on the route please ensure you and they adhere to all social distancing guidelines currently in place and bear in mind that specific guidelines local to the event location (Newcastle) may be different to where you live.

## **TRAVEL / PARKING**

Getting to the Newcastle Eagles Community Arena:

### **On Foot**

It's a short 10 to 15 minute walk from Newcastle's Central Station.

### **By Car**

The arena is only a few minutes drive from Newcastle City Centre and the A1.

The arena located at postcode NE4 7ST for sat-nav users

### **Public Transport**

There are bus stops close-by in both directions on the Scotswood Road dual carriageway and above the arena on Westmorland Road:

1 – Four Lane Ends, Newcastle, Slatyford – every 10 minutes up to 11pm

8 – Central Station, Water Street, Lemington, Fawdon, Freeman Hospital – 1 service after 6pm

12/12A – Newcastle, Blaydon, Winlaton, Blaydon, Newcastle – every 30 minutes up to 7pm and every 60 minutes up to 11:30pm

22/22X – Cobalt Business Park, Wallsend, Newcastle, Throckley – every 10 minutes up to 6pm then every 20 minutes up to 11:30pm

32/32A – Newcastle, Benwell, Kenton Bar, Four Lane Ends, Byker, Newcastle, Freeman Hospital – every 30 minutes up to 8pm then every 60 minutes up to 11pm

## Parking

No parking is available at the Arena due to the fact that the start area for the event uses the Arena Car Park. There is on street parking within a short walk of the arena on Monarch Road, William Armstrong Drive, Water Street, and Penn Street. Please note that cars are parked at the owner's risk.

## MEDICS

Vehicular medical support is provided across the course and at the finish. However please note that due to the nature of the event participants should recognise the physical challenge and should train and prepare adequately. If you have not been able to prepare properly please do not take part. For much of the route participants are expected to be self-supported.

If you have a problem that requires medical attention but you can make your way to the next checkpoint please do so. If you (or another participant you are attending to) require medical assistance and are unable to reach the next checkpoint call Event Control – this number will be on your race number.

If emergency medical attention is required then please call the emergency services on 999 in the first instance and then call Event Control. Please note that the event medical provision is put in place to ensure the welfare of participants and in order to maintain this level of provision we are not able to provide support to those not taking part. If urgent medical attention is required by supporters they should use public medical services.

## RISKS & DANGERS

- > **TERRAIN:** Depending on the weather conditions leading up to the event and on the day of ULTRA NORTH, parts of the route may be slippery, so be careful. Sections across parks and through woodland can be particularly muddy, rocky or have tree roots. Steps can also be more slippery than you might imagine.
- > **GETTING LOST:** On parts of the route with multiple turns it will be worth pausing briefly to ensure you take the correct path forward. Please be aware that, even though we will put route signage out as late as possible, there is always the potential that signage may be removed or changed by those unconnected with the event. The GPX file of the route is available on the event website and it is advised that all participants download this to aid their progression along the route.

If you are unsure of the route, we recommend you retrace your steps to when you were last sure of the route, or wait for a following participant who may be able to assist with way finding. If you get completely lost you can call Event Control and we will help you find your way back to the route. If doing this, it's best to find a road junction or at least road name so that the team can quickly locate your current position.

- > **HEADPHONES:** It is important that participants are aware of their surroundings at all times. If you wish to wear headphones during the event it is your responsibility to ensure you are aware of what's going on around you.



- > OTHER FOOTPATH USERS: The course is on public footways and cycleways and will be in use by others unconnected with the event. Please give due consideration to other users to ensure that everyone can enjoy their use of the route. As always, watch out for dogs off leads, cyclists, and the occasional horse rider.
- > RUN WITH OTHERS: Running/walking with or close to others (or keeping within sight of other participants) can help with your navigation and safety. However please ensure you stick to the current social distancing regulations.

As with any event and location there is a potential for undesirable characters to be present and who may choose to be a nuisance to participants. Participants are strongly advised not to engage in any situations. If you need to report an issue during the event, call Event Control - you will be given Event Control's number at registration on the day of the event. As always, if a situation requires emergency assistance participants are advised to call the emergency services on 999 in addition to calling the race director.

- > PUBLIC HIGHWAYS: There are several points on the route where participants are required to travel along, and cross public highways. Some of these may be busy at certain times of the day. It is extremely important that participants use footpaths and do not run on the roads. When crossing highways always use the designated crossing points where available, noting that sometimes these may be a short distance away from the most direct route. None of the crossings are marshalled.
- > LOCATION FINDING – *what3words* app  
As part of our efforts to locate you quickly and to get you back on track we will use a free app called what3words. This app is available to download to your smartphone from your app store in the usual way. You can learn more about the app and how it works here but don't worry too much about how it works – if you need to use it we will give you instructions when you call Event Control. And of course if you choose not to use this app, we will simply use other methods to locate you and help you find your way.

## RACE BLING

All finishers who complete the event within the cut off times stated will receive a medal and event t-shirt. A trophy will be awarded to the first man and woman in each of ULTRA NORTH 55 and NORTH 27.5, based on the athlete's chip time.

We look forward to welcoming you to the ULTRA NORTH start line!

ULTRA NORTH Race Team