



ULTRA IN THE BLACK COUNTRY 2017

COMPETITORS EVENT MANUAL

SUNDAY 12TH MARCH



CONTROL 1
8.6 Miles

ALDERSLEY
STADIUM

WOLVERHAMPTON

dirt
run
ultra
...in the Black Country

Sunday 12th March 2017

A fantastic scenic urban loop around
our historic Black Country.

CONTROL 2
16.5 Miles

VICTORIA PARK
TIPTON

WATERFRONT
WEIRY HILL

CONTROL 3
24.6 Miles

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Location information:

1. **HQ Location** - The registration point and HQ for the Ultra will be based at **Himley Hall - Himley, Dudley DY3 4DF**.
 - a. The HQ will also act as an emergency shelter and base for the event medical team. Please note:
 - b. You can park your vehicles in the designated car park at Himley Hall. This car park is subject to pay and display fees and has space for approx 400 cars.
1. **Control 1 location** – Aldersley Stadium - Aldersley Stadium, Aldersley Rd, Wolverhampton WV6 9NW.
 - a. Control opens: 09:30
 - b. Control closes: 11:30
2. **Control 2 location** – Victoria Park, Victoria Road, Tipton. DY4 8SN
 - a. Control opens: 10:45
 - b. Control closes: 13:30
3. **Control 3 location** – The Waterfront, Brierley Hill DY5 1XD
 - a. Control opens: 11:45
 - b. Control closes: 15:30
4. **FINISH CLOSES 17:30**
5. **Registration & General Timings:**
 - a. Sunday 12th March 2017
 - b. 08:00 Registration and kit check opens (no earlier than)
 - c. 09:00 Registration and kit check closes
 - d. 09:15 Compulsory event briefing at event HQ
 - e. 09:30 Solos, Relay pairs runner 1 and Relay fours runner 1 set off on foot.
 - f. All other runners set off to their respective start points as indication under control locations (above)
 - g. Registration process: The Ultra registration is at the event HQ, please go to the registration desk and report your name to the registration team, who will issue you with the following:
 - i. Ultra race number. This number is to be worn on your front, visible at all times. Safety pins are supplied. Your race number confirms you are part of the Ultra. If you do not have your number, you are not part of the event and will not be entitled to any of the event support.
 - ii. Routemaps, route instruction card and check point locations, distances, open and close times. Please provide a waterproof mapcase for these items.
 - iii. Ultra wristband. If running in a relay pair or team of four THE WRISTBAND ACTS AS A BATON AND SHOULD BE HANDED TO YOUR NEXT RUNNER - FAILURE TO FINISH THE ULTRA WITH A WRISTBAND WILL DISQUALIFY THE ENTRY
 - iv. You must hand into the registration team at the start, the following items:



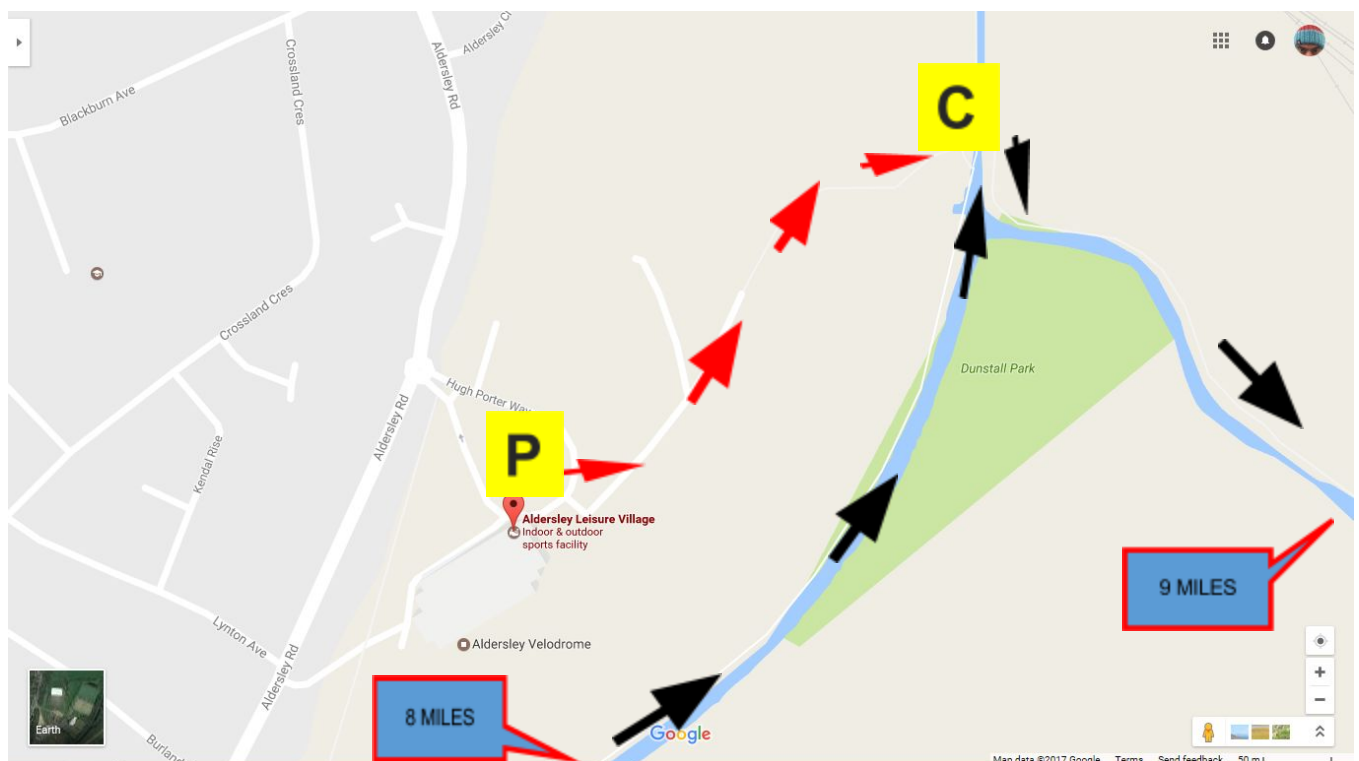
1. Your signed Ultra disclaimer. This is to ensure that you understand the arduous nature of this event. You will find this on page 13.
 2. Next of kin information
- v. **Mandatory Kit check.** Once you have registered, please make your way along to the **mandatory kit check table**. You will be asked to show all items from the kit list. (See page 10) Failure to show a piece of kit from the list will mean you will not take part in the Ultra, as this is for your safety. Make sure you bring all the kit on the kit list. Your Ultra race number will be marked to prove your kit has been checked. You will be asked to prove that your mobile phone is fully charged and water proofed. The **event control number -07376 900637**, should be saved in your phone for easy access. Refreshments are available at registration and at control points. You must be registered and kit checked before the briefing starts at 09:15.
 - vi. **Compulsory Briefing** The compulsory Ultra briefing will take place at 09:15 in the event HQ/registration area. This briefing will cover any route changes, weather updates and safety points. On completion of the briefing you will be given 5 minutes for any last admin before assembling at the start line
 - vii. If running in a **PAIR** or **TEAM Relay**, you will have needed to make your own arrangements for change of kit and transport to and from the relevant control points and the finish.
 - viii. **If you retire** from the event at a control point, If you have your own supporters who are willing to transport you, you must ensure you are officially signed off the event with a member of event staff. **DO NOT LEAVE THE EVENT AT ANY POINT without informing us.** You must arrive at the start before 08:30 to ensure you can register and be present for the mandatory event briefing.
 - ix. If a **SOLO** entrant please leave your bag in your vehicle or team members' vehicle. There will be **NO BAG DROP AT REGISTRATION OR CONTROL POINTS**

CONTROL LOCATIONS

CONTROL 1 – ALDERSLEY STADIUM. Wolverhampton WV6 9NW



P - Runners parking (main stadium car park)
C – Control (edge of football pitches – close to canal towpath)
→ Route from parking to control
→ Race route

**TOILETS AVAILABLE IN
ALDERSLEY STADIUM SPORTS
CENTRE**

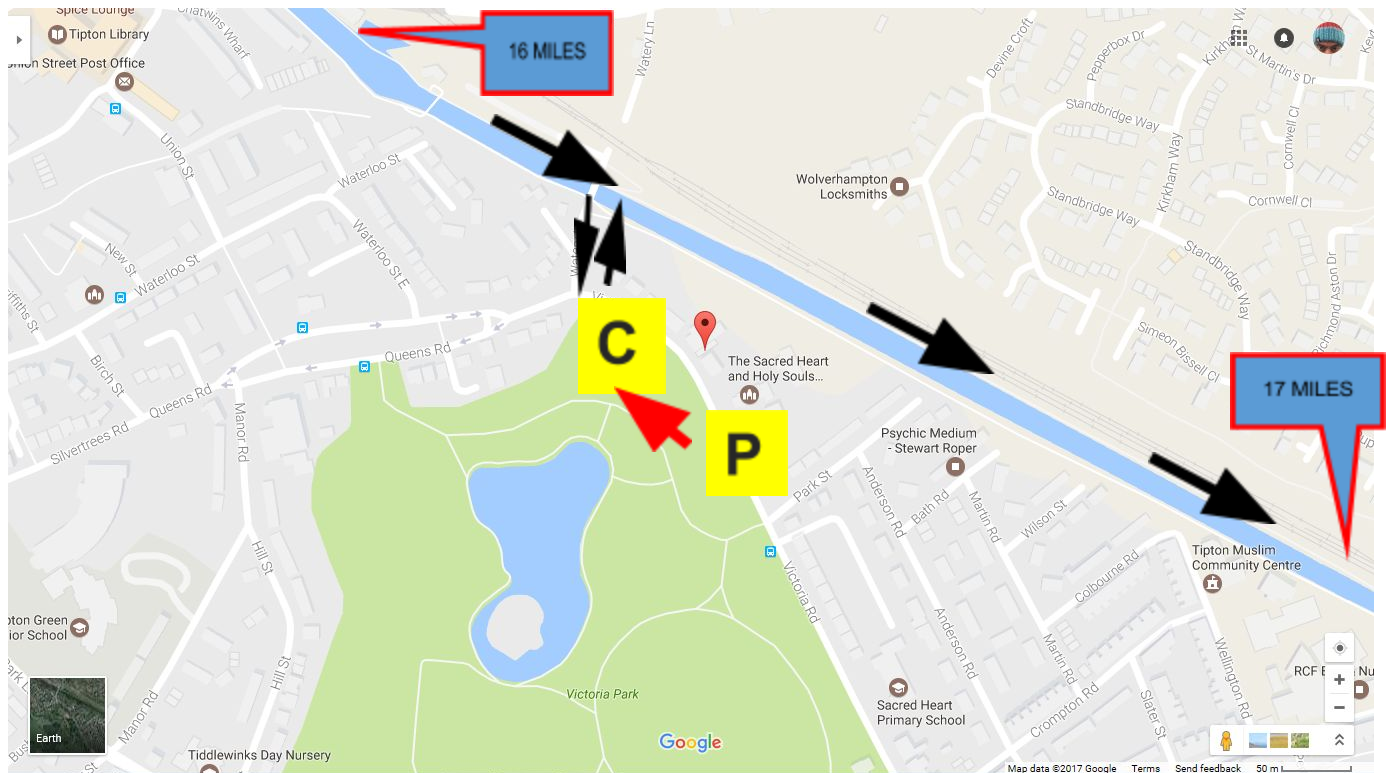


CONTROL 2 – VICTORIA PARK, TIPTON. DY4 8SN

P - Runners parking (no designated parking – please park sensibly on Victoria Road)
C – Control (within park, Victoria Road)

 Route from parking to control
 Race route

**PLEASE NOTE –
THERE ARE NO
TOILET FACILITIES
AT CONTROL 2**

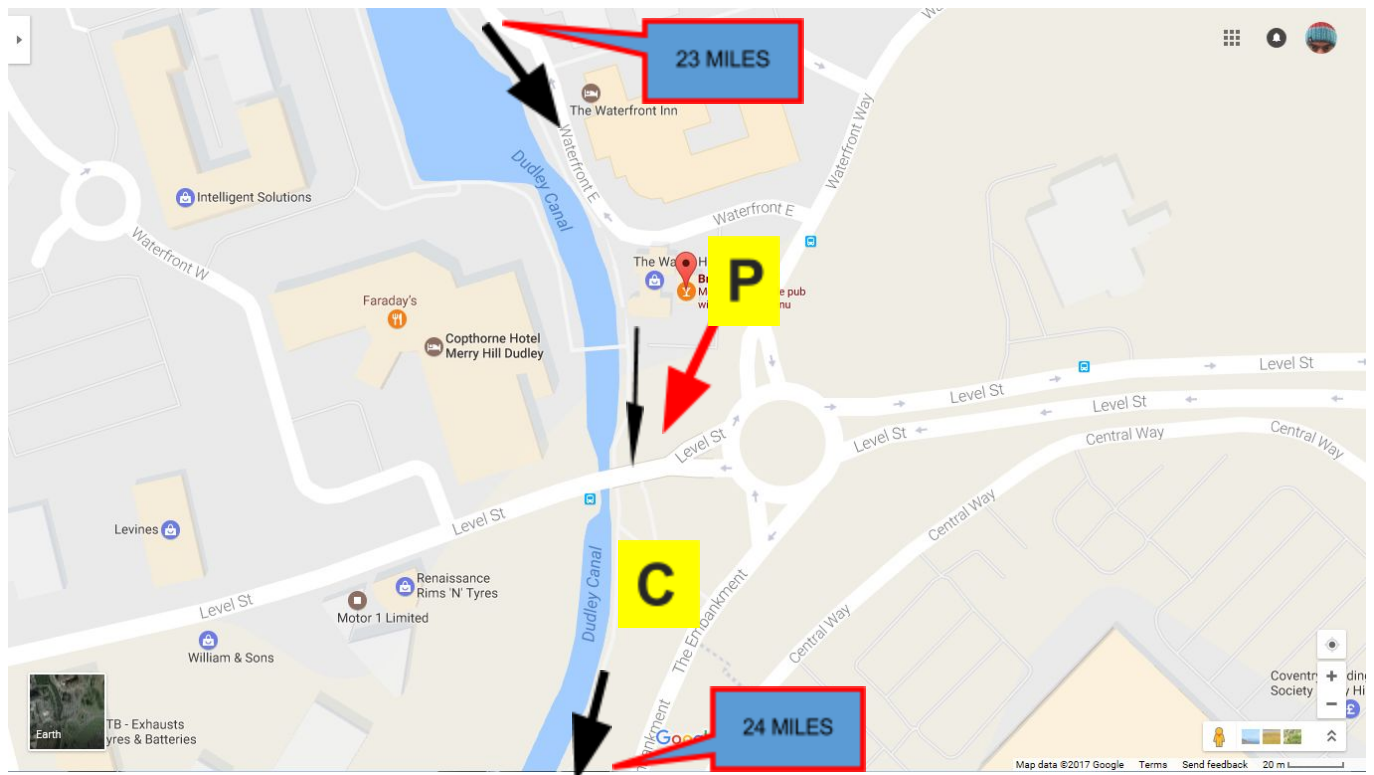


CONTROL 3 – WATERSIDE, BRIERLEY HILL. DY5 1XD

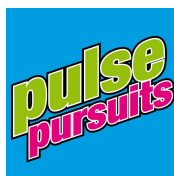
P - Runners parking (Brewer's Wharf Pub – **PAY & DISPLAY**)
C – Control (canalside, just south of Brewer's Wharf Pub)
Route from parking to control

Race route

**TOILETS AVAILABLE IN
BREWER'S WHARF PUB**



6. **Notes on the Route and Control point System:** The Ultra is a self navigation but waymarked ultra running event.
- a. You are responsible for navigating yourself using **waymarked signs** and your written route guide to each control point in numerical order. The route is also marshalled at regular and key junctions. Mile markers are on the route every mile
 - b. Always know where you are in relation to the route instruction card.
 - c. As you run along it is a good idea to keep your guide in your hand.
 - d. You must make every effort possible to stay on the route as per your route instruction card. It is not in the spirit of the event to take any other route or short cuts.
 - e. The simple rule is if it looks like you have to cross a canal bridge then you probably do!
 - f. The route follows the disused railway line to Aldersley Stadium (Control 1) and then via the Canal network through Controls 2 and 3, followed by 2km of road-side pavements, then cross-country to the FINISH.
 - g. At some points it will pass through built up areas but is still well marked. The route will have SPECIFIC SIGNS relevant to the Ultra which will be displayed at registration and a reminder will be given at the race briefing. This is to ensure that we have all participants see directions easily along the way.
 - h. Your route instructions are up to date at the time of writing (10/02/2017) and have been shared with the local authorities and the Canals and Rivers Trust that have sanctioned the event.
 - i. Should a new diversion appear between now and event day, you will be told about it at the briefing. If a diversion is put in place during the event, you must follow it. Be aware that you are still responsible for your own navigation should a diversion be put in place.
 - j. **Control Point System** The Control point (CPS) system is essential to your safe passage through this event. You must pass through every control point on the course. Failure to check in to a CP, after a certain time, will activate our search procedure unless you phone in to register and tell us you will be late. Late arrival to any control point will result in you being disqualified from the event and no official finishing time will be recorded. All Control point locations are shown on your issued route guides and listed on your daily timing schedule. They are spaced approximately 8 miles apart. On arriving at the control point it is very important that you firstly have your number recorded by event staff. This is a safety point so we can make sure you are on route. Split times will not be given, you will need to time yourself between each control. It is your responsibility to communicate with the CP Team to ensure you have been registered. Simply passing through and expecting them to record your presence is not acceptable.
 - k. It is also critical to pass your TEAM WRISTBAND to the next runner in your team



if running as a PAIR OR TEAM RELAY

- I. **Event Timing System** – An electronic timing system is used via an iOS app. This will time all runners through the FINISH at Himley Hall. We will also time runners in at each control (manual, elapsed time recorded)
 - i. **GENERAL ROUTE WARNING** The nature of the canal path means you will be walking/running close to the edge of the canal edge for a good portion of the event. This represents a 'small risk' and specific and care must be taken on these sections especially in high winds and bad weather conditions. Keep a sensible distance from the edge at all times and proceed with the utmost caution if the ground is loose and slippery. During the TUNNEL SECTIONS of the run IT IS MANDATORY TO WEAR A FULLY FUNCTIONAL HEADTORCH (see KITLIST). If you become unsure of your footing in these sections, please walk until you are happy to proceed at running speed. Control Point distances on your issued guides will give you distances to these locations. The control point close time is a safety cut off. This timing is calculated on you maintaining an approximate minimal average pace of 4 mph. If you move any slower than this on average you will not make the next checkpoint or complete the challenge. If you are not going to make the cut off time please follow the lost procedure.
 - ii. If you fail to report to a control point and do not phone to indicate that you are late a search will be initiated for you.
 - iii. Control point food/water: All three control points will offer cold food and drinks. Drinks on offer are water, squash and a sports Electrolyte drink. Food on offer are, cake, fruit, salted snacks and sweets. At the Finish, runners will receive a special finisher's medal, beer and other goodies!
 - iv. Post race massage: SOLO RUNNERS will have the opportunity to have a leg massage FREE OF CHARGE, Teams and Pairs will have the same opportunity for a small donation.
 - v. Athlete Withdrawal from the Ultra
Non-voluntary withdrawal. If you are late for any control point you will be withdrawn from the Ultra by the control point Team. No exceptions. Please understand this is done for your own safety and for that of others in the event. If you cannot maintain the minimum speed (either through getting lost or fatigue) you will not be able to complete the challenge. The event control point system cannot function safely if you are outside of the stated control point closing times. Your number will be removed and you will be retired.
 - vi. Please do not argue with control point Team or the event director if you are late and asked to withdraw. There is no negotiating on this point.
 - vii. Voluntary withdrawal. If at any point in the run you feel you do not wish to



continue please make your way to the nearest control point and inform the Team that you want to retire from the event. **IMPORTANT.** Do not leave the challenge without informing control point Team. You will be reported as lost if not accounted for. A search will then take place for you.

m. Numbers to put into your mobile:

i. **Event Control: 07376 900637**

n. Kit List, whilst taking part on the challenge it is mandatory for you to carry the following equipment. If you don't have this kit you will not be allowed to participate in the event. Pulse Pursuits are not prepared to take the risk of under prepared participants at our events. We will be enforcing the policy of: no kit, no run.

o. **Mandatory kit Solos:**

- Issued instructions in an waterproof case (bag) in an easily accessible place
- Useful numbers, control point timings, and lost procedure.
- Wind/Waterproof top
- Energy bar or similar
- Headtorch with spare batteries
- Minimum 400ml of water or other drink
- A fully charged working mobile phone
- The following information clearly printed on your RACE NUMBER: Your ICE (In Case of an Emergency) contact and contact number, your name and your mobile number and medical information that medics or rescue Team should be aware of.

Mandatory kit Pairs/Teams:

- Issued instructions in an waterproof case (bag) in an easily accessible place.-----
- Useful numbers, control point timings, and lost procedure.-----
- Energy bar or similar -----
- Headtorch with spare batteries (leg 2 and 3 only)-----
- Minimum 250ml of water or other drink-----
- A fully charged working mobile phone -----
- The following information clearly printed on your RACE NUMBER: Your ICE (In Case of an Emergency) contact and contact number, your name and your mobile number and medical information that medics or rescue Team should be aware of.

p. NOTE: **Off road running shoes are recommended** for this event. The Netherton Tunnel (leg 3) is **VERY WET** under foot

q. Actions on a Casualty, Lost, Early Retirement and Late Runner:

- i. Actions on Casualty There are two types of casualty, minor and major. A minor casualty constitutes a non life-threatening injury such as a cut,



abrasion or twisted ankle. The casualty will be able to walk and medical attention will be needed but not urgently. A major casualty will require urgent medical attention and will not be able to walk. Injuries such as broken legs, severe bleeding, heart attack etc fall into this category. There are 2 paramedics employed specially to deal with any medical situation. If you become or find a conscious/unconscious major casualty follow this procedure: 1. Apply any known first aid. 2. Phone the **Event Control – 07376 900637** (have the number pre-entered into your phone) or call the emergency services directly 999 or 112. If you have no signal, inform the next person you see on route and hand them the casualty's ICE information (if this is possible. It should be in their rucksack as per the kit list) with their details and the useful phone numbers. Write your location and nature of the injury, instruct that person to get to the next phone or area of signal and phone event director or the emergency services and give them your details. If you become/find a minor casualty:

ii. Continue or assist the casualty to the closest control point (bear in mind this may be backwards on the route) and ask to see the event medic.

iii. **FALLING INTO WATER -**

- Narrow canals are generally shallow at the edge –
 - If you fall in, stay calm, try to stand and get to the canal side where you can be helped out of the water.
 - It is advisable that you, where practical, stay within view of others so there are other people available to help in an emergency.
 - Waterborne diseases – There is a small risk that if a runner enters the water they may contract a waterborne disease such as Leptospirosis.
 - If you become unwell as a result of entering the water, seek medical advice from GP / A&E
- r. **Actions if Lost** If at any time you become lost follow this procedure:
- i. Stop. If possible make your way back to your last known position on your guide.
 - ii. If you cannot find your last known position on the guide, **call event control** and give a description of your surroundings and the last control point you passed through. As a general rule, you should be on the canal path if between Control 1 and 3, otherwise you should be on the waymarked trail, be it footpath, old railway line, or pavement.



- iii. The Event Team will then formulate a plan to either find you and pick you up or describe how to get back on the route. If you have no phone reception, keep moving until you do.
- iv. If you miss the control point opening and closing times, a search will be initiated for you. It is very important that you notify the event director if you think you are going to miss it or you are late. We will then know you are safe and not lost or injured.

7. Post Run Food & Facilities:

- a. You will be provided with water and other items as listed above, at each control point and refreshments at the finish. The event village will have a number of food choices available to purchase.

8. Spectators, Friends & Family:

- a. The Ultra is an exhilarating and inspiring ultra distance endurance event, which many of you will wish to share with supporters, friends and family. Whilst we welcome support, friends and family around the event we ask participants to highlight the following information:
 - i. If supporters are making their way to control points, please do not disrupt control point operations or be in the way of other runners.
 - ii. If supporters park in any of the Car Parks you will be responsible for any charges incurred and must follow all regulations. Pulse Pursuits will not be held responsible for your actions.
 - iii. Please ask all supporters to respect the Countryside Code at all times in order that we can have a minimal impact on the environment.
 - iv. Please note that Control point 2 (Victoria Park) has no dedicated parking area, so any friends/supporters should park responsibly on the residential streets.
 - v. Noise, Nuisance and Litter:
 - 1. Please be aware of the environment. We are privileged to be able to hold this event along the discussed railway lines and canal towpaths so please respect this at all times and likewise when running through built up areas.
 - 2. Litter: Pulse Pursuits are committed to returning the routes and surrounding areas to the state they were in prior to the event. Please respect the environment, follow the Countryside Code at all times and pick up any litter. Participants who drop litter will have their numbers recorded and may be issued with a time penalty or even disqualification.



9. Disclaimer:

- a. To be signed, detached and handed in at registration

I (your name) Am entering the Ultra in the Black Country entirely at my own risk and will not hold the organisers of the event responsible or liable for any injury or loss of any kind to myself or others sustained during the course of the Ultra event. I understand that the route is close to the canal edge and that I will be running along this route in sections of darkness for legs 2 and 3. I will wear a head torch as required and am confident in my ability to run in the dark. I have read, understood and accept the conditions outlined in the Ultra 2017 Runner Information document. I understand the arduous nature of the event and believe that I have prepared sufficiently for the event and I am carrying all of the items stated on the essential kit list. I am physically fit and am not carrying any illness or injury into the start of this event. If at any time I feel it would be unsafe for me to continue I will retire from the event. I will adhere to the control point rules regarding checking in and closing times. I will accept compulsory withdrawal from the event if I am in breach of any of the rules. I appreciate that the Ultra event is subject to the prevailing weather conditions and accept any decision made by the event organisers to amend the event due to safety concerns.

Signed..... Date.....

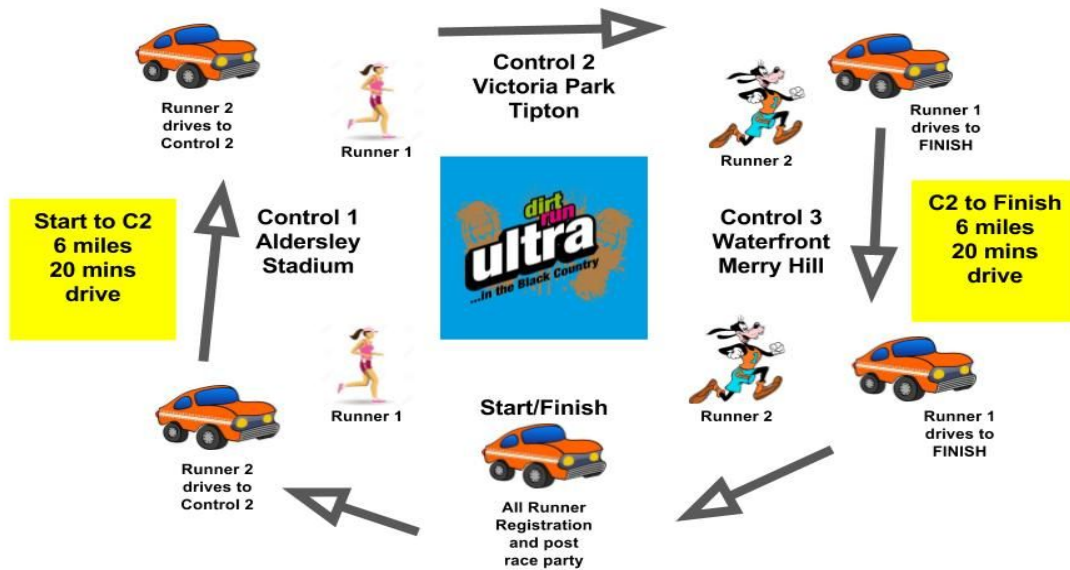
Print name.....

Next of Kin (name)

Contact number:.....

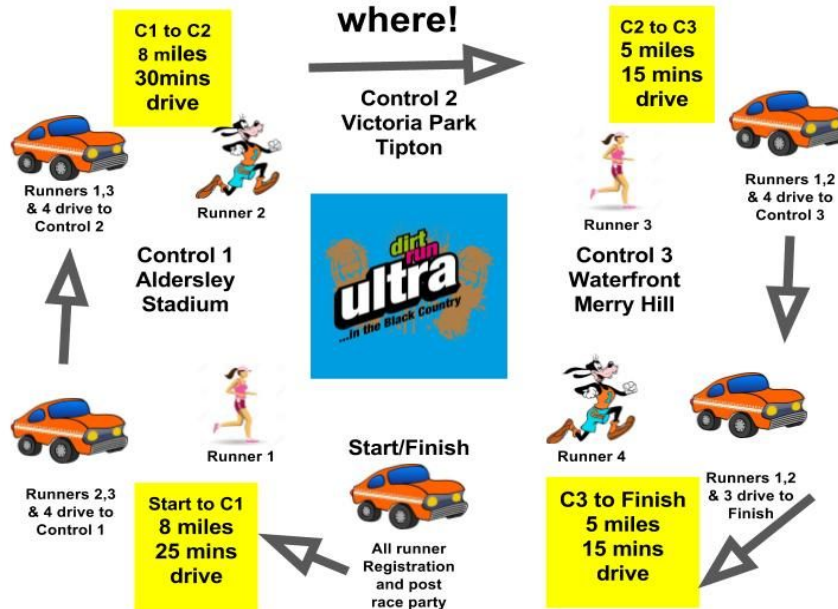


DirtRun Ultra 2 person relay team - who goes where!



Runner no.1 sets off wearing a wrist band, runner no.2 drives off to Control 2 and meets Runner 1 where Runner 2 takes the wrist band and goes to Finish etc

DirtRun Ultra 4 person relay team - who goes where!



Runner no.1 sets off wearing a wrist band, runners 2,3 & 4, drive off to Control 1 and meet Runner 1 where Runner 2 takes the wrist band and goes to Control 2 etc

ROUTE INSTRUCTIONS

Distance from start		Feature	Path / Canal / Road	Instruction
miles	km			
0.496	0.80	Cross Himley Road (traffic lights)	Road	Cross at traffic lights onto pavement
0.744	1.20	Steps up to railway path	Path	Up steps, then turn right
6.138	9.90	Minor road crossing - Wolverhampton Environment Centre	Path	Continue on railway walk path
7.192	11.60	Join Staffordshire & Worcestershire canal towpath	Canal	Join canal towpath after metal lattice bridge
8.618	13.90	CONTROL 1 - ALDERSLEY STADIUM	Canal	Control point at edge of football pitches
8.68	14.00	Canal bridge	Canal	Keep canal on your RIGHT SIDE
11.036	17.80	Horseley Fields Junction	Canal	Signposted Bilston / Coseley (cycle route 81)
14.074	22.70	Sheepfields Junction	Canal	Signposted Birmingham Canal Navigation - cross metal bridge
14.694	23.70	Coseley Tunnel	Canal	Switch on your head torch !
15.748	25.40	Barge Barrel pub (on left)	Canal	Stay on main towpath - ignore bridge
16.12	26.00	Tipton Station Bridge	Canal	Stay on main towpath - keep canal on your RIGHT SIDE
16.368	26.40	Watery Lane Bridge - EXIT TO CONTROL POINT 2	Road	Follow zig zag path off canal, down hill to control
16.43	26.50	Road crossing - Victoria Rd	Road	Take care crossing road to Control
16.554	26.70	CONTROL 2 - VICTORIA PARK	Road	Control point at park gates on Victoria Road
17.422	28.10	Dudley Port Junction - Sheepwash	Canal	Over 2 bridges to keep canal on your LEFT SIDE (Netherton Branch)
17.98	29.00	Netherton Tunnel (Entrance)	Canal	Switch on your head torch !
20.832	33.60	Bumblehole Bridge	Canal	Cross over bridge to opposite towpath. Canal now on your RIGHT SIDE

23.312	37.60	Blowers Green Lock	Canal	Use lock bridge to cross canal , then under bridge . Canal now on your LEFT SIDE
24.676	39.80	CONTROL 3 - CANALSIDE AFTER BREWERS WHARF PUB	Canal	Control point on towpath after Brewer's Wharf Pub
25.172	40.60	Nine Lock Bridge	Canal	Cross bridge, keep canal on your RIGHT SIDE
26.226	42.30	Brettell Lane Bridge - VERY LOW	Canal	CAUTION LOW BRIDGE !!
27.404	44.20	Stourbridge Top Lock	Canal	Cross canal and turn right, keep canal on your RIGHT SIDE
27.776	44.80	Blackmore Jnct Bridge	Canal	Cross bridge, keep canal on your RIGHT SIDE
28.148	45.40	Pensnett Road Crossing	Road	Take care crossing road
28.582	46.10	Blewitt Street / Middle Pool	Path	Continue around Fens Pools waterside path uphill (water on your RIGHT SIDE)
29.016	46.80	Queen Street - road crossing	Road	Take care crossing road , continue up steps to join railway path
30.07	48.50	Exit railway path to join Cinder Road - steps up	Road	RUN ON PAVEMENT ONLY
30.132	48.60	Left turn into Brookbank Road / Guys Lane	Road	RUN ON PAVEMENT ONLY
30.442	49.10	Himley Road - road crossing to Hopyard Lane	Road	Take care crossing road
30.566	49.30	Brick Kiln Lane - road crossing to Hopyard Lane	Road	Take care crossing road
30.597	49.35	Left turn into Manor Drive	Road	RUN ON PAVEMENT
30.628	49.40	Right turn into Eaton Crescent	Road	RUN ON PAVEMENT
30.69	49.50	Left turn into The Straits	Road	RUN ON PAVEMENT
31.372	50.60	Left turn into St Michael's Road	Road	RUN ON PAVEMENT
31.589	50.95	Entrance into Baggeridge Country Park	Baggeridge Country Park	Follow marked route through woods, then out into Himley Hall grounds
32.364	52.20	FINISH	Himley Hall	CONGRATULATIONS !!