



WYE ULTRA
30 Miles
Ross-on-Wye
7th March 2010 - 9am

Welcome to the Wye Ultra. Situated along the Wye Valley and the Forest of Dean, this is a great event for the seasoned ultra runner or for the runner attempting their first long distance event.

Below is the information you require to have an enjoyable day. Please ensure that you have read all of the information before the race.

We look forward to seeing you in Ross-on-Wye and hope you have an enjoyable day.

Directions:

From - M50 - take 1st exit at RB proceed to next RB and take second exit into town. Drop down hill until you reach mini RB and take 3rd exit, signposted Hereford. Proceed for 1/3 Mile until you reach left hand turn into Trenchard street.....

From A40 (South) - At Wilton RB take 3rd exit and cross over Wilton bridge. Proceed along causeway and into town until you reach junction. Turn left into eddy cross street proceed down hill until you reach Trenchard Street. Turn left into the park.....

From Gloucester - Proceed directly into town up past market place and turn right at T Junction into Eddy Cross Street -street proceed down hill until you reach Trenchard Street. Turn left into the park.....

You will find us in the Ropewalk Park ... go through the black gates off Trenchard Street and drive carefully along our driveway to the Club.

Larger map is at the end of this information

Car Parking:

Car parking is available behind the Rowing Club (subject to weather conditions, but there are lots of car parks close to the venue with free parking on Sundays

What You Need To Bring:

At any event you will get novice athletes through to athletes of all abilities. However you will need a few essential items.

A good sturdy pair of running shoes. The surface is very good but might be slightly wet (not slippery) so normal trainers are fine. If you want to wear off road shoes, then trail shoes with medium grips are more than ok.

Registration:

Registration will be available from 7am till 8.30am on Sunday. Please ensure that you register at least 15mins before your start time.

Registration will be situated in the rowing club by the start line.

You will be given your race number, and you will be given your timing chip.

Race Brief:

There will be a race brief at 8.30am, this will give you any final information and any safety information. Please make an effort to attend if you are unsure on any aspects of this event.

Electronic Timing:

All of the athletes will be required to wear the microchip on their ankle.

This technology for the results will enable the athletes to get an instant time when they have finished. This system will also continually update the results as later finishers complete the event.

Once you have received your timing chip, do not cross the timing mats unless you are racing.

Athletes will be able to see their times on the screen situated in the timing van.

Once you have finished you must return your timing chip or you will be charged £25 for a replacement.

If you wear the timing chip anywhere else other than your ankle it is likely that you will not get a time for any of the race sections. NO CHIP = NO TIME

The Course

The trail takes in the country lanes from Ross on Wye, the footpaths along the River Wye and then the hard trails in the Forest of Dean. The course is well marked and there will be a few marshals at the important areas. However the run is effectively self sufficient and you will have a route card as well.

The Finish

The finish is based back at the rowing club in Ross-on-Wye.





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RESULTS:

These will be available on the screen next to the finish line straight after the event. They will also be available online the following day at www.blacksheepsports.co.uk

MARSHALS:

For any event to run smoothly it requires the help of volunteers. If you have friends or family coming to watch then why not ask them to help marshal. No experience is needed as all information will be given to them on the day. Its great fun and lets them feel involved in the day. They will be give a drink and food and also receive an event top. For further information on marshal opportunities please contact us at events@blacksheepsports.co.uk

EVENT OFFICE:

Please note that the event office will be closed from Friday in order for the crew to set the route up. Please do not email or leave messages.

FUTURE EVENTS:

The trail series is one of many events that Black Sheep Sports are organising this year. If you enjoy running or triathlons then why not have a look at some of our other events.

Eastnor Castle Classic and Middle Distance Triathlon.
4th July 2009

These fabulous events take place in the shadow of the impressive Eastnor Castle, The swim starts in the safe enclose lake beneath the castle, whilst the bike route takes in the majestic Malvern Hills. The run finish's the event with a safe run through the Castle's deer park.

The Big and Little Woody Triathlon
28th August 2010

These two events take place in the beautiful Forest of Dean. The only event in the UK to run a long course and middle distance event , these races are back for there 3rd instalment and a return the Five Acres and Drummonds Dub.

Forest of Dean Duathlon
10th October 2010

This is the very first event that was organised by Black Sheep Sports. Based at the Forest of Dean Gymnastics and Fitness centre, this end of season duathlon is a great way to end your season. A 5km run through the woodlands, followed by a 15km ride before finishing with another 5km run.

BLACK SHEEP SPORTS EVENTS:

11th April—Scott Makani Monmouth Sprint

6th May—Zone 3 Open Water Swim R1

9th May—Scott Makani Lydney Sprint

3rd June— Zone 3 Open Water Swim R2

13th June— Scott Makani Ross-on-Wye Sprint

1st July—Zone 3 Open Water Swim R3

4th July— Scott Makani Eastnor Castle Sprint

4th July—Eastnor Castle

1st August—Cirencester Park Trails Half Marathon

5th August— Zone 3 Open Water Swim R4

28th August—The Big and Little Woody

4th October—Forest of Dean Duathlon

21st November—Scott Aztec Trail Series Race 1

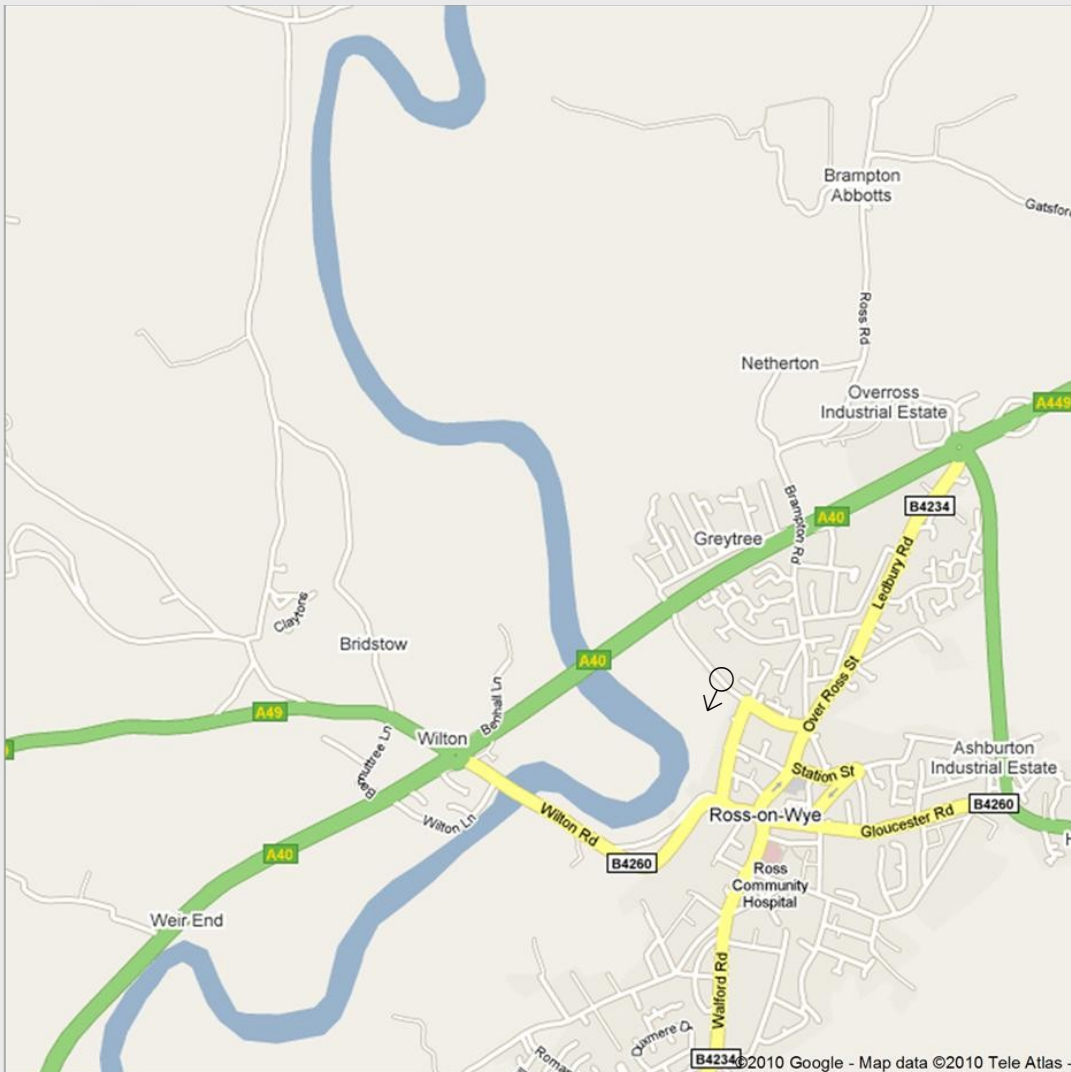
All race information and entries are available at www.blacksheepsports.co.uk





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LOCATION





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Please follow this link for a route map of the [Wye Ultra](#).