



Rose of the Shires Ultra 54 – Brixworth Country Park 6th April 2024

Thank you for entering the Rose of the Shires Ultra 54. I am looking forward to welcoming you to the beautiful Brixworth Country Park on 6th April for what will be the fifth edition of the Rose of the Shires Ultra. Listed below are the race day instructions

Arrival and Parking

The Race is based at [Brixworth Country Park](#), Northampton Road, Brixworth NN6 9DG, for the Car Park and Finish, [CLICK HERE](#) for google maps link. Your Sat Nav may direct you to Brixworth but ignore this and follow the brown and white signs to the country park located off the A508 roundabout near Brixworth village.



Parking will be in the lower meadow car park. Please visit <https://www.westnorthants.gov.uk/brixworth-country-park/parking-brixworth-country-park> for current charges - please make sure you have sufficient change on the day or you can pay by card. The park now operates an ANPR system so you will pay before you leave. There is a drop off/collection facility so you will have exactly 15 minutes for free before charges kick in. The barriers will stop operating after 10pm but you will be finished way before this!

Toilets

There are toilets located in the main complex.

Registration and Race Timings

Registration will open at **06:45** in the Country Park

All competitors must register; this is an outdoor space so please dress appropriately

We will provide a short race briefing via a YouTube link that will be emailed to you prior to the race

The race is scheduled to start at 08:00.

Race Numbers

All race numbers will be available for collection at registration. please wear this on the front of your body and clearly visible (we have safety pins)

Voice Navigation

Please click the QR code for your invite to the free voice navigation app from ridewithgps (like a sat nav for runners!) on your phone – you may need to wake it up from time to time



Trackers

Rose of the Shires will be a totally interactive race with a tracker from our race partners Geo Tracks. You will collect your tracker on the day. The tracker will go live 5 minutes before the race. Information from the tracker can be accessed by you and your family/friends via the app on your phone which you can download prior to the race for a small charge from the [Apple Store](#) or for [Android](#). If you would prefer not to purchase the app, you can view the event, and your progress, for free via the event tracking page (a link will be added to the Go Beyond event web page prior to the event). The tracker will tell you on your phone, the route, your location and also the location of your fellow competitors. The tracker will also serve as the timing device for the event

Go Beyond Merchandise

This will be issued with your race number, at registration.

Please ensure that you have your mobile number to hand as we need to check that the mobile number we have is correct. Please ensure your phone is full charged and switched on!

Mandatory Equipment:-

You will need to ensure you have:-

- Mobile Phone (mandatory)
- Power bank to charge you phone if necessary
- Head torch (to be worn before light fades) and spare batteries
- Survival blanket
- Waterproof jacket
- Whistle
- Hat & gloves
- Long sleeved base layer or fleece top
- Personal hand gel



Tea tent

There will be a tea tent to purchase hot drinks before the race starts – tea, coffee or hot chocolate all at £1 each, so please bring change!

Maps and Route

Please [CLICK HERE](#) for the "Ride with GPS" file from which you can also download a GPX file of the route, we no longer provide a printed map but you will be invited to the RidewithGPS event (see pervious page) which will give you voice cue navigation for free on your phone. You can also navigate using the tracker, from information viewed on your mobile phone. The simplest way to view your tracker is by down loading the Geo Tracks App. You need to know the event ID and your bib number. The app then centres on your tracker.

The route followed is circular in nature taking in Northamptonshire's rolling countryside, forests, waterways and picturesque villages. The terrain is mixed so take care.

There are no closed roads or sole use areas so please be aware of other people at all times. When running on road sections please use the footpath where accessible or run facing oncoming traffic. Please take care when crossing the road, there are four main road crossings which are unavoidable: A43 5.5 miles – (marshals will be here to warn oncoming traffic as this is the busiest road); A4500 11.5 miles; A4500 43 miles and A508 at finish. It is your personal responsibility to cross safely – it is a long race so waiting for a minute or two to cross will not make a major difference. Please run in

single file on the canal tow paths and keep out of the water! If you do end up in the canal you are advised to see medical attention after the race as a precaution against weill's disease.

This year we are back to the original 2019 route going under the M1 motorway after Salcey Forest, however the route through the forest has been amended due to logging activity. Also at Harlestone we try to bring you out at the crossroads after the golf course, a deviation from the waymarked route, as it is a safer place to cross however if you end up following the exact Northampton Round route it is ok.

Checkpoints:-

The Checkpoint locations and expected arrival times can be found on the event webpage please [Click Here](#)

We will provide water, bananas, vegan and vegetarian snacks, Go Beyond Fruit Cake and other bits and bobs throughout the race. **This is a cupless race (we have lovely Go Beyond branded reusable soft cups for sale @ £5 each on registration)**

Checkpoint Closure & Time Limits:

The Time limit for completion of the Rose of the Shires is **13.5 hours**.

Checkpoints will progressively close at the following times and **no runners will be allowed to leave after the checkpoint has closed.**

CP 3 – 22.8 miles – 6 hour cut off – 14:00
CP 4 – 29.5 miles – 7.5 hour cut off – 15:30
CP 5 – 37.2 miles – 9.5 hour cut off – 17:30
CP 6 – 45.3 miles – 11.5 hour cut off – 19.30

PLEASE NOTE – WE WILL BE STRICTLY ENFORCING CUT OFF TIMES. For the safety of all concerned we will be strict on the time limits from CP3 onwards. If you are outside the limit – please see checkpoint information above for details – we will provide transport to the finish. **Please use common sense with regard to timings, if you are on the cut off remember you are likely to get slower not quicker!**

Please pair up after dark

Spectators

There are various points for spectators along the route, please avoid Chadstone (CP2) and Nobottle (CP6) as these are both hamlets and not suitable for road traffic

13 Miles – Cogenhoe NN7 1NJ
17 Miles – Yardley Hastings NN7 1EZ
23 Miles – Piddington (The Spread Eagle Pub) NN7 2DA
27 Miles – Hartwell NN7 2DE
31 Miles – Stoke Bruerne (beautiful Canal area) NN12 7SY
40 Miles – Bugbrooke NN7 3PY
43 Miles – Harpole NN7 4DH

At the Finish

Your medal and a complimentary hot drink will be available for you after crossing the line

Please don't forget to hand in your tracker

Race Results

Can all be found at <https://www.gobeyondchallenge.com/ultra-marathons/rose-of-the-shires-ultra/>

Race Photography

ADRIAN HOWES will be covering some of your finest moments including **your free finisher's picture** which you will receive about a week after the race.

Early pictures are likely to be posted to Adrian's website which is:

<http://www.adrianhowesphotography.co.uk/>

Future Go Beyond Events

<https://www.gobeyondchallenge.com/ultra-marathons/country-to-capital-ultra>

<https://www.gobeyondchallenge.com/ultra-marathons/shires-and-spires-ultra/>

<https://www.gobeyondchallenge.com/ultra-marathons/thames-trot-ultra/>

Plus our multi day event in Nepal....you know you want to!

<https://www.gobeyondchallenge.com/ultra-marathons/capital-to-country-multi-day-ultra/>

For more details on these and other events please visit

<https://www.gobeyondchallenge.com/>

I look forward to meeting you at the start on 6th April and hope we get a fine day for the run, if you have any questions or areas that need clarification, please do not hesitate to contact me at admin@gobeyondchallenge.co.uk

**Simon Hollis
Race Director**