



THE FRACTURED MARATHON

Calke Abbey: 7pm to midnight – 28th June 2024

Below is the essential information you need to help ensure that the event goes smoothly. If you have entered as a team, **please share this with your team as soon as possible and read it thoroughly before race day.**

Venue

The venue for the event is the overspill car park, which is adjacent to the main car park at Calke Abbey.

Post Code: **DE73 7LE** What3Words Link: <https://w3w.co/touched.functions.hired> OS Grid Reference: **SK 365 227**

Registration and the start/finish/transition area for the race will be right next to the parking area, in a field.

Everything will be outside, so please bear this in mind when planning your evening. Also, remember that the second half of the event will be in the dark!

Toilets within the park will be open. These are located adjacent to the main buildings and only a two minute walk from the race base / car parking area. Please be careful to leave these as you find them, especially if it is wet / muddy.

Access to Calke Park & Parking

We have permission for you to access the park and use the car parking from **5pm onwards**. If you arrive earlier you will be treated as a normal visitor to the Calke Abbey estate and will need to buy a ticket at the kiosk on the entrance road (£7 per person or £10 including access to the house).

From **5pm** you will be able to drive into the estate and continue through to the event area.

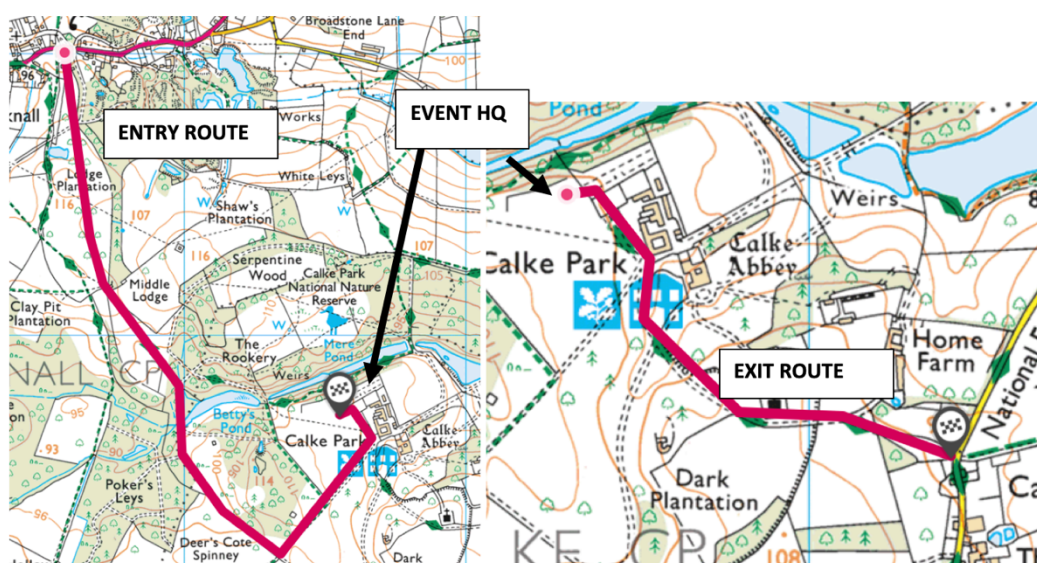
Once you arrive at the race area there will be a request for a donation of **£3 per vehicle** for parking. This will be collected as you enter our designated parking area in the overflow car park and will be passed directly to the National Trust to help with the upkeep of the facilities at Calke.

Please have the correct change (£3) ready. National Trust (with their membership card) won't be asked to pay but are welcome to make a donation to help maintain our relationship with the park.

The access road through the park is one-way. You must enter the park via the main entrance off the A514 in the middle of Ticknall and, after the race, leave via the exit to Calke Village. There is a gate at the exit which is sensor driven;

please give it time to open. **DO NOT** try to exit the way you came into the park; the gate will be locked.

Vehicle access to/from the event will be restricted once the race is underway. If you have any team members arriving after 7pm or leaving before midnight, please speak to a member of the event team on site so that safe access/exit can be arranged at an appropriate time.





Team Declaration

If you are taking part as a team (not a solo runner), the team captain is responsible for ensuring the that team members information is accurately captured on the Si Entries system. Changes / transfers of team members is possible (again via Si Entries) up until midnight on the 26th June 2024.

Registration

The registration desk will be in our gazebo close to the start/finish area and will be open from **5:30pm to 6:45pm**.

The race **will start promptly at 7pm**, so please arrive in plenty of time and register as soon as possible.

For teams, only one member is needed at the registration desk and should be in a position to confirm that all details for all team members are correct and up to date.

Solo runners will be issued with a **race number** and **timing chip**, which must be fastened to their ankle throughout the race and returned to the collection bucket at the end of the event.

Teams will be issued with **race numbers** for each team member, **a baton** (to which a timing chip will be attached) and a **Running Order Record Sheet**.

All **batons, timing chips** and the **completed Running Order Record Sheets** must be returned at the end of the race.

The minimum age for competitors is 18 for solo runners and 16 in teams. However, team members aged 16 or 17 may run a maximum of 2 loops, and Team Captains must be 18+

Race Briefing

At **6:50pm** there will be a race briefing in the start/finish area for **ALL** competitors. This will include important information about the transition area and race safety. If you are a team captain, please make sure all your team members are there.

Race Format & Rules

1. There will be **10 x 2.62-mile** loops which will start every half hour on the half hour, with the first loop starting at **7pm sharp**. (*Note: being a trail course, the distance is not exact nor certified*)
2. The course will be way marked, with marshals at key points. Any short cuts or route variations by runners will lead to the current loop being discounted from the results.
3. When the hooter goes, runners have 30 minutes to complete the 2.62-mile loop and make them-self/their team eligible to take part in the next loop.
4. If finishing any time (even 1 second) after the 30-minute deadline, the runner/team will have to sit the next loop out.
5. The start line cannot be crossed until the hooter goes for each loop and it will close 30 seconds after each hooter (to give runners finishing close to the 30-minute deadline time to get from the finish line to the start line). In summary the sequence for each loop will be:

Time mm: ss	What happens?
00:00	Hooter goes, loop starts
00:30	Start area closed for current loop
25:00	Start area for next loop opens – no entry without timing chip / baton
30:00	Deadline to be eligible for next loop
	<i>And repeat until 10 x 30 minutes have elapsed.</i>



The above times are based on 'gun time' for each loop, so runners will need to cross the finish line within 30 minutes of the hooter going to take part in the next loop. However, please note that the times for each loop and accumulative times in the results will be shown in 'chip time'.

6. Teams, which can consist of 2-5 runners, can run in any order but are only allowed one runner on the course in each loop.
7. Each team member must run at least one loop.
8. To count as a **mixed team**, at least **50% of the loops completed must be by a female runner**, and at least 1 loop by a male runner.
9. The allocated timing chip must be worn (on the ankle) by solo runners or carried on the baton by the team member running the current lap.
10. Live results will be displayed after each loop.
11. From loop 6 onwards (starting at 9:30pm), **all runners on the course must be equipped with a suitable head or chest torch** (hand torches or tea lights are not permitted).
12. Runners are **NOT permitted** to compete for **more than 1 team** on the night.
13. Teams must **return their completed Running Order Record Sheet** to the registration area **no later than 11:35pm** (i.e. just after the last loop has started).

The Route

As the 2.62 mile route takes place on a mixture of public right of ways and footpaths exclusive so those accessing Calke, and given the nature of the trails meaning that we may need to make last minute adjustments to the route, receiving the route is not recommended.

Rest assured that the route will be well marked out and takes place on either hard-packed or well trodden trail paths. Plus there will be 10 opportunities to have a good look around the route at the event!

Transition Area

To ensure the transition area operates smoothly and safely for everyone, it is important that the race route into and out of transition is not obstructed, and only runners who are taking part in the next loop go into the start area. **Only runners wearing a timing chip or carrying a baton will be allowed into the start funnel.**

Once the race is underway at 7pm it is **really important that participants do not go into the areas close to the start or finish lines** other than when starting / finishing a loop they are taking part in; this is to prevent the timing system for the event being corrupted.

Water

Water will be available in the transition / finish area. However, in line with our policy of reducing plastic waste the event will be **CUP FREE**. We therefore ask that you bring your own bottles/cups/hydration pack, which you can fill up from the dispensers provided.

Teams, Clubs and Groups

Those taking part as a team, club or group are encouraged to set up a base for themselves in the field near to the transition area. We're happy for you to bring items such as a picnic blanket, ground sheet, garden chairs or even a tent - and a club flag if you have one - to ensure that you have a comfortable evening. Fairy lights and music to create the festival atmosphere is also encouraged! If erecting a tent, gazebo or club flag, please check in with a member of the event team first to ensure you are not blocking access.

Solo Runners



There will be a designated area for solo runners located very close to the start and finish lines. This will have water dispensers for filling up bottles, soft drinks and some snacks available, as well as space to leave spare kit and your own chair if you wish to bring one.

There will be limited shelter in this area, i.e. a gazebo with at least one open side. We therefore recommend that any spare kit is placed in a dry bag / waterproof container, just in case the weather isn't favorable.

We also recommend that you clearly write your race number on any bags, containers, drinking bottles etc. you wish to leave in this area.

This area will be manned by members of our event crew, who will be able to assist you throughout the event. If you have your own crew with you at the event, a maximum of one supporter per runner will be permitted access into the area to assist you.

You can, of course, leave spare kit and items in your vehicle rather than using the designated area if you prefer. However, bear in mind the time it will take to visit your vehicle between loops.

Catering

Hot food and drinks will be available to purchase from **Eat Shoots and Leaves**, who will be serving a variety of delicious offerings throughout. You can check out their offerings here;

<https://www.eatshootsandleavesstreetfood.co.uk/> You're also welcome to bring any additional food and drinks that you may need.

Litter and Environment

PLEASE make sure you leave **NO TRACE** of your presence on the route and when you leave. Strictly no barbecues or stoves, and please **leave the event with EVERYTHING you arrived with**, including any litter / waste you generated while you're there.

Photos & Videography

We'll have a photographer at the event as well as a videographer capturing footage. A link to the photos will be emailed out after the event; all photos will be free to download. If you'd prefer not to have your photos taken or feature in any videos, please make yourself known to a Race Director at registration and we can inform the team.

Prizes

The main prizes, for which there are locally-made wooden awards - based on fastest accumulative marathon - are;

- 1st, 2nd & 3rd Solo Male
- 1st, 2nd & 3rd Solo Female
- 1st Solo Male over 60
- 1st Solo Female over 60
- Male Team Winners
- Female Team Winners
- Mixed Team Winners

There are also prizes, which are a choice of our exclusive Quad Buster beer or chocolate, for the following:

- **Fastest individual loop** during the entire race by **Male & Female**
- **Male & Female** winner of each **individual loop** (regardless of whether a solo or team runner – awarded after each loop).
- **Best fancy dress**

Except where shown otherwise, the prizes will be awarded in the transition area as soon as possible after the race has finished.

Fractured Marathon: How to wear and use your head torch

After dark, the direction signs are designed to reflect light back at the wearer of a head-torch; they do not "glow in the dark". When you set your headtorch up, position it so you can see ahead, with either the focused or mixed beam if you have different settings.

If you point it at the ground, you will only see the ground in front of you and not the reflective arrows. If you want to look at the ground, move your head to look down!

Wide beam



It emits uniform, close-range light for stationary activities or those requiring slower movement.

Activities: travel, family, children, camping, DIY, home use, repair work, reading...

Mixed beam (flood + focused)



It combines a wide beam for good ground lighting with a focused beam for added depth. This beam is adapted to close-range vision and to moving around.

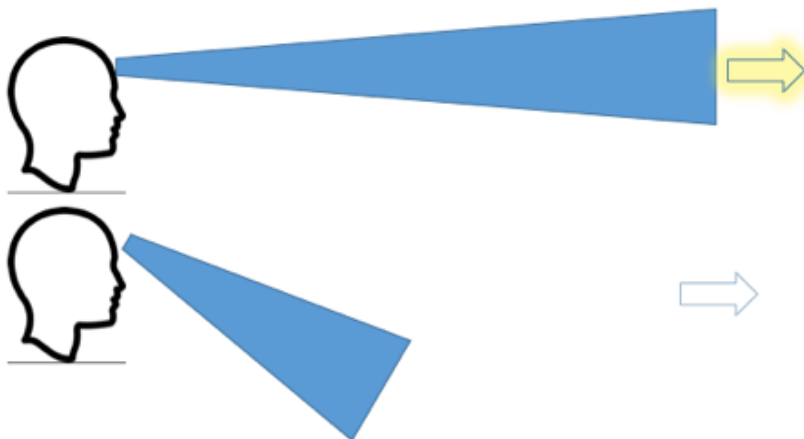
Activities: hiking, trekking, mountaineering, caving...

Focused beam



It concentrates the light to shine long distances and therefore allows long-range, precise vision.

Activities: trail running, expeditions, technical mountaineering, back-country skiing, multi-activity races, biking, orienteering...



transition area, and no lighting around the course.

A head-torch or chest-torch with a good level of lumens is required to be used by all runners. A **hand-held torch is not allowed**. Please ensure all members of your team have checked their head/chest-torch is working prior to the day and have well charged/spare batteries.

As **course markings are reflective** they will only be seen in the dark if runners have their **torches set correctly** with the **beam pointing ahead** of them. Please ensure your team members adhere to the guidance for using torches correctly provided on the right.

Runners who are not 'active' in the race should avoid dazzling other runners, time-keepers and other officials by turning their torch off or adjusting the beam to point downwards.

Ear phones/music players are **NOT** permitted, including bone conducting devices.

Incidents and First Aid

First aiders will be situated at the start/finish/transition area. In the event of an incident requiring first aid, please report it to the nearest marshal/member of event staff asap, giving the number of the runner involved (if not yourself).

Hazards & Safety

Please be aware of the following:

Underfoot Conditions

Being a trail event, the underfoot conditions on some parts of the route are uneven and could be wet and slippery. In places there are rocks, roots and ruts in the ground (some of which may be obscured by long grass), and overhanging branches. There are also some steps on one part of the course.

Please watch out for these hazards and adjust your speed accordingly.

Road Crossing

The race route interacts with the park's access road at a number of points. Please be aware of the possibility of vehicles travelling along this road and cross with caution.

Cattle Grids

There are a number of cattle grids in the park. **DO NOT run over these, use the adjacent gates.**

Narrow Sections

Sections of the route are quite narrow. Please use common sense and courtesy when overtaking or being passed by other runners. Do not put yourself, other runners or members of the public in danger.

Darkness & Use of Headtorches

From around 9:30pm it will be getting dark. There will be very limited lighting in the



Post-Event

We hope that you will have loved your Fractured Marathon experience! Unfortunately, it is NOT possible to continue the fun by camping overnight at Calke in a tent / campervan. The event area and everyone taking part in the event must be off site by 1am. Please bear this in mind and factor in your travel back home / to accommodation and ensure you drive safely and take breaks when needed.

Other Information

If you have a question not answered here or on the webpage (<https://www.peakrunning.co.uk/fracturedmarathon>) please get in touch at info@peakrunning.co.uk and we'll be happy to help.