



Race day information Suffolk Whole Hog - Sunday 6th October 2024

Dear Participants,

We hope that you are all looking forward to this year's Suffolk Whole Hog which includes the shorter 'Whole Hog' race and the longer 'Boss Hog' race. You are going to have a fantastic day with lots of mud, water and challenging obstacles. Some of you will be running for a competitive time, some of you may be running for fun or personal achievement whilst many will also be raising money for good causes.

What do I have to do when I arrive?

Registration will be in the main hall at:

Wave 1 opens at 8:30am and will close at 9.20am

Wave 2 opens at 9:30am and will close at 10:20am

Wave 3 opens at 10:30am and will close at 11:20am

Wave 4 opens at 11:30am and will close at 12:20pm

Please be at the start line 10 mins before your start time to hear a race brief followed by a quick warm up by a qualified fitness instructor.

You need to park, register, tie on your timing chip, leave your belongings in your car or at the bag drop area and listen to the race brief/warm up – **SO PLEASE MAKE SURE YOU LEAVE HOME EARLY ENOUGH TO ALLOW SUFFICIENT TIME TO REGISTER.**

At registration you will be given your event t-shirt and an envelope containing a wristband and a timing chip with your race number. Please secure the band to your wrist and your timing chip **MUST** be secured onto your shoe with the cable ties provided. **IMPORTANT:** The chip will not work if you run with it in your pocket, glove or inside your shoe and if you do not have a chip you will not get a race time. Even if you are not too bothered about your run time it is a useful way for us to know that you have crossed the finish line safely. We will have examples of how to tie the chip onto your shoe within the hall but you can see an example in the photo. Please recycle your envelopes in the blue recycling bins provided.

ECO REUSABLE TIMING CHIP

Attach your timing chip as below to ensure you get an official race time.



www.racetimeresult.co.uk

Race timing

Your race time starts when you cross the mat at the start line and will stop when

you cross the finish line mat. Provisional results will be available on the day via a QR code which will be posted around the event village and via Facebook and on our website later in the day. It is important to note that you will not be able to swap waves or race distance on the day. If you run the wrong route/distance your race time will not be accurate and will affect the overall results for others. Results will also be available at:

www.racetimeresult.co.uk/results/suffolk-whole-hog-2024

All timing queries should be sent to: hello@racetimeresult.co.uk

What should I wear?

The majority of the course will be off road so it is advisable you wear trainers.

PLEASE DO NOT WEAR SPIKES as this will damage our equipment.

Make sure your shoes are secured tightly as the mud and water can often cause these to slide off – you have been warned!! We suggest lightweight, long sleeved tops, leggings and gloves to help avoid scratches, stings & bruises, but for the hardcore Hoggers, you can also run in shorts and t-shirt. Do not wear joggers as they become too heavy when wet.

Be prepared to get dirty ... these are not road races - so bring an old towel and a change of clothing and footwear with you!

Where can I leave my bag, keys, phone?

A free bag drop and key drop will be available, but we would urge you to leave bags in your cars or with family/friends if possible as bag drop can get very busy. The car park is close to the start and finish area so it is not far to walk.

Belongings are left at the bag drop at your own risk.

A charity collection bucket will be at bag drop if you would like to donate to EACH.

Will there be changing facilities and showers?

The rustic changing area will be in the old barn at the back of the main registration hall split into male and female areas. These can get busy and we recommend you arrive in your running gear. Unfortunately, we do not have shower facilities on site. There will be a cold-water hose down area near the event village.

Unwanted clothes and trainers

To reduce the amount of clothing and footwear left behind to go to landfill after our event we kindly ask that you bring a bag to take your wet and muddy

clothing home with you. If you no longer intend to use them, please consider putting them through the wash (we suggest hosing them first) and donating them to charity. Go to www.jogonagain.com/ for an option for donating your old trainers. These will need to be dry before sending them (free postage).

Will there be any water stations?

A water station will be positioned roughly halfway around both courses as well as one at the finish line. We no longer hand out bottles of drink at the finish line in a bid to cut down on plastic waste. We will be using up our stock of plastic cups at the water stations out on the course and eco cone cups at the finish. Please place all cups in the blue recycling bins provided.

Spectators

A spectator area will be signposted for family and friends who may wish to cheer you on, or possibly giggle at some of the challenges you must undertake to complete the course. Well behaved dogs must be kept on leads as this is working farmland with livestock. There is no charge to spectate.

Parking

Parking is well signposted, and we will have a professional car parking management company running this for us but please car share where possible to avoid congestion at the event and to be kinder to the environment. The car parks are very close to the start and finish areas.

There is no charge to park.

Photographs

Please keep a lookout for our photographers who will try to get photos of all of you as you go around the course, but we do not guarantee this. We also have a Whole Hog Races back drop at the event village for those before and after photos to prove how muddy you got!! A link to view all photos we will be posted on our Facebook page and website in the days following the event. Please be patient whilst we upload the thousands of photos taken.

There is no charge for photographs.

Merchandise

We will be selling Whole Hog Hoodies (£30) and a limited number of last year's hoodies (£15), limited edition value snoods (£5), white cotton t-shirts (£15) and

our technical t-shirts (£5). We can accept cash or cards on the day for these items.

Can I book on the day?

Yes, we have some on the day availability but in wave 4 only.

Vendors

A range of caterers will be selling hot and cold food and drinks throughout the day within the event village area including Prestige Catering supplying burgers, hot dogs etc, The Wrap Bar, Spice Fusion Indian food stall, Mac Daddy selling macaroni cheese, a woodfired pizza van and Honey and Harvey selling hot drinks, pastries, cakes and sausage rolls. There will also be a bar selling alcohol within the main hall.

Our Charity partner, East Anglia's Children's Hospices will have some collection buckets around the venue for donations and they will also have a stall in the event village area, if you need to drop of any monies from your fundraising efforts or would like to hear more about the amazing service they provide.

We are delighted to also announce that GenX Radio will also be joining us!

The address and postcode for the event is:

Wantisden Hall

Woodbridge

IP12 3PQ

What3words location is <https://w3w.co/quicksand.danger.feathers>

PLEASE FOLLOW THE ONE WAY SYSTEM IN PLACE TO THE EVENT PARKING.

We look forward to seeing you all on the 6th October for some Mud, Guts and Glory 😊

Finally, remember to keep smiling when you are thigh high deep in the mud!!

Regards

The Hog Team

