



Saltmarsh 75

**Participant
Information
2023**

The Course

The course is remote and exposed in places. It makes it a stunning landscape to walk or run through, but it can also mean that it can be difficult to access if anything doesn't go to plan or your race day takes longer than planned. You will be required to carry mandatory kit, to ensure your safety and will be equipped with a GPS tracker which will make sure we know where you are at all times. Your friends and family will be able to download an app. to see how you are getting on and intercept you where it matters most!

The course itself has an overall ascent of 1171ft over the full distance, with just under 55% being completely flat as you might expect on a coastal route. The highest point on the course is at 6km. The steepest incline is at 18km, and the longest downhill which is what we all want to know, is at 45km.

Under foot, most of the course is grass path and hard packed trail along the seawalls of the Saltmarsh Coastal Path. The route does need to use some road sections along with some field edges, and other footpath trails. If the weather has been wet for some time, it can be muddy. There are stretches of concrete seawall, along with promenade walkways through places like Burnham on Crouch.

Course Markings

The course will be marked, but not extensively.

Key points on the course will be marked, particularly where there is an opportunity to deviate from the route. It is worth remembering that the route is remote in places and access to place signposts can be difficult. However, in these locations, there is often only one route to take! If in doubt, keep the water on the right and keep moving forwards!

The Saltmarsh Coastal Trail is marked by way markers and it is also possible to follow these. We're sure that between all these navigation methods, you'll make it to the finish line without adding any additional mileage!

The .gpx files are available via the route pages on the website - [The Routes | The Saltmarsh 75](#) In addition to the .gpx files you will find paper maps for you to print

The information is currently based upon the likely route. PLEASE NOTE – there are always ongoing works to the sea wall defences on a rolling programme. It is likely that the route may have to deviate slightly from the current route, but it will be a minor change. Updates to the .gpx files, maps and written instructions will be available in the lead up to the event.

The final route along with updated information will be confirmed in the final instructions email, a fortnight before the event takes place. We will not be handing out maps or instructions on the day(s).



Distances

Continuous 75

The complete course measures 76.6 miles.

Single day & 2 day participants.

Day 1 – this stretch of the event measures 39.4 miles.

Day 2 – this stretch of the event measures 37.2 miles.

All routes are subject to revision nearer the time depending on any works to the seawall, but it won't deviate too far from the stated distances.



Cut-offs

Continuous 75

The cut off time for the continuous event is 30hrs, finishing at Salcott Village Hall.

You will need to be through the Steeple Checkpoint point at 39mi before 13hrs race time (9pm). If you are unable to leave the checkpoint by 9pm you will not be permitted to continue.

The last cut-off prior to the finish will be at the Tollesbury at 68.5mi. You will need to have left this checkpoint inside 26hrs, (10am on Sunday), if you are unable to leave the checkpoint by 10.00hrs you will not be permitted to continue to complete the final section.

Single day & 2-day participants.

Day 1 - The cut off time for this day is 13hrs race time (9pm). This enables you to finish in the daylight at Steeple Village Hall. You will need to be through and have left the Othona checkpoint at 28mi before 9.5hrs race time (5.30pm).

Day 2 – The cut off time for this day is 13hrs race time (9pm). This enables you to finish in the daylight at Salcott Village Hall. You will need to be through and have left the Tollesbury checkpoint at 68.5 mi (2-Day) & 29.1mi (Single Day 2) before 10hrs race time (6pm).

Relay participants

All the above cut offs apply to relay participants.

Continuous 75 relay participants must be through the Steeple checkpoint inside 13hrs and finish within an overall cut off of 30hrs to complete the event.

Single day and 2-day relay participants must finish within the 13 hour (9pm) cut-off for each individual day

Day 1 interim checkpoint cut-off – Othona @28mi by 9.5 hrs race time (5.30pm)

Day 2 interim checkpoint cut-off – Tollesbury @68.5mi/29.1mi by 10hrs race time (6pm).

Aid Stations & Checkpoints

We pride ourselves on the quality of our aid stations – in terms of what is offered and the level of support available from our amazing marshalls.

We stock a full range of nutrition, including both sweet and savoury snacks, fresh fruit and nuts and a range of drinks including water, squash, and coke. We will have Tribe nutrition on the aid stations, as well as Chia Charge items for you to choose from. We will also have water containers should you need to refill your bladder/hydration pack/bottles.

We will have people on hand to help you fill bottles and pockets and make sure you leave with everything you need to get you through until the next refuelling stop. At the halfway point, we will have hot food for those finishing day 1 and for also those carrying on in the Continuous 75. We will have the same available for those finishing at Salcott for the Continuous 75 event and those finishing on day two. Where we have the facilities at checkpoint and aid station locations we will provide hot drinks in recyclable paper cups.

This is a cup less event, as we continue to drive down the use of single use plastics so please ensure you have a receptacle for your drinks to be poured into. We have Speed cups available to purchase during your registration online.



Locations

Aid stations will be located at regular intervals throughout the course. They are currently planned at the following intervals.

- North Fambridge – 6mi
- Burnham on Crouch – 14mi
- Seawall location – 21mi
- Bradwell – Othona/St Peter's Chapel – 28.3mi
- Seawall location – 34mi
- Steeple Village Hall – 39.6mi – Day 1 Finish
- Seawall location – 43.5mi
- Maldon Promenade Park – 50.5mi
- Goldhanger, Sea wall location – 58.5mi
- Tollesbury sea wall location – 63.2mi
- Tollesbury Activity Centre – 68.5mi
- Salcott Village Hall – Finish – 76.6mi.

Personal Drop Bags

We realise that you may want to organise to have your own race nutrition, or even the option for a change of clothes or shoes at particular points along the route. In addition to the normal finish bag drop option, we have designated a number of checkpoints along the route for personal drop bags which we will collect from you at race registration.

Please be aware that we are expecting small packages of nutrition, for example hydration or food items, and a small amount of clothing, not large backpacks of equipment. We will have sufficient nutrition on the course for you to be light on what you carry, but this service is designed for specific personal needs requirements.

The personal drop bag boxes will be available at the start and will have the aid station locations on for you to select. Please clearly label anything you put in the boxes with your race number. During the event, we will not be able to relocate anything that you put in the wrong box.

The checkpoints for personal drop bags will be:

Burnham on Crouch – 14 mi

Bradwell (Othona) – 28.3 mi

Steeple Village Hall - 39.6 mi (Day 1 finish drop bags & Personal drop bags)

Maldon Promenade Park – 50.5 mi

Goldhanger – 58.5 mi

Tollesbury Activity Centre – 68.5 mi

Finish drop bags

Salcott Village Hall (Day 2 & Continuous 75 finish)



The image links to beginners guide to Ultramarathon Drop Bags!
Or, if you fancy it, listen to Dan Summers share his top tips for drop bags...

<https://youtu.be/ozcyNH8aDMY>

Mandatory Kit List

There will be a mandatory kit list for all events, as follows:

- Warm clothing – Long sleeve base layer to be carried, over and above your starting kit.
- Charged mobile phone - the number of which is provided on the registration/entry form.
- Emergency nutrition/food around 300-400kcal.
- Waterproof/windproof jacket - ideally with taped seams.
- Headtorch - even if you don't intend to be out there in the dark.
- Capacity to carry fluids with you - 1ltr

Parking

Parking is available at the start at Marsh Farm Country Park. Parking is free but is entirely at your own risk and neither ECC nor H&T Running will accept any responsibility for any damage or otherwise that occurs whilst you are parked there. You can park there from Saturday morning over the weekend until you return to your vehicle after your event. The car parking is on a first come first basis and the car park is located here: [Marsh Farm Country Park | Explore Essex \(explore-essex.com\)](https://www.explore-essex.com)

Parking for Day 2 (Steeple Village Hall) is limited and we recommend that you arrange to be dropped at the start location.

Start times

Continuous 75 & Day 1

Marsh Farm (<https://what3words.com/motivates.tolls.girder>) – 8am

Day 2

Steeple Village Hall (<https://what3words.com/rockets.quitter.return>) – 8am

Overnight options

In previous years runners taking part in the 2-day event have camped overnight at the Star Inn, Steeple which is just opposite the Steeple Village Hall which is the Day 1 finish and Day 2 start location.

Booking for any camping or hotel rooms is the participants responsibility

<https://www.thestarinnsteeple.co.uk/touring>

Entry Options

Solo

Continuous – for completion of the event straight through without an overnight stop. You will receive a bespoke Saltmarsh 75 medal, an event T-shirt and a goody bag.

Traditional 2 day – for completion of the event with an overnight stop. Day 1 finishing at Steeple Village Hall and Day two finishing at Salcott Village Hall. You will receive a bespoke Saltmarsh 75 medal, an event T-shirt and a goody bag.

Single days – for completion of either of the two days of the weekend. You will receive a bespoke Saltmarsh 75 medal and goody bag for each day you complete and also an event T shirt.

Relay – team of 3 people

The exact same entry options are available for the team relay, continuous, 2 day and single day formats. The changeover points will be as follows:

Leg 1 - Marsh Farm, SWF to Burnham on Crouch CP – 14mi.

Leg 2 – Burnham on Crouch CP to Othona/St Peter's Chapel – 14mi.

Leg 3 – Othona/St Peter's Chapel to Steeple Village Hall – 11.5mi.

If you are entering the single days or the traditional 2-day format of the event, you will stop here. If you are carrying on non-stop, or continuing in the morning for the second day, the legs are as follows:

Leg 4 - Steeple Village Hall to Maldon Promenade Park – 11mi.

Leg 5 – Maldon Promenade Park to Tollesbury Activity Centre – 18mi.

Leg 6 – Tollesbury Activity Centre to Salcott Village Hall – 8.1mi

Continuous 75 and Traditional 2-day– for completion of the relay event you will receive a bespoke Saltmarsh 75 medal, an event T-shirt and a goody bag for each of the three members of the team.

Single days – for completion of either of the two days of the weekend. You will receive a bespoke Saltmarsh 75 medal and goody bag for each day you complete and an event T shirt for each of the three members of the team.

The three members must be the same 3 members throughout the event, you cannot substitute others into the team, and you cannot run consecutive legs with the same runner. You must pass over your GPS tracker at the checkpoints where you change runner. You are personally responsible for reaching the changeover points on time and in the correct place. We ask that you are respectful of any residents at those locations in terms of your parking and the way you access them. They are fully accessible and should provide a safe area to carry out the transition. We will provide what3words exact locations for the changeover points.

Evolution of the Saltmarsh 75

Originally hosted by Maldon District Council starting in 2013, the Saltmarsh 75 Ultramarathon was traditionally held over 2 days, with an overnight stop and recommencement on the Sunday for the second half of the event.

Over the years, the race format has been subject to change for various reasons, with a 1-day 50mi ultra being the chosen distance in 2019 alongside a half marathon.

Alongside everyone else on the entrant list for 2020, we were all disappointed when the event was postponed due to Covid restrictions, making it incredibly difficult for organisers to have large groups of people together due to social distancing. There were attempts to get the event running after this, but it proved too difficult to achieve.

In late 2021, H&T Running started discussions with MDC alongside other event organisers, and we were chosen to secure the future of this iconic trail event and ensure it remains on the race events calendar for years to come. Since then we have been working hard to restart the engine of this incredible event.

For 2023, we have a half marathon planned on the 2nd April, and then the Saltmarsh 75 on the weekend of the 1st & 2nd of July. We have brought back the original 2-day option, added a continuous event which will see walkers and runners take on the 75miles non-stop, and created a 3-person relay team entry option. We hope we have made it as accessible to as many people as possible, runners and walkers alike.

You will notice we have moved the date from the usual October date. There are a number of reasons for this. In developing the event for 2023 and the inclusion of the continuous format, it was important that we maximised the daylight hours.

By moving it from October to July we have gained an additional 5 hours of daylight, including an additional 3hrs in the evening before the sunset. This will enable the single day and 2 day participants to complete their entire event in the daylight, and the continuous participants to have much less darkness to navigate. The potential for inclement weather is much less in July and given the remote nature of the course, the increased temperature in July when compared to October will be of more benefit to everyone. There will, of course be the chance that the weather is very warm, but we can manage water supply to the course to ensure there is plenty available at aid station checkpoints.



H&T

