



Norm's Helium Loops 2023

Welcome to Norm's Helium Loops, back for a second year. We are really excited about this new and challenging event. Thanks for being a part of it! We have kept things small and low key for 2023, but we'd would love to see it grow in the future.

18-19 March 2023, Salcombe Regis, East Devon.

Backyard Ultras have become popular in recent years, but this isn't one.

- Our event will run for a maximum time of 36 hours
- Complete one 5.35km loop on the hour, every hour to stay in the race. Each loop involves climbing 250m
- 4 loops will be a half marathon distance but with a crushing 1,000m height gain
- Complete 8 loops in 8 hours for a marathon
- Complete 30 loops in 30 hours for 100 miles
- Finish the whole 36 hours and climb the height of Everest!
- "Norm's Lightweight" option, same as above but a maximum of 10 loops
- Winners (male and female categories) must complete one loop solo, or be the only finisher within an hour on their final loop

What's included?

- Fully marked course
- Indoor event HQ, with toilets, showers and hot food
- First aid cover
- Norm's Helium Loops DNF memento for all participants
- Prize for anyone who completes all 36 loops

- Special prize for overall winner

Car Parking

Free car parking at event base. Parking available on the camping field for campers (weather permitting).

Registration and start time

Registration will be open from 7:30am on Saturday at the event HQ (1st Sid Vale Scout Hut EX10 ONY). The camping field will also be accessible from this time. Please contact us directly if you want to camp on Friday night before the event.

Start time: 9am on Saturday 18th March for all

Camping

Overnight camping on Saturday is included for participants and on the full Norm's Helium Loops. Camping on Friday and Saturday night is available for supporters and participants. This can be booked through your SiEntries account. Anyone staying onsite overnight on Saturday will need a camping pass. The camping field will be open from 7am on Saturday 18th March. **We have arranged access for camping on Friday 17th this year. Please contact us for details, as access to the site will be limited.**

Your safety

You'll be looked after by our team of professionally qualified staff, who'll also take care of any first aid incidents during the event. If they decide that it isn't your best interest to continue, you must withdraw from the event.

Kit List

You will need to come prepared for any weather. Spare clothing and kit can be left at the event base.

- Base layer (long sleeved, thermal properties)
- Additional warm clothing
- Trail shoes (course is currently muddy and slippery)

- Waterproof jacket with taped seams
- Water bottle
- Basic first aid kit (min 1 x wound dressing and selection of blister plasters)
- Warm Headwear
- Gloves
- Headtorch with spare batteries
- Nutrition (energy foods, gels, bars etc.) *

*Hot and cold drinks and basic food will be available for participants for the duration of the event.

The Rules

- You will have a maximum of 1hr to complete each loop.
- You must be ready to start each loop on the hour, every hour to stay in the race.
- You must follow the same course (marked) for all loops. Do not attempt to take any short cuts.
- Please keep noise to an absolute minimum when passing properties on the route, especially at night.
- If a member of our safety teams decides that it isn't your best interest to continue, you must withdraw from the event.
- You must return to the event base and notify the director if you decide to drop out.
- To be declared the overall winner, you will need to complete one final loop solo.
- If two or more people complete all 36 loops, they will both be declared joint winner.
- Final results will be based on how many full loops you've completed.

What's the name all about?

Norman Lockyer was a Victorian amateur astronomer, who discovered the element Helium in the Sun's corona in 1868 and was one of the founders of the science journal Nature in 1869. After his retirement, Norman Lockyer established an observatory near his home in Salcombe Regis. The observatory can be seen on the return section of the route.

