



Norm's Helium Loops 2024

Welcome to Norm's Helium Loops, back for a third year, but with a new format*. Thanks for being a part of it! We have kept things small and low key for 2024, but we'd would love to see it grow in the future.

23-24 March 2024, 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 24 hours (2pm on Saturday 23rd – 2pm on Sunday 24th March 2024)
- Complete as many 5.5km loops as you can. Each loop involves climbing 250m. No time limit per loop!
- 4 loops will be a half marathon distance but with a crushing 1,000m height gain
- Complete 8 loops for a marathon
- Complete 18 loops for 100km
- Complete 30 loops in 24 hours for 100 miles!
- "Norm's Lightweight" option, same as above but a maximum of 8hrs
- Open to individuals, pairs, and teams of 4 people (pairs and teams will participate as a relay, with one runner on the course at a time. You can run as many loops as you like before swapping over. You can swap as many times as you like).

*For anyone who liked the 1 loop per hour, every hour in 2022 and 2023, you can still do this. We'll ring the bell each hour, but you'll be permitted to go over the hour and take breaks.

WHAT'S INCLUDED?

- Fully marked course
- Indoor event HQ, with toilets, showers and refreshments
- First aid cover
- Norm's Helium Loops memento for all participants
- Prize for overall winner (Individual / Pairs / Teams of 4)
- Camping on Saturday night is included for everyone on Norm's Helium Loops. It is available for participants on Norm's Lightweight and any supporters to book separately for £15pp.

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 12pm on Saturday at the event HQ (1st Sid Vale Scout Hut EX10 0NY). The camping field will also be accessible from this time. Please don't arrive before this time as the field will be in use by another group and the car park will be busy.

Start time: 2pm on Saturday 23rd March for all

Camping (Tents and campervans)

Overnight camping on Saturday is included for all participants and on the full Norm's Helium Loops. Camping on Saturday night is included for 1 supporter for each solo participant on the full Norm's Helium Loops.

Saturday night camping can be added for participants on Norm's Lightweight and additional supporters. This can be booked through your SiEntries account. Anyone staying onsite overnight on Saturday will need a camping pass. These will be issued at registration. The camping field will be open from 12pm on Saturday 23rd March.

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. We recommend the following:

- 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

- Norm's Helium Loops and Norm's Lightweight follow the same 5.5km route.
- You must follow the same course (marked) for all loops. Do not attempt to take any short cuts.
- You must pass through the start/finish line on each loop.
- No time limit per loop, but your final one must be finished by 2pm on Sunday 24th March (10pm on Saturday 23rd March for the Lightweight option). Any loops finished after these times won't be included in your total.
- Pairs and teams of 4 will only have one runner on the course at a time. Each participant must pass through the start/finish line before swapping over.
- Pairs and teams can run as many loops as they like before swapping over. You can swap over as many times as you like.

- The person / team who completes the most loops will be declared the overall winner. If two people / teams complete the same number of loops, the winner will be the one who completes their final loop first.
- Please keep noise to an absolute minimum when passing properties on the route, especially at night.
- You must return to the event base and notify the director if you decide to drop out.

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.

