

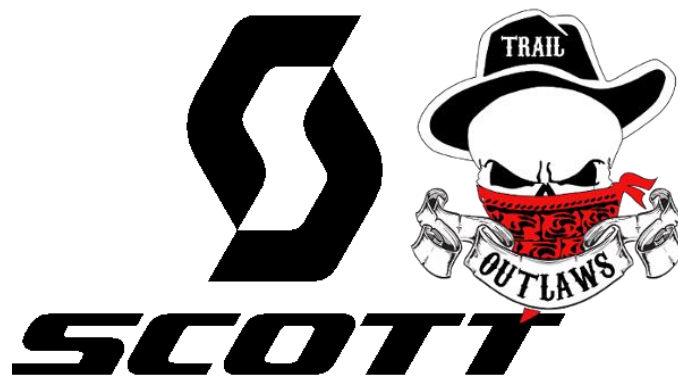


# ST CUTHBERTS WAY 100K & 45 MILE ULTRA MARATHON 2019

THANK YOU FOR ENTERING THE ST CUTHBERT S WAY RACE 2018



In association with:



# IMPORTANT RACE INFORMATION

Please read the pre-race information carefully and fetch a copy with you on race day. If you have any questions about the race, then please contact info@trailoutlaws.com or phone 07734309500 Tim 07984307900 Garry

However we will try and cover almost everything we can think of in this document.

## RACE INFORMATION

This is the 5th running of the St Cuthbert's Way Ultra, and we are happy to see that it's growing. We hope this event will provide you with a challenge, and we will do our utmost to help you succeed in that challenge.

But above all else we want you to enjoy and have fun on the day. And the best way to ensure this is to for you, the runner, to run with a positive attitude and vibes throughout.

Treat the event as adventure not a race, and this will ensure that maximum satisfaction is achieved.

We wish you every success at the event.

Tim and Garry

## RACE NUMBERS

Race numbers will be given out at registration. You are required to have your race number on your front and visible.

## BEFORE THE RACE

Consider taking out personal insurance against accident or injury whilst participating in sporting activities. UKA and TRA membership include insurance.

Fetch appropriate footwear for the race conditions.

Please make yourself familiar with the route, the CPs and study your maps, this is the best way to see what's coming up on your way across from England to Scotland.

We have attached to the document some very [basic route notes](#).

## RACE REGISTRATION

### Registration 100K

Registration is available the day/evening before the event on Friday the 28<sup>th</sup> June at Melrose Rugby Club. **Please note that for the 100K runners registration at Melrose Rugby Club is compulsory. (Optional for 45M runners)**

From 15:00 to 21:00 Melrose Rugby Club will be open for pre-race kit checks, we also be handing out numbers, event t-shirts, and GPS trackers.

All runners must register before the race starts on Friday.

### 100K Registration Address:

Melrose Rugby Club,  
The Greenyards,  
High Street,  
Melrose,  
TD6 9SA

[Map for Melrose Rugby Club](#)

### Registration 45M event only:

As stated above early race registration is available at Melrose rugby club as above for 100k.

Main Race registration will be at Wooler Bowling Club starting at 09:00 and closes 09:50.

Registration is our busiest period and we will require all runners help during this busy period, by having all your mandatory kit ready for inspection, so your patience and cooperation will be most appreciated.

Race numbers and t-shirts are handed out at registration, as well as GPS trackers.

All runners must register before the race starts.

### 45M Race Registration Address :

Wooler Bowling Club,  
Weetwood Road,  
Wooler,  
Northumberland,  
NE71 6AE

[Map for Wooler Bowling Club](#)

## MANDATORY KIT

The mandatory kit is listed below. **You must carry all items at all times** unless specifically told otherwise by the Race Director. **PLEASE DO NOT EMAIL OR FB ASKING IF YOU HAVE TO CARRY THIS STUFF.**

1. Whistle
2. Head torch(with spare batteries)
3. Survival bag
4. Compass
5. Maps
  1. St Cuthbert's Way: XT40 Edition
  2. OR 3 OS maps OS Explorer: 338,OL16,340
6. Hat and gloves
7. Waterproof jacket
8. Waterproof trousers
9. Minimum of 500ml water
10. Personal cup
11. Emergency food/sport bar
12. Mobile phone number of the race directors +447734309500 (Tim) +447984307900 (Garry)
13. Fully charged phone
14. Flashing LED lights for night running

## DROP BAGS / FINISH BAGS

Drop bags are non-returnable on this event, so please do not put anything in the drop bags you are not willing to part with.

They must be clearly marked with your race number and name and by no bigger than carrier bag / bag for life size. You must also place them on the correct table at registration to ensure they go to the correct drop bag location. Please also mark on your bag the location you wish the bag to go to.

Drop bags checkpoints are Wooler and Morebattle.

Finish bags can be left at race registration area for the 100k. For the 45 mile they will be transported to the end of the event.

We can **NOT** be held responsible for any loss or damage to finish bags in our care, but the utmost will be done to ensure they are kept safe and secure.

## COACH TRANSFER

If you have paid for a coach transfer then please read carefully.

### 100k

The coach from Melrose to Wooler for the 100k event will leave at 06:15 prompt from the registration/finish location of Melrose Rugby Club.

It will not leave until exactly 06:15. But it will also not wait around. So please if you have booked a place on the coach, make sure you are there in time. As you will have to make your own way to the start should it be missed.

You are responsible for making sure you are on the coach before it leaves.

### 45 Mile

The coach from Melrose to Wooler for race registration and race start of the 45 mile event will leave at 08:00 prompt from the finish location of Melrose Rugby Club.

It will not leave until exactly 08:00. But it will also not wait around. So please if you have booked a place on the coach, make sure you are there in time. As you will have to make your own way to registration should it be missed.

You are responsible for making sure you are on the coach before it leaves.

## SUPPORT CREWS

Support crews for 100k and 45 mile runners are allowed at any point on the route that is a public right of way or a highway.

All that we ask is that you ask your crews to use common sense and discretion in built up areas, or around and farm houses, especially in the early hours or during the night.

## RACE PARKING

There is more than sufficient on street parking at and around the race registration area. There is also ample parking on the roads around Melrose Rugby Club. Please remember that there is limited parking at Holy Island and access to the island is determined by tides. i.e. Do not park your car here for the race!

## 100K RACE SCHEDULE

**FRIDAY 28th JUNE 2019** 15:00- 22:00

MELROSE RUGBY CLUB  
Race Registration  
Collect GPS tracker.  
Collect race number  
Drop Bag Hand Over

**SATURDAY 29th JUNE 2019**

- 06:15 MELROSE RUGBY CLUB  
Coach leaves Melrose
- 07:55 HOLY ISLAND  
Race Briefing
- 08:00 HOLY ISLAND  
Race Start (we will meet at the main Holy Island Car Park and walk to the start with you all)
- 21:00 MELROSE RUGBY CLUB  
Race Presentations

**SUNDAY 30th JUNE 2019**

- 03:30 RACE CUT OFF  
Race Cut Off

## CHECKPOINTS

There are numerous checkpoints on the route where you will have your race number taken to ensure that competitors have gone through the correct location / route.

There will be water, coke and snacks available at all CP's with some stocked with coke, savory options. Hot drinks a wider selection of snacks/food will be available at Wooler and Morebattle.

But it is advised that you use your own nutrition and drop bags if you require substantial food types and choice.

At the finish there will be hot drinks and more substantial food stuffs.

But again should you require a small meal (and it is highly advisable after an ultra distance event). Please put something in your finish bags.

Please note we do not cater to special dietary requirements i.e Vegan, Gluten Free and Vegetarian. Although some food stuffs at the CP's will fall into some of these categories.

[Full check point list / information](#)

## 45M RACE SCHEDULE

**FRIDAY 28th JUNE 2019**

- 15:00- 22:00 MELROSE RUGBY CLUB  
Race Registration- Voluntary early registration for those staying over at Melrose.  
Collect race number  
Collect GPS tracker  
Drop Bag Hand Over

**SATURDAY 29th JUNE 2019**

- 08:00 MELROSE RUGBY CLUB  
Coach leaves Melrose
- 09:00- 09:50 WOOLER BOWLING CLUB  
Race Registration  
Collect Race Number  
Collect GPS tracker
- 10:20 START AREA  
Race Briefing
- 10:30 START AREA  
Race Start
- 20:00 MELROSE RUGBY CLUB  
Race Presentations

**SUNDAY 30th JUNE 2019**

- 03:30 RACE CUT OFF  
Race Cut Off

## CUT OFFS

Checkpoint and Finish cutoffs will be strictly enforced.

Last year we came in for some criticism after the event for sticking to the advertised cutoffs.

Please make sure you make note of the cutoff times, it is your responsibility to ensure you maintain a pace that will see you leave the CP before the cutoff point.

The cutoffs are **NOT** based on arrival times, but leaving the CP times.

No abuse of Marshals or Race Directors will be tolerated.

Race Directors decision is final in this matter.

[Full check point list and cutoffs.](#)



## RACE RETIREMENT / DNF

It is unfortunate that in events of this nature some runners will not make it to the end, this will be for a variety of reasons, injury, illness, tiredness, lack of training, poor nutrition, dehydration.

We will do our utmost to get you to the end, however you are the one who is ultimately required to get to the end, and at times will have to dig deep to do so.

If you do have to withdraw for whatever reason please do so at a Checkpoint, so that your number can be taken and record of your DNF made.

But all is not lost. There are a few indoor CPs along the way and if you are considering dropping out of the event. We urge you to not do so as a snap decision. Many times do runners make these snap choices, when all they really need is a rest, food and water.

So if you stumble into the CP sure you are going to withdraw, sit down first and take 10 minutes to eat drink and recover, it may just change your mind.

If you do need to withdraw and decide to do so, please inform the CP staff and send a text message to either RD Garry Scott or Tim Bateson.

The quickest way to get home from here would be to get a support crew member or friend to take you to pick your finish bag and get you to your vehicle.

We will transport you from the CP to the end, however you may have a long wait, as the logistics of driving back and forth to pick up runners who have DNF'd does not work out well on a linear route such as this.

You will be required to wait until the CP has closed down before your race pick up arrives, and this could be several hours.

## EMERGENCY INFORMATION

Hopefully we will not have any emergency situations during the course of the event.

However we are working closely with Northumberland National Park Mountain Rescue and The Borders Mountains Rescue teams, from both England and Scotland to ensure that should an emergency arise that you will be taken care of as quickly as possible. As they will hopefully be providing a standby presence throughout the event barring having to attend an emergency they get called to.

So if you or another runner get into a life threatening situation then please call 999 or 112 and ask for the Mountain Rescue Service. We would advise you use the international emergency number of 112 when calling as when the call is received using this number your phone automatically gives them your GPS location.

The emergency services are only to be used in an emergency.

If you need assistance that is not an emergency then please contact RD Garry Scott or Tim Bateson who will organise for First Aid care to be given to you as soon as practicable.

Please DO NOT call 999 for injuries that can be take care of with a little rest and first aid at CPs, these include, cuts, scrapes, strains and sprains.

## RACE ROUTE

The race route is very well marked for a long distance cross border path.

Please take the time however to study your maps and be familiar with the route.

Here is a brief overview of the main sections of the route and the waymark signs you will be looking for along your way.

### [Route Guide](#)

During an Ultra Distance event of any kind, navigation will play some part.

However given that you should not be running at 10k pace with tears streaming down your face from the frantic pace, you really have no excuse not to lift your head up and look for the route markers, and enjoy the beauty of the trail around you.

Please take care in this as there is nothing more disheartening than running off route and having to get back on, adding time and miles to an already tough challenge.

Speaking from a lot of experience here are a few quick navigation pointers when running Ultra Distance events:

- Do **NOT** follow the runner in front, they may just lead you the wrong way. Although teaming up to navigate is a very good idea, two heads are better than one.
- Take your time when making navigation decisions, 1 minute spend making sure, is better than 20 minutes running in the wrong direction.
- Mark the route on the map with highlighter pen. It helps to have the route stand out to avoid any confusion in the later stages when you are tired and it's dark.
- If holding the map when running. THUMB the route. This simply means holding the map with your thumb where you currently are, and move it along the route as you run and hit landmarks. It makes for a very efficient way of navigating on the move.

Hopefully you will find the route markers sufficient that you will not need to take out the map very much.

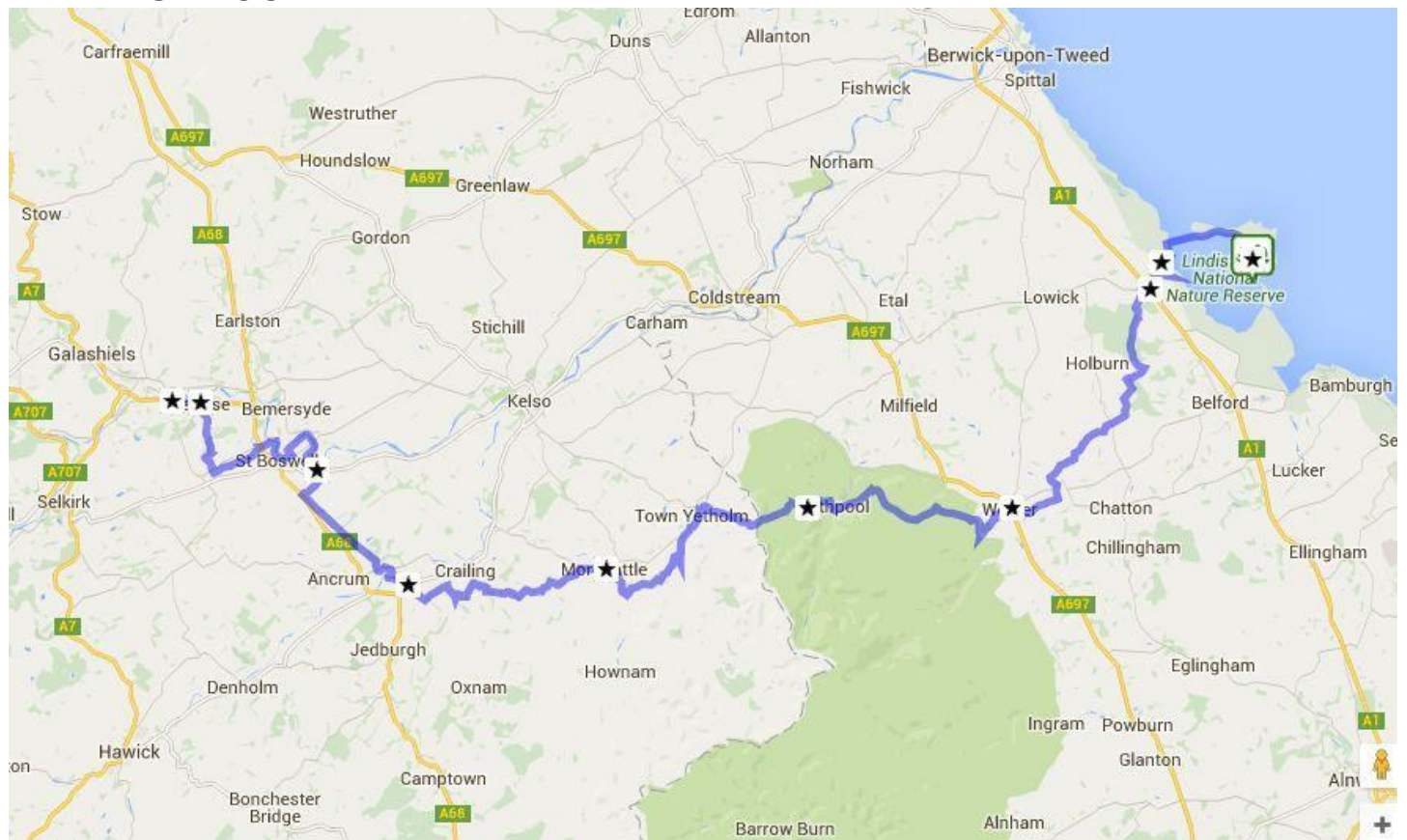
## FINAL WORD

That's all the what's, whys and wherefores covered. Thank you for choosing to run with us here at Trail Outlaws.

We look forward to meeting you all and sharing your journey along the St Cuthbert's Way this coming weekend.

Now time to put your feet up, check your maps, triple check your kit, panic about your training, panic more about your training, check the weather forecast on the hour every hour for the next week, buy that anti chafing cream you've been meaning to get and finally read this document at least a dozen times.

## THE RACE ROUTE



**GPS tracker/live tracking link :**

<http://live.opentracking.co.uk/scwu2019/>

**Event Rules :**

<https://stcuthbertsultra.com/saint-cuthberts-way>

**Event T's & C's**

<http://www.trailoutlaws.com/tandc.php>

**Trail Outlaws Website**

<http://www.trailoutlaws.com/index.php>

**WITH THANKS TO:**



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