



ST CUTHBERT'S WAY 100K & 45 MILE ULTRA MARATHON 2021

THANK YOU FOR ENTERING THE ST CUTHBERTS WAY ULTRA 2021



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 6th running of the St Cuthbert's Way Ultra. However, it is the first year that we have run the race from Melrose to Holy Island. On running the route from East to West we found that the elevation and ascent was about the same. The big difference comes from having a supporting wind on your back. For the 100KM runners the run into Holy Island from Wooler is less daunting than running over the Eildon Hills to finish the challenge! 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, Garry and Team

RACE NUMBERS/GPS Trackers

Race numbers and GPS trackers 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 Scotland to England.

RACE PARKING

Race parking is at:-
Wooler Auction Mart,
Berwick Road,
Wooler,
Northumberland,
NE71 6SL

It is a short walk to/from Wooler YHA from the car park. For 100K runners finishing on Holy Island a mini bus will transport you back to Wooler after completing the race.

RACE REGISTRATION

Friday Registration 100K/45M

Registration is available the day/evening before the event on Friday the 09th July at Wooler YHA between 18:00 and 20:00 for pre-race kit checks, we will also be handing out numbers, event t-shirts, and GPS trackers.

It is preferable that runners register on Friday where possible. However, it is also possible to register at Melrose before the race.

Friday Registration Address/45M Race Finish:

Wooler YHA,
30 Cheviot Street,
Wooler,
Northumberland
NE71 6LW

Saturday Registration 100K/45M

As stated main race registration is available at Wooler YHA. For people that can't make that registration at Wooler. Then will also be offering race registration at Melrose before the race starts.

Saturday Registration Area/Race Start Area

Abbey Mill Park,
Friarshaugh,
Melrose,
Scottish Borders,
TD6 9LW

100K Race finish

Crossman Hall,
Holy Island,
Northumberland,
TD15 2ST

100K RACE SCHEDULE

FRIDAY 09th JULY 2021

- 18:00- 20:00 WOOLER YHA
- Race Registration
- Collect Race number/GPS tracker
- Drop Bag Hand Over

SATURDAY 10th JULY 2021

- 03:30 Wooler Auction Mart Wave 1 Coach leaves for Melrose
- 04:30 Second Race Registration period
- 04:55 Melrose Wave 1 Race Briefing
- 05:00 Melrose Wave 1 Race Start
- 07:30 Wooler Auction Mart Wave 2 Coach leaves for Melrose
- 08:55 Melrose Wave 2 Race Briefing
- 09:00 Melrose Wave 2 Race Start
- 22:30 A1 CUT OFF
- 00:30 RACE CUT OFF

45M RACE SCHEDULE

FRIDAY 09th JULY 2021

- 18:00- 20:00 WOOLER YHA
- Race Registration
- Collect Race number/GPS tracker
- Drop Bag Hand Over

SATURDAY 10th JULY 2021

- 03:30 Wooler Auction Mart Coach leaves for Melrose
- 04:30 Second Race Registration period
- 04:55 Melrose Race Briefing
- 05:00 Melrose Race Start
- 22:00 Race Cut Off

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 Morebattle and Wooler.

DROP BAGS / FINISH BAGS CONT.

Finish bags can be left at race registration area if you register on Friday. For people registering on Saturday, finish bags 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.

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

STARTING WAVES 100K

To help clear up confusion about starting waves for the 100K race. We would like to remind everyone then that when you entered you were asked to pick a predicted finishing time. If you selected to run in under 14 hours then you will be allocated to starting wave 2. This will prevent you having to wait for the tide to clear at Holy Island before crossing. This is because it is now safe to cross the island until 19:15. Most people that complete the race take more than 14 hours. So from starting at 05:00 you should hopefully arrive with having to wait for the tide to go out before you cross.

STARTING WAVES 100K CONT

If anyone from wave 1 reaches the island whilst the tide is still in, then you you will be asked to wait at the A1 checkpoint. So that your time can be paused, until it is safe to cross.

If you want to be allocated or removed from the SUB14 hour group in wave 2 that starts at 09:00 rather 05:00 then please let us know ASAP!

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. A wider selection of snacks/food will be available at Wooler and Morebattle..

We are also hoping that ActiveRoot will be providing hydration options at most of the checkpoints you pass through.

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 but 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.

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.

EMERGENCY INFORMATION CONT.

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.

We have a medical team with paramedics that will be able to assist if you are initially feeling unwell. So please consult with a CP or phone for support if you require non emergency medical assistance.

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.

CUT OFFS

Checkpoint and Finish cutoffs will be strictly enforced.

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.

A list for cut off at each CP is shown at the bottom of the page for the 100K and 45M race on website.

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

<https://stcuthbertsultra.com/saint-cuthberts-way-45>

<p>COACH TRANSFER</p> <p>100K/45M</p> <p>The Wave 1, 100K and 45M coach from Wooler to Melrose for the at 03:30 prompt.</p> <p>It will not leave until exactly 03:30. 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.</p> <p>You are responsible for making sure you are on the coach before it leaves.</p> <p>SUPPORT CREWS</p> <p>In orders to comply with current covid19 guidance. Please read the covid 19 participant guidance in the appendix.</p> <p>It is permissible for support crews to meet you on route. In order to cut down on contact and minimise disruption to remote local communities. We are asking that support is only given at the following locations. Morebattle, Kirk Yetholm and Wooler.</p> <p>SHOWERS</p> <p>Due to covid19 restrictions the showers at the finish will not be available this year.</p> <p>RACE RETIREMENT/DNF</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>RACE RETIREMENT / DNF CONT</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>We will transport you from the CP to the end, however you may have to wait several hours to be transported from a CP to Wooler.</p> <p>RACE ROUTE</p> <p>The race route is very well marked for a long distance cross border path.</p> <p>There are only two minor diversions on the course for the 100KM runners. There is a minor diversion to Wooler YHA that will be clearly marked. The other is a small diversion to avoid crossing the railway line between the A1 road crossing the Holy Island itself. These diversions will be clearly marked with bright yellow correx arrow signs.</p> <p>Please take the time however to study your maps and be familiar with the route.</p> <p>Here is a brief overview of the main sections of the route and the waymark signs you will be looking for along your way.</p> <p>During an Ultra Distance event of any kind, navigation will play some part.</p>	<p>RACE ROUTE CONT.</p> <p>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.</p> <p>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.</p> <p>Speaking from a lot of experience here are a few quick navigation pointers when running Ultra Distance events:</p> <ul style="list-style-type: none"> ● 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. <p>Hopefully you will find the route markers sufficient that you will not need to take out the map very much.</p> <p>RACE PRESENTATIONS</p> <p>Due to the continued COVID 19 restrictions for races. The prize giving will now not take place and prizes/awards will be posted out to the winners after the race.</p>
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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.

TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £30

JUNIOR SIZE £20



TRAIL OUTLAWS LONG SLEEVE £15





TRAIL OUTLAWS

Participant Code of Conduct Appendix

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- Runners should not turn up at the event if you are showing any symptoms of covid-19 as outlined by the NHS
- Come ready to run- minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible
- Come alone if you can
- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers and participants
- Observe social distancing wherever possible
- Carefully consider your travel plans, avoiding public transport if at all possible
- Leave more time than you normally would to get to and from the event
- Please dispose of rubbish responsibly
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race
- Bring your own hand sanitizer and face mask
- If you experience COVID symptoms soon after the event, then please make this known through the government's Tack & Trace system