

Ultramarathon frequently asked questions;

1. What happens if there is adverse weather?

The event will take place regardless of weather conditions.

2. Parking

Details of available car parking will be included within your race packs. Please lock your vehicles and do not leave valuables in your car.

3. Accommodation

Ultramarathon will not be organising any accommodation. However, camping can be arranged by individuals at Kinlochleven (www.blackwaterhostel.co.uk), at Honeystreet (www.the-barge-inn.com). With regard to Stanwick, the nearest camping available would be at either Wicksteed Park, Kettering or Billing Aquadrome, Northampton. Ample B&B, hotel and Travelodge accommodation can be sourced at or near each location via a variety of web search engines.

4. What should I take?

Our recommended kit list is;

Compulsory Kit

Mobile (**FULLY CHARGED and SWITCHED ON**)

A high-vis vest

Recommended Kit

Compass (and the knowledge of how to use it) or a GPS + spare batteries

Emergency Blanket

Energy Bars

Gloves

Hat

Head Torch (+ spare batteries)

Long Running Tights

Long Sleeve Top

Water Carrying System

Waterproof Jacket

Waterproof Map Case

Whistle

Road/Trail shoes depending on weather conditions

5. Will there be an early start?

The mass start is at 08:00 each day.

6. When is registration?

Registration is 06.30 to 07.30 before each race

7. What happens at registration?

You will be provided with emergency contact numbers on laminated card and will be required to provide marshals with your mobile numbers. We will reserve the right to check that competitors have the compulsory kit with them, those that do not or those who have not fully charged their mobiles will not be allowed to start the race.

8. Will there be a race briefing?

A race briefing will take place at 07.30 on the day of each race.

9. Will the route be difficult to navigate?

The routes are very straight forward but will be largely self navigated (details of recommended OS maps will be provided within race packs along with a printout of the route and grid references at changes in direction/check point locations. We will be completing a final recce of the routes the Thursday before the event and placing direction markers/spray paint markings (if necessary) at any sections we think could cause confusion.

10. How many checkpoints are there?

This will vary with each race and details of their locations will be provided within race packs. A mobile 'surprise' checkpoint will also be in use. Please make sure your running numbers are clearly visible (on the FRONT) at each checkpoint to enable our marshals to make a note of your times.

11. What will be provided at the checkpoints?

Energy bars, gels, water and energy drinks. We advise you to bring water bottles or a hydration pack as we are trying to avoid dispensing water in plastic bottles/cups, in order to reduce our carbon footprint. Bins will be provided at the checkpoints and we would advise all competitors that litter dropping on the routes will not be tolerated.

12. Who do I contact if I need help?

Emergency contact numbers will be provided to you within your race packs and also at the morning registrations.

13. What happens at the finish?

You will be awarded your finishers medal and a few nutritious goodies. You will then be required to relax, re-hydrate and enjoy a well earned rest.

14. Is there a time limit?

There is no time limit. Just come along and enjoy the race.

15. Prizes /trophies

Special medals will be awarded to the following for each day:

1st, 2nd and 3rd Male

1st, 2nd and 3rd Female

16. Points

Points will be awarded as follows;

1st = 10 points

2nd = 6 points

3rd = 4 points

4th = 3 points

5th = 2 points

6th = 1 point

17. Series cash prize

This will be awarded on the day of the last race in cash providing the series winner(s) is/are present. If not, then a cheque will be despatched to the winner(s) within 48 hours of the completion of the last event.