

KINTYRE WAY ULTRA 2021

FINAL INFORMATION

Welcome to Kintyre and our wonderful Ultra race, now in its 15th year.
We are operating under Guidance from the Scottish Government and from Scottish Athletics.

BEFORE YOU START:

GETTING HERE:

Please check <https://trafficscotland.org/traffic/> for up to date traffic information. At present there are several overnight road closures from 8pm between Inveraray and Tarbert (with hourly amnesties) and a convoy system through the Rest and Be Thankful.

Alternatives include ferries via Cowal or via Arran using Western Ferries from Gourock to Hunter's Quay, the others all Calmac.



All runners and volunteers must satisfy the following 'Covid Questions'

- Do you have any COVID-19 symptoms?
- Have you been in contact with someone with COVID-19 in the last 14 days?
- Have you been overseas to a country on the quarantine list in the last 14 days?
- Have you come from a zone or area in the UK with restrictions on travel?
- Have you been told to self-isolate as part of the contact track and trace measures in place?
- Do you agree to your details being provided to relevant track and trace teams, should this be necessary?

OBLIGATORY KIT FOR SOLO AND RELAY RUNNERS:

- Foil survival blanket
- Water. We don't have access to village halls for water or refreshments. You should include water in your Drop Bags to be taken to the checkpoints and we will try to provide emergency water at two intermediate points. There is no where to obtain safe drinking water on the route other than the shop at Clachan Filling Station.
- Whistle. The emergency signal is 6 short blasts, repeated as necessary
- Mobile phone, with our support nos stored in your mobile (see below). Please note: mobile signal is weak in many places along the route but sometimes you can send and receive texts.
- Waterproof top and trousers. The weather is not looking good this year so we will be carrying out kit check at registration. 2nd and 3rd leg Relay runners will go through kit check at Clachan and Skipness
- Hat and gloves
- Your own face covering.
- Your own safety pins.
- Personal first aid kit including hand sanitiser or wipes, personal medication, items for minor cuts and blisters.

EMERGENCY CONTACTS TO BE STORED IN YOUR MOBILE:

Rescue Medics will be on standby and will provide their phone number on the day. If you can't raise them, in an emergency, go straight to 999 or 112 as mobile phone coverage is patchy and emergency calls will use any available network. If you cannot get a good enough signal for a phone call, you may still be able to send and receive texts, but you may have to move on to find somewhere better for your network, or ask another runner, on a different network, to make the call. Two calls are better than none.

Please phone Race Control (Ted) if you have to drop out other than at a checkpoint.

1 Rescue Medics: 07901686821

2 Race Control: Rob: 07712 828106 Suse: 07734 699607 Ted: 07980 010924

Should you drop out and can't raise anyone to pick you up, call PEP taxis (David Bridge) who lives between Whitehouse and Skipness. 01880 730369. If you can't pay him at the time we will cover the cost until you can pay him/us back.

SAFETY & ETIQUETTE

You are responsible for your own safety and that of fellow-runners. Please follow these simple rules:

No ear phones or dogs

Unless in a bubble with another runner, maintain social distancing of 2 metres in normal circumstances and 5 metres in front when running (breathing heavily).

Avoid contact with surfaces. (Hand sanitiser will be available at the manned stations.) If possible, gates will be left open and monitored by a marshal where there is a risk of animals straying. Heavily used kissing gates such as those

near Tarbert Castle, will also be monitored by a marshal who will operate it for you. At less well used kissing gates we ask you to practise the Kintyre Way shuffle (i.e. use your elbows) and/or use your own sanitiser on the opening mechanism. All gates will be sanitised by the sweeper at the end.

Always stop to help an injured competitor. This needn't involve contact as you are all asked to carry personal first aid items, face covering and hand sanitiser. You may just have to phone for help or go on to a somewhere with a better mobile phone signal. Race control will be aware if someone isn't moving but may not know why.

Wear your number on your front where it is visible to marshals. As your medical details are on the back of your number, it cannot be swapped with anyone else.

At all road crossings, follow marshals' instructions to **STOP**, wait until traffic is clear and to **WALK** across roads. This has been agreed with Police Scotland.

DROP-BAGS, WATER STATIONS AND CHECKPOINTS

Bag Transport to Checkpoints

You can also hand in a bag or small rucksack for the finish – change of clothes, towel for shower etc. Bags should be clearly marked with your race number and CLACHAN, SKIPNESS or FINISH and placed in the correct vehicle en route to the playing fields at Tayinloan. For runners travelling on our buses, registration is in Tarbert at the bus turning circle and you can hand in your Finish bag there, but take your two checkpoint bags to Tayinloan.

There is no room for spectators at checkpoints. We are limited to 5 households, 1 or 2 of which may be volunteers and the rest relay changeover people. We can't allow anyone not on our contact tracing list to touch anything, including the mobile toilets.

Checkpoint marshals will lay out drop bags in number order then stand back to allow you room to 'do your thing'. Please don't ask them to dispose of your rubbish or perform contact first aid other than in an emergency.

Refreshments

We don't have access to village halls for water so are asking you to provide your own for the Start and the two Checkpoints.

There is nowhere to obtain safe drinking water on the route other than the shop at Clachan Filling Station.

You will receive soup, sandwich, cake and water at the Finish. Have you told us of your dietary requirements?

Facilities

Mobile toilets will be available at Tayinloan, Clachan and Skipness. We will provide sanitising materials.

Thanks to Tarbert Harbour, you will have access to the toilets and showers at the Finish.



RELAY RUNNERS

You are responsible for providing transport to and from checkpoints. Please use the tracking system to see when your incoming runner will turn up and make sure you don't create anything that could be interpreted as a 'crowd' at the changeover.

Should your incoming runner be late or injured, the outgoing runner may start early at the discretion of the Checkpoint Marshal.

First and second leg runners are welcome to greet their team mate at the Finish line for a celebratory photograph!

Please note: Relay runners have to carry the same kit as solo runners.

ON THE DAY

CHECK-IN AND START

There will be a two stage check-in process. Your bib will be at Tarbert if you have booked on the bus, or at Tayinloan for everyone else. If you want to change from Tarbert to Tayinloan checkin and can't let us know in time, you may have to call in to Tarbert to collect your bib.

Registration at Tarbert

Only for those taking one of our buses to Tayinloan.

Registration opens 7.45 at the back of the main car park and (what we like to call!) Tarbert Bus Station.

Buses leave at 8.20 and 9.40

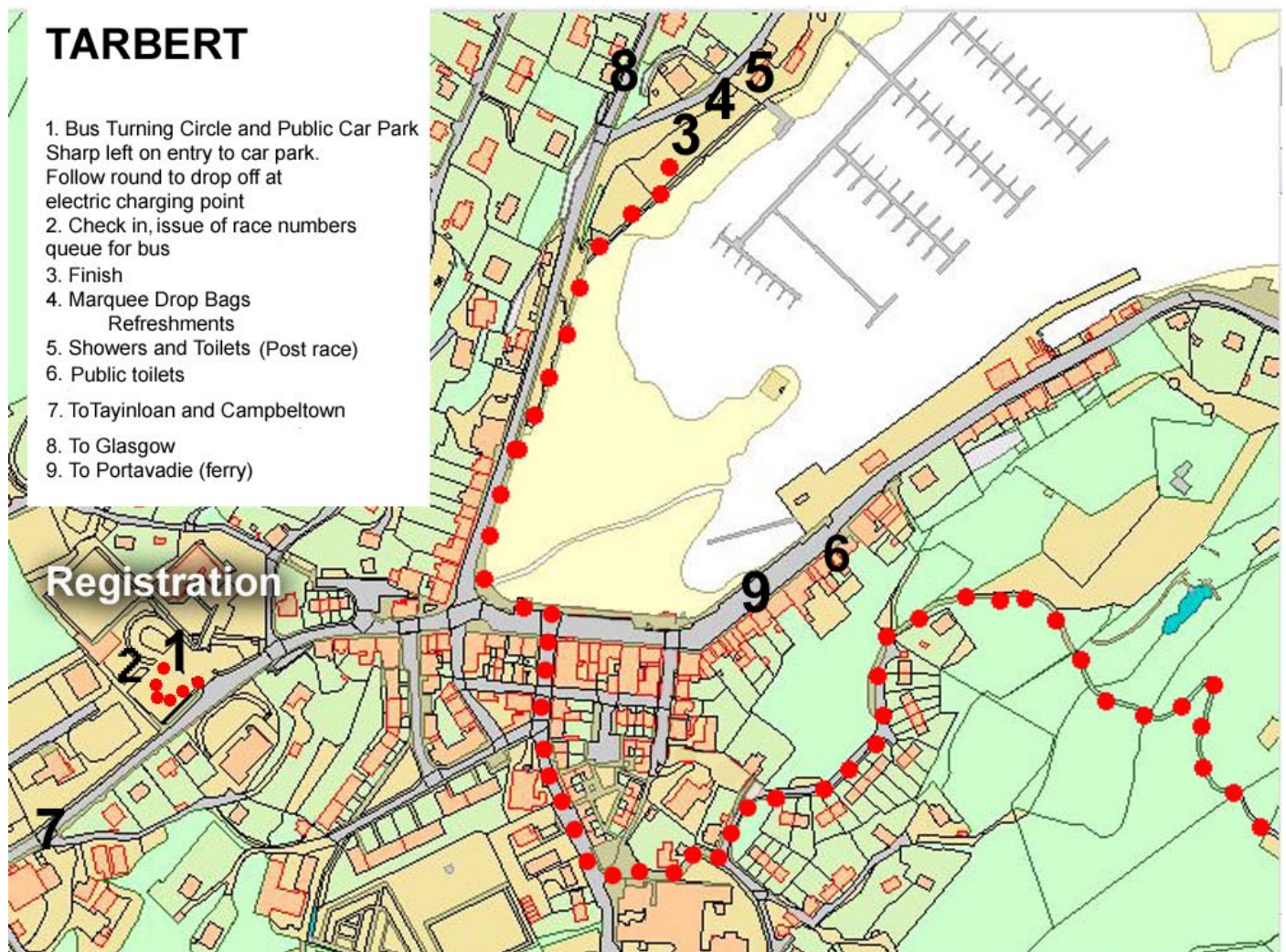
Parking is currently limited in the village because of sewer works so you might need a bit of extra time to find a space. You will be asked the Covid questions and issued with your bib (with medical details already filled in). There will also be a hand sanitising station.

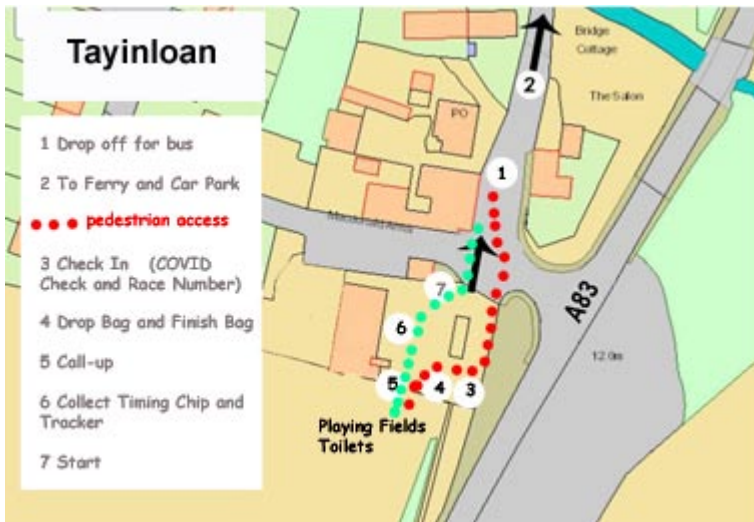
Please maintain social distancing while waiting for the bus.

Please bring your own safety pins.

If we are able to relax the full body cover rule, we'll tell you in time for you to add the trousers to your Finish bag.

On arrival at Tayinloan, please keep your number visible so that you can bypass checkin and go straight to the drop off bag cars, playing fields and toilets.





Registration at Tayinloan

Registration opens 8.45

Please arrive no more than 15 minutes before your start time. After being dropped off, you will go through the same check-in process as above on the pedestrian route towards the playing fields. Drop bag drop off will be en route to the playing fields.

The playing fields, accessed by a double gate, will serve as a waiting and warm-up area.

There will be mobile toilets and plenty of space to perform your pre-race rituals.

Please form a socially distanced queue for the toilets and follow sanitising procedures. You can see each other's running number so may wish to allow earlier starters to go first.

START

Call up to Start, at the small gate, is 3 minutes before your actual start time.

Please be ready to go with your bag available to attach the tracker yourself or place it in a top pocket. The timing chip is on a velcro bracelet.

Proceed in front of the Village Hall to collect your timing chip and tracker and start once the person in front of you is 5 metres clear. There will be blobs on the ground to follow.



RELAY TEAMS

To avoid passing on kit, you will all come to Tayinloan and go through a distinct registration process as we need to know which order you will be running in. Although you will have individual trackers, there will just be one timing chip, carried by the third leg runner who will pass through the Start along with the first leg runner.

Because of the increased number of relay teams this year, we have allocated specific start times for you between 9.30 and 10.06, not at the end as last year.

Please try not to arrive at the changeovers too far ahead of time – you will be able to follow the progress of your preceding runner on the GPS tracking link.

Should your incoming runner be very late or injured, the outgoing runner may start at the discretion of the Checkpoint Marshal.

Please note: Relay runners have to carry the same kit as solo runners.

THE ROUTE



There is detailed information on the website and a link to Plotaroute which you can download into whichever format you need. Please note there are three small changes this year.

You will be following the Kintyre Way route markers (round blue poles, see photo on website) with direction arrows on top. Also look out for mileage markers (square poles). The number facing you is the distance from the southern end of the Kintyre Way (70, 71, 72 ...); the number on the back is the distance to Tarbert (30, 29, 28, ...) If this starts increasing... Stop!

You will be carrying GPS trackers, so we will be able to tell if you go far off course. Signal permitting, we'll phone you or the nearest person if you a) go far off course or b) appear not to be moving for a long period. In addition, there will be eyes on volunteers at Clachan and Skipness who will manually record your presence, assess your wellbeing and crosscheck with the 3 sweepers.

If you drop out for any reason, please inform a marshal and hand in your timing chip and tracker.

CP1 CLACHAN

The Old Church NR 765 561

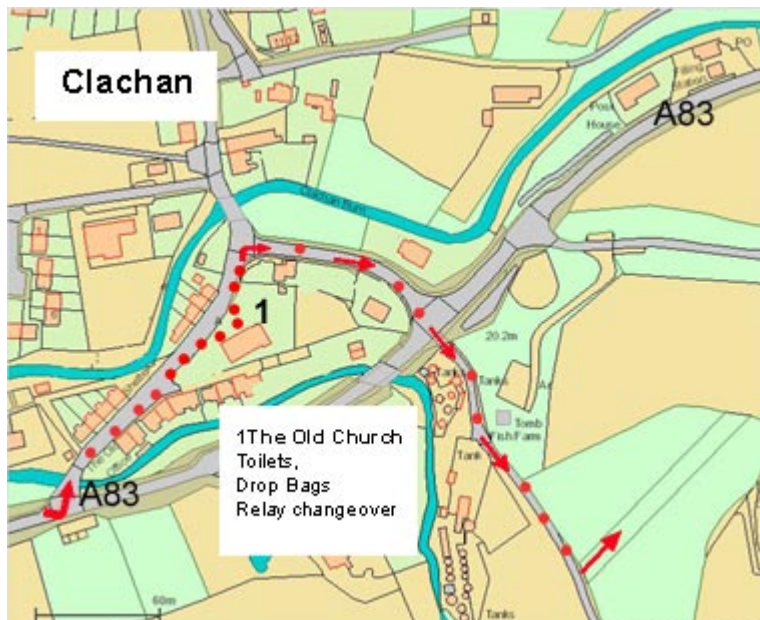
First runner expected 10.00

Checkpoint Cut-off Time for solo runners: 12.50 for leaving 13.00. (Outgoing relay runners whose incoming team member looks like missing the leaving time may start at the discretion of the Checkpoint Marshal.)

Mobile toilets, Drop Bags.

Runners will be directed through the village to the Old Church for the Drop Bags and loos. There is an In and an Out gate.

Please observe requests for disposal of unused items and emptying and squashing recyclables. Please ensure that you don't create anything that might be interpreted as a crowd i.e. no supporters, spectators or fans. Relay changeover cars will be told where to go by a marshal.



CP2 SKIPNESS

Beach Car Park NR 901 575

First runner expected 11.45

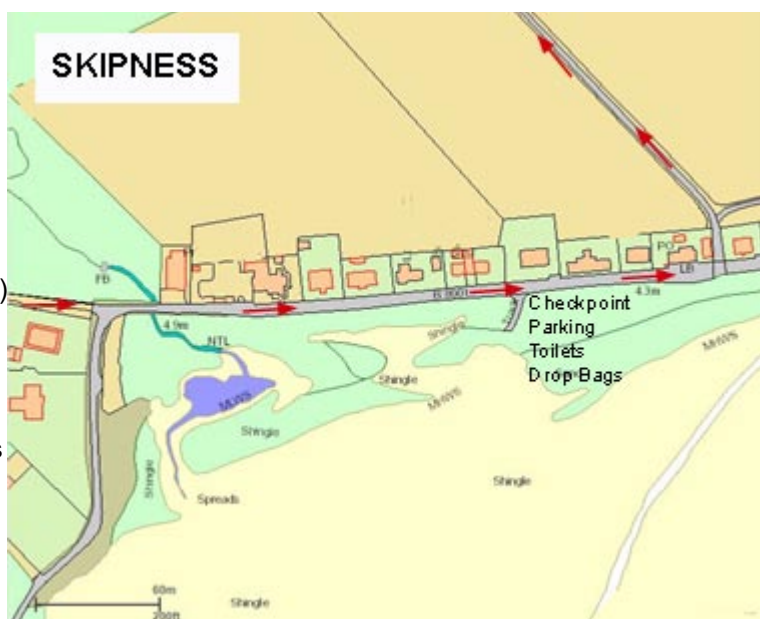
Checkpoint Cut-off Time for solo runners: 16.20 for leaving 16.30 (Outgoing relay runners whose incoming team member looks like missing the leaving time may start at the discretion of the Checkpoint Marshal.)

Mobile toilets, Drop Bags.

The Drop Bags and loos, as well as parking for relay changeover cars, will be on the beach half way to the turn-off at the (closed) Village Shop.

Please observe requests for disposal of unused items and emptying and squashing recyclable bottles.

Again, please keep traffic and personnel to an absolute minimum.



FINISH

We anticipate the first runner arriving after one o'clock and the final runner and sweeper after seven o'clock.

The finish is at the community marquee at Tarbert marina. The walkway on a nice day is always busy so please take special care when crossing the road for your final run round the harbour and be patient with pedestrians. We will have posters out explaining what is going on but can't guarantee that people will read them.

Please ensure you hand in your timing chip and tracker at the Finish.

We are restricted for space by the compound for Scottish Water so be particularly careful to follow the one way system through the marquee to pick up your Drop Bag and takeaway meal.

Water, takeaway soup (vegan) and a filled roll, cake and water will be available on production of the tear-off tag from your running number.

Have you told us about any dietary requirements?

Toilets and showers are just past the marquee, courtesy of Tarbert Harbour Authority.



TIMING AND PRIZES

Timing will be based on the chip timing system. Approximate split times can be calculated from the trackers but this will take a couple of days.

We have prizes for the first three men, first three women, male and female supervets and first three relay teams, which can be collected as soon as we can confirm positions, rather than waiting for a prizegiving together. Please let us get a photograph though! Everyone else will receive a jigsaw coaster and miniature of Kilkerran.

Men's Solo sponsored by Kilkerran Single Malt

Women's Solo Sponsored by Beinn an Tuirc (Kintyre Gin)

Vet50+ sponsored by Loch Fyne Whiskies

Relay Teams sponsored by Fyne Ales

You can walk back to Tarbert by Garval Road, rather than use the narrow walkway, and we hope that you will patronise the other local facilities in the Village.

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Finally, Rob and Suse would like to thank our professional teams, all the sponsors who have donated prizes, cash or equipment, our amazing volunteer team of over 50 people and, of course, YOU for coming.

Don't forget to:

- Admire the views over the sea to Gigha, Islay, Jura and Arran
- Appreciate the wild flowers
- Listen to the birdsong
- Smell the brine and the gorse
- Listen to the quiet
- In other words, ENJOY!

