

KINTYRE WAY ULTRA 2024 TAYINLOAN TO TARBERT FINAL INFORMATION



Welcome to Kintyre and our wonderful Ultra race, now in its 18th year.

You will be following the Kintyre Way route markers 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!



In addition we will have some yellow arrows where we use an alternative route or where the signage isn't clear and there will be marshals at road crossings. Where we deviate from the route, this is for safety reasons and anyone not following the deviation will be disqualified. This is particularly important at Skipness which is experiencing heavier than usual ferry traffic that can lead to 3 hour traffic jams on the single track road. All runners must use the high track (it's a mile shorter anyway) and drivers of relay vehicles going to Skipness can check the situation with the marshals at the junction.

You will all be carrying GPS trackers, so we will be able to tell if you go far off course or stop moving. In addition, there will be eyes on volunteers at Clachan and Skipness and the water points in between who will manually record your presence and crosscheck with the 3 sweepers who are at the back of the race. **If you drop out for any reason, please inform a marshal and hand in your timing chip and tracker.**

OBLIGATORY KIT:

Foil survival blanket

Personal first aid kit including hand sanitiser or wipes.

Water supply (bladder or bottle). Top-ups will be provided at checkpoints and hopefully intermediate points in each section.

Emergency food (energy bar or something tried and tested.)

Whistle. The emergency signal is 6 short blasts, repeated as necessary

Mobile phone, with our 2 support numbers stored in your mobile. Please note: mobile signal is weak in many places along the route but you can sometimes send and receive a text even when you have a weak signal.

Full body cover must be brought to registration. A decision will be made on the day whether you need to carry this during the race (depends on weather) and if not needed you can pop it in your finish bag.

DROP-BAGS, WATER STATIONS AND CHECKPOINTS

7.7 miles Ronachan car park Water NR 741 548

9½ miles: Clachan CP NR 765 561

13½ miles: near Lochan a' Chreimh, Water NR 808 551

22 miles: Skipness CP, NR 899 576

25.5 miles: (crossroads) Water, NR 891 621

Bag Transport to Checkpoints

You can hand in a bag or small rucksack for the checkpoints and finish. Bags should be clearly marked with your race number and CLACHAN, SKIPNESS or FINISH and placed in the correct vehicle at Tayinloan Village Hall. We can also bring items back from the checkpoints *but this will be after the checkpoint closes so you may have a bit of a wait.*

Facilities, Refreshments

Tea and coffee (maybe biscuits!) will be available at Tayinloan.

Water, hot drinks, soup and nourishing food will be available at the checkpoints for runners.

The only shops en route at Clachan Filling Station and Skipness Village Shop or make a donation to the village halls.

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

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

EMERGENCY CONTACTS TO BE STORED IN YOUR MOBILE:

We will have Oban Mountain Rescue following the race and if you need their help, please phone Rob (Race Control) who will know where the nearest member is. For emergencies, go straight to 999 or 112. Do not ask for Ambulance, ask for Police and Mountain Rescue and tell them OMR is already here.

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

Race Control: Rob: 07712 828106, Suse: 07734 699607 Innes: 07554 727541 Ted: 07980 010924

RELAY RUNNERS

You are responsible for providing transport to and from checkpoints. Please note that there have been difficulties with the Ar-ran ferries to the mainland, resulting in more than usual traffic on the Lochranza-Claonaig route. This has caused traffic jams at Claonaig when traffic can't get away because of traffic coming in. Please stop and check with the marshals at the junction. Should this happen on the day, they will advise you.

ON THE DAY

Bus at Tarbert

The bus leaves at 06.45. Please turn up 5-15 minutes beforehand and Gordon will check you on. If you change your mind about needing bus transport please let us know in case we can offer your place to someone else. We now have a waiting list. However, we don't recommend turning up on spec as there is no alternative bus nor anyone driving to Tayinloan (that we know of).

Registration at Tayinloan

SSE vehicles will be outside to take your checkpoint and finish bags but you may wish to check whether full body cover is needed before handing in your finish bag.

Pick up your running number and write your medical details on the back. Please bring your own safety pins. (We know you have hundreds.)

Pick up your timing chip and go outside to pick up your tracker (they need to be outside to pick up a signal to start with.)

There will be up to date information re route, weather etc and a briefing at 8.20.

The race starts at 8.30, not individually timed, so make sure you're not late.

RELAY TEAMS You will also be given a slip so that you can tell us who is running which leg. You'll have one timing chip which is used as a baton. But you will all have individual trackers.

CP1 CLACHAN

The Old School NR 765 561

Checkpoint Cut-off Time for solo runners:

10.50 for leaving 11.00

Outgoing relay runners whose incoming team member will miss the leaving time may start at the discretion of the Checkpoint Volunteer.

CP2 SKIPNESS

Village Hall

Checkpoint Cut-off Time for solo runners:

14.20 for leaving 14.30

Outgoing relay runners whose incoming team member will miss the leaving time may start at the discretion of the Checkpoint Volunteer.

FINISH

We anticipate the first runner arriving after 12.30 and the final runner and sweeper arriving by 19.15.

The finish is at the community marquee at Tarbert marina. Please take special care when crossing the road for your final run round the harbour and be patient with pedestrians.

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

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

Please make sure we know about any dietary requirements.

Massage and bags from the start will also be in the marquee.

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

PRIZEGIVING at 5 p.m.

We have prizes for the first three men, first three women, first three relay teams and male and female supervets.

Random prizes for furthest travelled, birthday boy or girl, oldest, new record...

Live results will be here: <https://liveresults.kitst.co.uk/#kintyre24.csv> and Tracking here: <https://www.geotracks.co.uk/live/2416>



KWU Ultra 2024 Tracking



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

Don't forget to:

Admire the views over the sea to Gigha, Islay, Jura and Arran

Appreciate the vibrant colours and smell of the wild flowers

Listen to the quiet

Listen to the birdsong (keep an eye out for sea eagles as you approach Tarbert)

In other words, ENJOY THE MOMENT!