

KINTYRE WAY ULTRA 2026 TAYINLOAN TO CAMPBELTOWN FINAL INFORMATION

Welcome to Kintyre and our wonderful Ultra race, this year celebrating our 20th birthday.



BEFORE YOU START:

GETTING HERE:

If coming by road, please check <https://trafficscotland.org/traffic/> for up to date traffic information on roadworks and potential overnight road closures. If wishing to come by public transport the 926 Citylink bus brings you from Glasgow to Campbeltown.

If you haven't booked our race bus from Campbeltown in the morning, there's a service bus leaving at 06:20. If the driver says he's fully booked, explain that you are just going to Tayinloan.

OBLIGATORY KIT FOR SOLO AND RELAY RUNNERS:

- Foil survival blanket
- Water. We strongly recommend carrying at least 1 litre of water. You need to carry your own cup. We will provide refills at two points on Leg 1 at Deucheran and Grianan and at two points on leg 2 at Torrisdale and Ifferdale.
- Whistle. The emergency signal is 6 short blasts, repeated as necessary
- Mobile phone, with our support numbers 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. All checkpoints and water stations are located where there is a mobile phone (or other) signal.
- Waterproof top and trousers. (We will make a decision on the day as to whether trousers must be carried. If not needed you can put them in your Finish bag.)
- Hat and gloves
- Your own safety pins.
- Personal first aid kit including hand sanitiser or wipes, personal medication, items for minor cuts and blisters that you would normally take on a hill run. Please also carry a face covering in case you need medical attention. You may wish to bring sun cream.

EMERGENCY CONTACTS:

Tactical Medical Rescue will be on standby and can be contacted through Race Control Suse, Lisa or John, who will know who is nearest. In an emergency, go straight to 999 or 112 as mobile phone coverage is patchy and emergency calls will use any available network. We recommend that you register your phone on the UK Emergency SMS Service. 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.

**IMPORTANT PHONE NUMBERS
RACE CONTROL (FOR PICKUP
AND MEDICAL HELP):
SUSE +44 7734 699607
LISA +44 7929 258137
JOHN +44 7882 117658**

SAFETY & ETIQUETTE

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

No ear phones or dogs

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 somewhere with a better mobile phone signal. We can see if someone isn't moving but will not know why.

Wear your number *on your front*, visible to marshals at water stations and checkpoints who are making a visual check of your progress and wellbeing. As your medical details are on the back, it can't be swapped with anyone else.

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

ON THE DAY CHECK-IN AND START

Registration at Tayinloan

Parking is 900 metres away at the ferry terminal so allow time to jog back. You must not park in the village as two service buses need to get through and members of the public have been blocked in by careless parking in previous years.

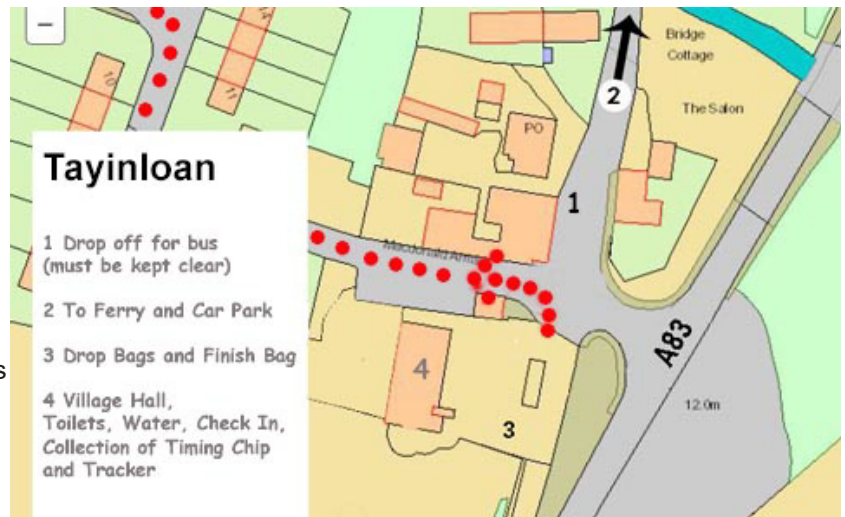
Registration opens at 7.00 a.m. in the village hall. Toilets, water and tea and coffee will be available.

There is no village shop now.

You will pick up your running number and can write your medical details on the back. Please bring your own safety pins.

You will also collect a timing chip and a gps tracking device. Ideally the tracker should be attached to the strap at the top of your rucksack. If it slips inside your rucksack and under your water container it can not transmit.

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.



DROP-BAGS, WATER STATIONS AND CHECKPOINTS

Bag Transport to Checkpoints and Finish

At Registration you can hand in a bag for the finish and checkpoints. Bags should be clearly marked with your race number and CP1 CARRADALE, CP2 LUSSA (CORRYLACH) or FINISH and placed in the correct vehicle. Bags will be returned to the Finish but only after the checkpoint has closed.

Refreshments

There will be hot and cold refreshments at Carradale. Spectators can also purchase these for a donation to the local playgroup. We will provide water refills at two intermediate points on Leg 1 at Deucheran and Grianan and at two intermediate points on leg 2 at Torrisdale and Ifferdale. The Lussa checkpoint is a remote checkpoint and will have very limited cold refreshments.

At the finish, your running bib has a tear off strip which you can exchange for soup, burger and cake. Tea and coffee will be available at any time. (Have you told us of your dietary requirements?)

Facilities

There will be toilets at Registration and at Carradale and Lussa as well as at the Finish.

At Torrisdale cafe, there will be a big screen where spectators can watch the trackers.

Showers in Campbeltown courtesy of Springbank.

RELAY RUNNERS

All runners must come to Tayinloan to register and collect their number and personal tracker.

You are responsible for providing transport to and from the checkpoints. To get to Carradale you must come via Campbeltown. Similarly, to get to Lussa, you must also come via Campbeltown but please take care as you will be on the road used by runners whizzing down to the finish.

Mobile phone coverage is not great so we can't guarantee you will be able to track arrivals with any certainty.

You will have individual trackers, but the timing chip will be used as your baton.

Should your incoming runner be very late or injured, the outgoing runner may start early at the discretion of the Checkpoint Marshal who will be able to give them a replacement timing chip.

Early runners are welcome to greet their team mate at the finish for a celebratory photograph across the finish line.

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

THE ROUTE

There is detailed information on the website, <https://www.kintyrewayultra.org/tayinloan-to-campbeltown/> with a gpx file and a link to Plotaroute which you can use to download it into whichever format you need.

You will be following the Kintyre Way route markers (round blue poles,) with direction arrows on top. If you are paying attention these should be adequate but there will be occasional additional arrows and marshals where we deviate from the route or where there is a risk of the sign being missed.

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.



CP1 CARRADALE

First runner expected 10:00 Arrival cut-off for solo runners: 11:50.

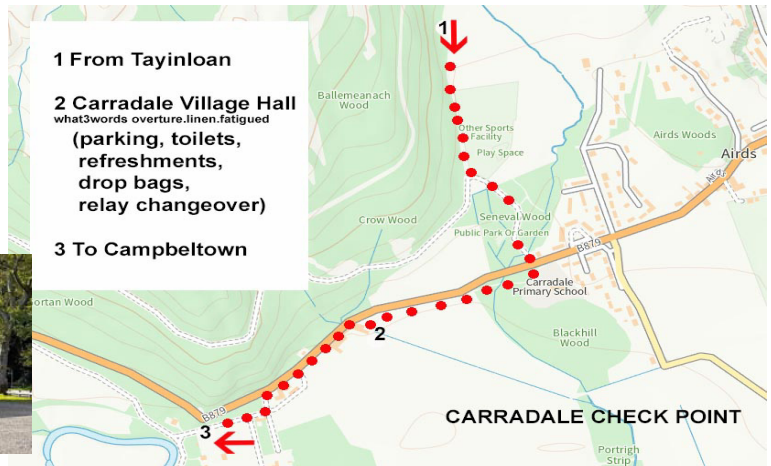
All runners to leave by 12.00 (relay stage 2 to set off even if stage 1 runner has not arrived)

Water, Toilets, Drop Bags, light refreshments.

You may leave unused food for later arrivals.

Parking is at the rear of the hall.

The village shop is 2 miles west, south of the junction with the B842.



CP2 CORRYLACH (LUSSA LOCH)

First runner expected 11:45

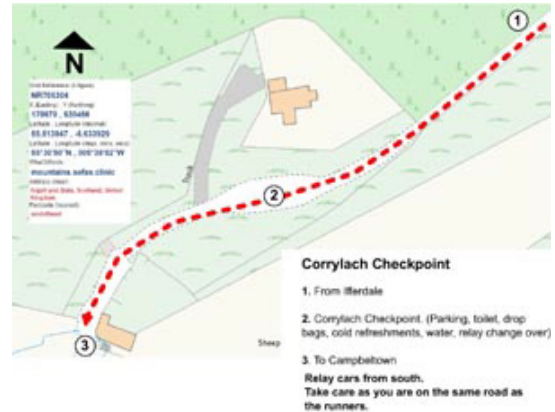
Last runner expected 15.45

Runners will not be timed out but relay stage 3 to set off by 16.00 even if stage 2 runner has not arrived.

Water, Toilets, Drop Bags, limited refreshments.

You may leave unused items of food for later arrivals.

We discourage spectators from going to this checkpoint at the request of the farmer because lambing is ongoing. It is also on the single track road used by runners so relay changeover cars, please be considerate.



FINISH GLENGYLE

We anticipate the first runner at around 12.30 and the final runner and sweeper around 18:00pm

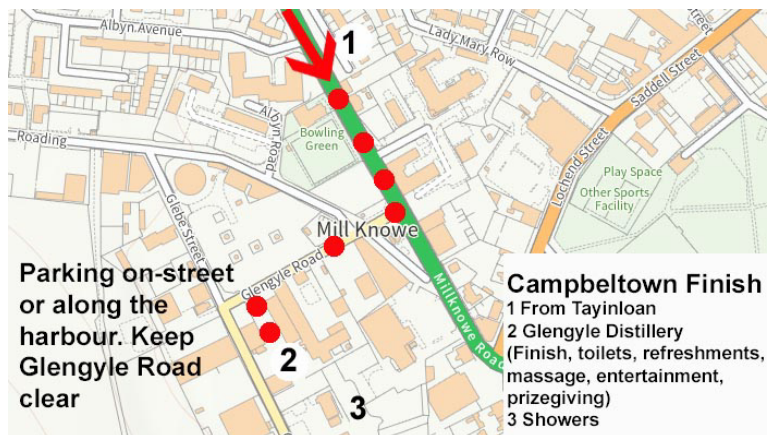
The finish is in the courtyard of Glengyle Distillery. Massage is free, but you must add your name to the booking list on arrival.

Funky Chicken will be there to entertain children of all ages through the afternoon.

Your standard meal will be available on production of the tear-off tag from your running number.

Spectators will be welcome to have lunch at the Washback Bar between 12 and 2.30. (entry through the Springbank Visitor Centre) and the Tin Roof Diner will be there to provide meals through the evening. Torrisdale's mobile bar will be available during the afternoon and evening.

Please do not park on Glengyle Road so that the runners can be cheered along the road. There is plenty of parking in the nearby streets and along the promenade.



BIRTHDAY CELEBRATIONS

Do stay and help us celebrate our 20th birthday.

We will have additional catering and a bar on site from mid afternoon with live music following the cake cutting and prize giving. The licence requirement means that children will not be allowed to remain after 8 o'clock.

TIMING AND PRIZES

Timing will be based on the chip timing system from a mass start.

We have prizes for the first three men, first three women, male and female V50+ and first three relay teams, as well as some special prizes.

The prize giving will be at 5 o'clock.

Finally, Rob, Suse, Gordon, Lisa and John 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.

HASTE YE BACK

We hope to welcome you back on Saturday 8th May 2027 to run the northern third of the Kintyre Way