

COMPETITORS PRE-RACE INFORMATION

Please ensure you have read this before the race. It contains important information, key race rules, and details of changes made since last year.

The race starts at Bolton Castle, nr Leyburn, N Yorks, DL8 4ET.

Car Parking

- Car parking is available at Bolton Castle. The charge was included in the race entry fee this year and will be passed on to the landowners. You will be provided with a raffle ticket as you enter the car park: please display this in your car windscreen. Event and overflow car parks will be signposted and marshalled: use these rather than the main Castle car park (which costs £7).
- Please be respectful of the local population when parking. Do not park in the village itself, or on the village green, and do not block driveways or other access. Please do not park on the race route, especially the road up the hill towards Bolton Castle (Castle End and Scallow Bank Lane).
- Car parking is also available free of charge at Redmire Station (DL8 4ES), thanks to the support of Wensleydale Railway. It is less than a mile to Race HQ from here. If supporters will be coming and going during the race, we recommend they park at Redmire to reduce traffic at Bolton Castle.
- For supporters moving around the course, car parking is also available at Aysgarth Falls National Park Centre (pay and display £2.50 for 2 hours), Carperby Village Hall (honesty box) and within Askrigg village (honesty box)
- For spectators who may come and go frequently, or runners who may be departing whilst the race is still going, please use the road to the east of Castle Bolton where possible in order to minimise traffic on the final hill climb up to the finish.

Timings

- **18 mile race**
 - Registration: 8.30 - 9.15
 - Pre-race briefing at 9.20 in finish area or castle, depending on weather
 - Start: 9.30
 - Cut offs have been set at ~20 min/mile pace:
 - Check point 1 at Oxclose – 1hr 20 mins (~4 miles)
 - Checkpoint 2 at Askrigg footbridge - 3 hours (~9 miles)
 - Checkpoint 3 at Aysgarth Falls: 5 hours (~15 miles)
 - 6 hours at finish
- **7 mile race**
 - Registration: 9.35 - 10.20
 - Pre-race briefing at 10.25 in finish area or castle, depending on weather
 - Start 10.35
 - Cut offs have been set at ~20 min/mile pace:
 - Check point at Aysgarth Falls: 1½ hours (~4.5 miles)
 - 3 hours at finish

Race HQ

- **Registration** will be within the Castle: follow the signs. You will collect your bib number at registration. However we will let you know your number 2-3 days before race day (once the transfer deadline closes). Please check the bib number you are given at registration is the one you were expecting, and if not please flag this up with the registration team. Once you have collected your number, please ensure you put your emergency contact details on the back. There is also space for you to enter any medical

information you feel we should know. The race number and this info remains your property and your responsibility to dispose of at the end of the race.

- **Toilets** – there are men's and women's toilet inside (same floor as the tea rooms) and outside next to the main carpark.
- There is no secure area to leave bags.
- No smoking at race HQ, start and finish areas, or in car parks.
- The tea rooms will be open to the public, so if you wish to spend time in there, please support them by buying something. The cakes are very nice! There is no admission fee to use the tea rooms
- Info about things for spectators to do is on the race website www.madraces.co.uk/falls-and-castle
- **Pre-race briefing** is mandatory for all runners. This will take place in the tea room, or the finish area depending on weather.
- **Race Start:** this will be on the track just to the west of the car-park. Runners will all move en-masse immediately after the pre-race briefing. If you need the loo, go before the briefing!

A Reminder of the Rules

- **Kit List**

You must have the mandatory kit and carry it with you at all time – no kit, no race. If you don't complete the race with all kit, you will be disqualified. There will be spot checks.

Please dress appropriately for the weather and conditions and remember wind chill on the higher ground.

18 mile race

Mandatory for 18 mile route:

- Hat/buff and gloves
- Waterproof jacket with taped seams
- Minimum 500mls water (obviously, you don't still need 500mls water with you at the finish)
- Energy bar/gel
- Whistle
- Route map/instructions and compass
- Foil blanket (bivvy bag meets this requirement)
- Mobile phone
- Cup or water bottle for drink stations and finish area

7 mile race

Mandatory for the 7 mile route:

- Route map/instructions (as despite our best endeavours, we cannot guarantee that course markings will not go missing)
- Mobile phone
- Cup or water bottle for drink stations and finish area

Short course runners are also advised to carry the clothing/food kit listed under the 18 mile route, depending on weather.

- **Check points:**

- You must check in at each checkpoint. Ensure marshal has recorded your race number before continuing. This is essential as missing numbers will be assumed to be missing runners, resulting in instigation of a full search
- Your race number must be visible from the front at all times to assist checkpoint marshals

- **If you need to abandon the race**

Either:

- Make your way to the nearest marshal, *or*
- Phone the safety officer on the number on the back of your bib, *or*
- Make contact with the sweeper runner

and inform them that you are abandoning, and how you will depart (ie making own transport / arranging pick up or if needing transport back to race HQ). Please be patient if you need us to pick you up as it may be some time.

It is vital that you do not leave without informing a marshal or safety officer. This means we don't send mountain rescue out to look for you, wasting time, money, and effort, if you have gone home without telling anyone!

- **Phone numbers (on race day only)**

Race Director - Carol 07963 629083

Race Director - Dave 07825 446733

Safety Officer – Ric 07815 517409

SMRT – 07800 981473

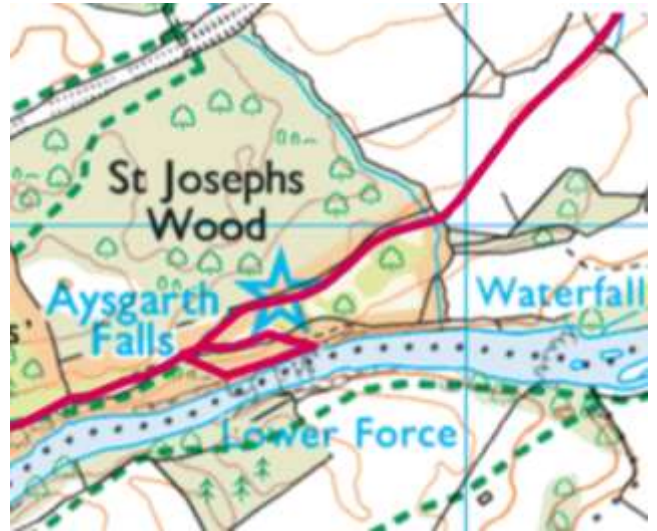
- **General Course Conduct**

- Please obey the Countryside Code. Do not drop litter – carry it with you, or use bins provided at feed stations.
- Do not climb over gates or fences.
- Please close all gates unless the next runner is about to put their hands on the gate. There is active farming and livestock present in many areas. Where possible farmers have agreed to move livestock, but there may still be some present. Show caution near cattle. If in doubt walk don't run, stick to sides of field, and give a wide berth as you pass.
- It is not possible to run with your dog (even on a lead) as the course passes through active farming areas where livestock is present. UKA rules also do not permit running with dogs - we must observe this as a requirement of our TRA permit
- You must keep to the course. Not only is this out of fairness to all competitors, but also for your own safety as there are disused mine workings in some areas.
- To help us be able to run the event again next year, please act responsibly around the route and at Race HQ. Please respect other competitors, marshals, and members of the public.

Other rules

- Armbands & 'The Loop' at Aysgarth Falls (both distance races): We have made changes to help runners ensure they complete this part of the course SO IS DIFFERENT TO LAST YEAR..

- Please note there is a Loop circuit which takes in the Lower Force Falls.
- This is situated a little way beyond the Feed station at the Falls National Park Centre.
- On approaching, look out for 'the Loop' signs. You will be directed straight ahead, down concrete steps, and then right (towards the Falls Viewing area)
- You must pick up a wristband from the marshal positioned here. **FAILURE TO COLLECT A WRISTBAND WILL RESULT IN A 15 MINUTE TIME PENALTY**
- Ensure the check point marshal has taken your number, then continue ahead to take a different set of steps back up to the original route and turn left at the fork towards Hollins House



- No headphones/Mp3 players, so you remain able to hear other road users/pedestrians and marshal instructions. To avoid any confusion, disagreement or controversy on race day "Aftershokz" style of headphones are also not allowed.
- If you are about to overtake someone, it is nice to warn them first and say "on your right/left". If being overtaken, please move to the "other" side to let the faster runner pass.
- You must abide by marshal and race officials instructions.
- Runners safety is of paramount importance & Race Marshalls have authority to pull runners from the event if considered unfit to continue
- The Race Directors decision is final.

Race route and course descriptions

- If you have not already found them, the links to GPS files can be found on the race webpage <https://www.madraces.co.uk/falls-and-castle>
- Maps: OS explorer map OL30. If you "right click" the map on MaDRaces webpage, you can also save the image as a picture and print it out.
- A map and course description are mandatory for both distances. They don't take up much space, and may save you needing to be searched for!.
- **Course marking:**
The course is well marked with
 - Black arrows on yellow or gold backgrounds (we have 2 different colours)
 - Other warning signs eg road ahead, checkpoints approaching etc
 - Red and white "barrier" tape
 - There are some 'wrong way' signs with a X on yellow background.
 Marshals are there to help at points of difficult navigation, but the responsibility for your own safety & to follow the course remains with you.
There is also a sweeper runner on each course who will follow behind the slowest runner.

Course Specifics:

18 mile course

Water & Food

- You must carry some as part of minimum kit requirements

- Water and food (jelly babies, flapjacks etc) are provided at Askrigg and Aysgarth checkpoints. Please only take what you need: remember there are others behind you

Toilets: At Aysgarth Falls national park centre

Roads are not closed: watch for traffic, use common sense, follow highway code. Run single file / on left if in groups (unless blind corner).

Take particular care when crossing at:

- National Park Centre at Aysgarth Falls at Feedstation 2: limited views each way
- Mile 17: crossing road to start final ascent to castle

Listen to the advice of marshals stationed here

Watch for traffic as you enter Askrigg at the road junction (with the Crown Pub on your right) & approach checkpoint 2 (turning left & crossing the road to the footbridge opposite (~9mi). PLEASE NOTE, THIS IS A ROUTE CHANGE FROM LAST YEAR

As with all trail running, there will be uneven & slippery surfaces: in particular:

- At the ford at 1 mile,
- heather / springs / boulders, & disused mines on Askrigg Greets (between miles 5-8): stick to the path here
- there is a narrow path next to a steep embankment & the river at mile 11. Use common sense and take extra care here. No overtaking of other runners in this area. This is for a very short distance only and will not affect overall race times or position
- stepping stones near Ballowfield
- riverside by Aysgarth Falls lower force.

Navigation to watch out for:

- course split at mile 2: long course straight ahead, DO NOT left turn down to Carperby!
- ascending on to the Greets (mile 5): Visibility may be reduced in poor weather
- Just before mile 11: as you approach a fence across the dismantled railway, turn Right and pass through the kissing gate (sign-posted Footpath) Care with navigation on approaching the fence: there is also a 3-way signpost and paths to your left which you should ignore. Look for course markings
- Mile 11, after the stile: Continue briefly on a grass & rubble track, then as track swings Left, continue ahead onto small grass path down to stile into field (look for signpost on the right partially obstructed by foliage. Do not follow rubble track under dismantled railway).

7 mile course

Water and food:

- If it is hot we recommend you carry some water.
- Water and food (jelly babies, flapjacks etc) provided at Aysgarth Falls. Please only take what you need: remember there are others behind you

Toilets: At Aysgarth Falls national park centre

Roads not closed:

- watch for traffic, use common sense. Run single file / on left if in groups (unless blind corner).
- Take particular care when crossing
 - road opposite Wheatsheaf Inn (please run on the right until you reach the Wheatsheaf, then cross to the gate / marshal opposite where you will enter the field)
 - road before final ascent to the Castle: listen to advice of marshal stationed here

As with all trail running, there will be uneven & slippery surfaces: in particular:

- At the ford at 1 mile,
- as you descend in to Carperby, &
- riverside by Aysgarth Falls lower force

Navigation to watch out for:

- at the course split at mile 2: the short course turns left turn down to Carperby, DO NOT go straight ahead, or you will end up doing the 18 mile long course!
- on entering freeholder woods (area of SSSI): turn left following the course markings (don't take the public footpath which turns right)

SSSI area:

- The Freeholders Wood area immediately north of Aysgarth Falls is a Site of Special Scientific Interest (SSSI). We have special permission to use these paths and you MUST NOT stray from paths (even if muddy) due to risk of disturbance to the ecology of the area. If severe wet weather makes the path through the SSSI impossible, the contingency route will take you onto the road, turn left and go under rail bridge. (In which case watch for traffic, use common sense, follow the highway code - run single file and keep left)
- **Extreme weather contingency:**
In the unlikely event of extreme weather requiring diversion, delay or halting the race, please follow instructions of marshals. Contingency plans may include a shortened route or return to HQ. If poor visibility means we cannot use the 18 mile route, we are likely to use a double loop of the 7 mile course as the contingency.

Runner Safety and 1st aid cover

Trail running, by its nature, takes place in areas that may be less accessible. Please exert caution & be mindful that you are running in an area where emergency response may not be as quick as in more populated areas.

We are very fortunate to have Swaledale MRT providing safety cover throughout the course.

PROCEDURE IN EMERGENCY EVENT

1. In the first instance phone Swaledale Mountain Rescue Team (phone number printed on back of bib and in pre-race information. Mobile phone is part of mandatory equipment for all runners)
2. If for any reason you have no phone signal make your way if able to the nearest marshal (this may be behind you) and alert them to the emergency so they can call SMRT for you
3. If you come across another runner in need of help please stop to give aid. If appropriate one runner should remain with the casualty whilst another runs to the nearest marshal to summon help. The nearest marshal may be one you have already passed.

Mobile phone coverage is present throughout the majority of the course on Vodafone with the exception of (18 mile race) a small area in Oxclose Road & patchy coverage on the road descent to Askrigg and in Askrigg itself. Coverage is slightly patchier on other networks. If you are attempting to summon help and find there is no signal, move a short distance ahead (or back in direction you have just run from) to find signal or the nearest marshal (remember this may be behind you). If you have poor signal on the Askrigg road, make your way to CP2 in Askrigg where the Marshall will have a radio.

FIRE PROCEDURES:

1. In the case of fire in the Castle, use exits as indicated by Castle Staff & race officials. If outside, move away from the area, but not towards the car park area)
2. Direction should be taken from Castle staff in the case of evacuation of the castle to assembly areas
3. Call 999

PROCEDURE IN EVENT OF LOST / FOUND CHILD

Alert the nearest Marshal, who will follow our set procedures

The Finish:

As you cross the finish line, your time will be taken and you will be directed into the finish funnel in the correct finish order. You must stay in this order until the end of the funnel where your bib will be recorded and your name confirmed.

You will be given a T-shirt & goody bag. Following feedback on our Cupless policy, we have taken the decision not to provide bottled water at the finish, but will have water available in Jerry Cans for you to fill the cups / bottles you have been racing with. We do have a residual stock of water bottles remaining from our previous race, which will be available until gone!

Please stay to support others and for the prize presentation if you can. We have prizes (including spot prizes) and discounts courtesy of our Sponsors, Up & Running Darlington, Ed Pratt Sports Therapy, Chia Charge, Wensleydale Railway and Inspired Chocolates of Leyburn

Chia Charge have provided an online 20% off code (chiamad) www.chiacharge.co.uk/discount/chiamad

Up & Running have provided a 15% discount when runners present their bib number at the Darlington store

Ed Pratt Sports Therapy has provided a £5 discount code in your goody bag

Prize Giving

This will be as soon as the main results are in for each race. In line with many races, the overall race winners are removed from age group results, and we "roll down" the 1-3rd place AG trophies. **We will award prizes for each distance for 1st, 2nd and 3rd male and female in the following categories:**

- Overall **1st, 2nd and 3rd male and female for each distance**
- Age 18-39 **1st, 2nd and 3rd male and female for each distance**
- V40 **1st, 2nd and 3rd male and female for each distance**
- V50 **1st, 2nd and 3rd male and female for each distance**
- V60 **1st, 2nd and 3rd male and female for each distance**

Departure: use eastern road (if open) for departure from Castle Bolton to minimise cars on the race route

Photography: Andrew Thrippleton will be taking photos. Please be aware this is a hobby so photos may take a few days to appear, but are fantastic and well worth waiting for. They will be available free of charge to download via the link that will be emailed after the race.

Hope you enjoy the event. If you enjoyed it, please let us and everyone know! Please use our Facebook page for feedback and share photos. If you have any comments or feedback, please email carol@madraces.co.uk.