



# ST CUTHBERT'S WAY 100K & 45M ULTRA MARATHON 2024

In association with:

HIPPIE  
**NIXON**  
PHOTOGRAPHY

# IMPORTANT RACE INFORMATION

Please read the pre-race information carefully and fetch a copy with you on race day. If you have any questions about the race, then please contact [info@trailoutlaws.com](mailto:info@trailoutlaws.com) or phone 07734309500 Tim

However, we will try and cover almost everything we can think of in this document.

## RACE INFORMATION

This is the 8th running of the St Cuthbert's Way Ultra. However, it is the third year that we have run the race from Melrose to Holy Island. On running the route from East to West we found that the elevation and ascent was about the same. The big difference comes from having a supporting wind on your back. For the 100KM runners the run into Holy Island from Wooler is less daunting than running over the Eildon Hills to finish the challenge! We hope this event will provide you with a challenge, and we will do our utmost to help you succeed in that challenge.

But above all else we want you to enjoy and have fun on the day. And the best way to ensure this is to for you, the runner, to run with a positive attitude and vibes throughout.

Treat the event as adventure not a race, and this will ensure that maximum satisfaction is achieved.

We wish you every success at the event.

Tim and Team

## RACE NUMBERS/GPS Trackers

Race numbers and GPS trackers will be given out at registration. You are required to have your race number on your front and visible.

## BEFORE THE RACE

Consider taking out personal insurance against accident or injury whilst participating in sporting activities. UKA and TRA membership include insurance.

Fetch appropriate footwear for the race conditions. Please make yourself familiar with the route, the CPs and study your maps, this is the best way to see what's coming up on your way across from Scotland to England.

## RACE PARKING

Race parking is at:-  
Wooler Auction Mart,  
Berwick Road,  
Wooler,  
Northumberland,  
NE71 6SL

**It is a short walk to/from Wooler YHA from the car park. For 100K runners finishing on Holy Island a mini bus will transport you back to Wooler after completing the race.**

## RACE REGISTRATION

### Friday Registration 100K/45M

Registration is available the day/evening before the event on Friday the 19<sup>th</sup> July at Wooler YHA between 17:00 and 20:00 for pre-race kit checks, we will also be handing out numbers, event t-shirts, and GPS trackers.

It is preferable that runners register on Friday where possible. However, it is also possible to register at Melrose before the race.

### Friday Registration Address/45M Race Finish:

Wooler YHA,  
30 Cheviot Street,  
Wooler,  
Northumberland  
NE71 6LW

### Saturday Registration 100K/45M

As stated main race registration is available at Wooler YHA. For people that can't make that registration at Wooler. Then will we are also be offering race registration at Melrose before the race.

### Saturday Registration Area/Race Start Area

Abbey Mill Park,  
Friarshaugh,  
Melrose,  
Scottish Borders,  
TD6 9LW

### 100K Race finish

Crossman Hall,  
Holy Island,  
Northumberland,  
TD15 2ST

## 100K RACE SCHEDULE

### FRIDAY 19th July 2024

- 17:00 - 20:00 Wooler YHA
- Race Registration
- Collect Race number/GPS tracker
- Drop Bag Hand Over

### SATURDAY 20th July 2024

- 01:00 Wooler Auction Mart - Wave 1 Coach leaves for Melrose
- 01:00 Wave 1 Registration period Melrose Abbey Mill Park
- Wave 1 Race Briefing
- 02:20 Melrose
- Wave 1 Race Start
- 02:30 Melrose
- 04:00 Wooler Auction Mart Wave 2 Coach leaves for Melrose
- 04:30 Wave 2 Registration period Melrose Abbey Mill Park
- 05:20 Melrose Wave 2 Race Briefing
- 05:30 Melrose Wave 2 Race Start
- 19:55 A1 CUT OFF
- 22:00 RACE CUT OFF

## DROP BAGS / FINISH BAGS

## 45M RACE SCHEDULE

### SATURDAY 20th July 2024

- 17:00 - 20:00 WOOLER YHA
- Race Registration
- Collect Race number/GPS tracker
- Drop Bag Hand Over
- 01:00 Wooler Auction Mart - Wave 1 Coach leaves for Melrose
- 01:00 Registration period Melrose Abbey Mill Park
- 02:20 Melrose Race Briefing
- 02:30 Melrose Race Start
- 19:30 Race Cut Off

### MANDATORY KIT

The mandatory kit is listed below. **You must carry all items at all times** unless specifically told otherwise by the Race Director. **PLEASE DO NOT EMAIL AND ASK IF YOU HAVE TO CARRY THIS STUFF.**

1. Whistle
2. Head torch(with spare batteries)
3. Survival bag
4. Compass
5. Maps
  1. St Cuthbert's Way: XT40 Edition
  2. OR 3 OS maps OS Explorer: 338,OL16,340
6. Hat and gloves
7. Waterproof jacket
8. Waterproof trousers
9. Minimum of 500ml water
10. Personal cup
11. Emergency food/sport bar
12. Mobile phone number of the race director +447734309500 (Tim)
13. Fully charged phone
14. Flashing LED lights for night running

## STARTING WAVES 100K

To help clear up confusion about starting waves for the 100K race. We would like to remind everyone then that when you entered you were asked to pick a predicted finishing time. If you selected to run in under 14 hours then you will be allocated to starting wave 2. This will prevent you having to wait for the tide to clear at Holy Island before crossing. Most people that complete the race in more than 14 hours and start in wave 1.

If anyone from wave 1 reaches the island whilst the tide is still in, then you you will be asked to wait at the Holy Island waiting area. So that your time can be paused, until it is safe to cross.

### CHECKPOINTS

There are numerous checkpoints on the route where you will have your race number taken to ensure that competitors have gone through the correct location / route.

There will be water, coke and snacks available at all CP's with some stocked with coke, savory options. A wider selection of snacks/food will be available at Wooler and Morebattle.

But it is advised that you use your own nutrition and drop bags if you require substantial food types and choice.

At the finish there will be hot drinks and more substantial food stuffs.

But again should you require a small meal (and it is highly advisable after an ultra distance event). Please put something in your finish bags.

Please note we do not cater to special dietary requirements i.e Vegan, Gluten Free and Vegetarian. Although some food stuffs at the CP's will fall into some of these categories.

Drop bags are non-returnable on this event, so please do not put anything in the drop bags you are not willing to part with.

They must be clearly marked with your race number and name and by no bigger than carrier bag / bag for life size. You must also place them on the correct table at registration to ensure they go to the correct drop bag location. Please also mark on your bag the location you wish the bag to go to.

Drop bags checkpoints are Morebattle and Wooler.

Finish bags can be left at race registration area if you register on Friday. For people registering on Saturday, finish bags will be transported to the end of the event.

We can **NOT** be held responsible for any loss or damage to finish bags in our care, but the upmost will be done to ensure they are kept safe and secure.

### CUT OFFS

Checkpoint and Finish cutoffs will be strictly enforced.

Please make sure you make note of the cutoff times, it is your responsibility to ensure you maintain a pace that will see you leave the CP before the cutoff point.

The cutoffs are **NOT** based on arrival times, but leaving the CP times.

No abuse of Marshals or Race Directors will be tolerated.

Race Directors decision is final in this matter.

A list for cut off at each CP is shown at the bottom of the page for the 100K and 45M race on website.

<https://stcuthbertsultra.com/saint-cuthberts-way>

<https://stcuthbertsultra.com/saint-cuthberts-way45>

### RACE ROUTE

The race route is well marked for a long distance cross border path.

## SUPPORT CREWS

It is permissible for support crews to meet you on route. In order to cut down on contact and minimise disruption to remote local communities. We are asking that support is only given at the following locations. Morebattle, Kirk Yetholm and Wooler.

## SHOWERS

Showers are available at Wooler Youth Hostel.

## COACH TRANSFER

### 100K/45M

The Wave 1, 100K and 45M coach from Wooler to Melrose on Saturday leaves at 01:00 prompt.

The wave 2 coach from Wooler to Melrose on Saturday leaves at 03:30 prompt.

It will not leave until exactly 01:00/03:30. But, it will also not wait around. So please if you have booked a place on the coach, make sure you are there in time. As you will have to make your own way to the start should it be missed.

You are responsible for making sure you are on the coach before it leaves.

## RACE RETIREMENT/DNF

It is unfortunate that in events of this nature some runners will not make it to the end, this will be for a variety of reasons, injury, illness, tiredness, lack of training, poor nutrition, dehydration.

We will do our utmost to get you to the end, however you are the one who is ultimately required to get to the end, and at times will have to dig deep to do so.

If you do have to withdraw for whatever reason please do so at a Checkpoint, so that your number can be taken and record your DNF.

Many times do runners make these snap choices, when all they really need is a rest, food and water.

So if you stumble into the CP sure you are

## RACE RETIREMENT/DNF CONT.

going to withdraw, sit down first and take 10 minutes to eat drink and recover, it may just change your mind.

If you do need to withdraw and decide to do so, please inform the CP staff and send a text message to RD Tim Bateson 07734309500.

**We will transport you from the CP to Wooler, you may have to wait several hours to be transported from a CP to Wooler.**

## EMERGENCY INFORMATION

Hopefully we will not have any emergency situations during the course of the event.

However, we are working closely with Northumberland National Park Mountain Rescue and The Borders Mountains Rescue teams, from both England and Scotland to ensure that should an emergency arise that you will be taken care of as quickly as possible.

So if you or another runner get into a life threatening situation then please call 999 or 112 and ask for the Mountain Rescue Service. We would advise you use the international emergency number of 112 when calling as when the call is received using this number your phone automatically gives them your GPS location.

The emergency services are only to be used in an emergency.

If you need assistance that is not an emergency then please contact RD Tim Bateson who will organise for First Aid care to be given to you as soon as practicable.

We have a medical team with paramedics that will be able to assist if you are initially feeling unwell. So please consult with a CP or phone for support if you require non emergency medical assistance.

**Please DO NOT call 999 for injuries that can be take care of with a little rest and first aid at CPs, these include, cuts, scrapes, strains and sprains.**

For the 100KM runners there is a small diversion to avoid crossing the railway line between the A1 road crossing Holy Island itself. The diversions will be clearly marked with bright yellow correx arrow signs.

**You will also need to follow the correx signs as you approach the centre of Holy Island as correx signs will guide you to the Crossman Hall, which is where the race finishes.**

Please take the time however to study your maps and be familiar with the route.

Here is a brief overview of the main sections of the route and the waymarked signs you will be looking for along your way.

During an Ultra Distance event of any kind, navigation will play some part.

However given that you should not be running at 10k pace with tears streaming down your face from the frantic pace, you really have no excuse not to lift your head up and look for the route markers, and enjoy the beauty of the trail around you.

Please take care in this as there is nothing more disheartening than running off route and having to get back on, adding time and miles to an already tough challenge.

Speaking from a lot of experience here are a few quick navigation pointers when running Ultra Distance events:

- Do **NOT** follow the runner in front, they may just lead you the wrong way. Although teaming up to navigate is a very good idea, two heads are better than one.
- Take your time when making navigation decisions, 1 minute spend making sure, is better than 20 minutes running in the wrong direction.
- Mark the route on the map with highlighter pen. It helps to have the route stand out to avoid any confusion in the later stages when you are tired and it's dark.

Hopefully you will find the route markers sufficient that you will not need to take out the map very much.

## FINAL WORD



# TRAIL OUTLAWS TRADING POST

## TRAIL OUTLAWS HOODIES £40



## TRAIL OUTLAWS LONG SLEEVE TOPS

£20.00

