



ST CUTHBERT'S WAY 100K ULTRA MARATHON 2027

In association with:



IMPORTANT RACE INFORMATION

Please read this pre-race information carefully and bring a copy with you on race day.

If you have any questions not covered by this document, please contact:

info@trailoutlaws.com

or Race Director Tim Bateson on 07734309500

WELCOME!

This is the 11th running of the St Cuthbert's Way Ultra and the fifth year that we have run the 100k event from Melrose to Holy Island (with a supporting wind at your back!)

We hope this event will provide you with an enjoyable challenge, and we will do our utmost to help you reach your goals and have fun on the day.

Ultras are an adventure as well as a race and we wish you every success!

Tim and Team

BEFORE THE RACE

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

Bring appropriate footwear for the race conditions.

Please make yourself familiar with the route, the Check Points and study your maps. This is the best way to plan for your journey 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 the registration location from the car park.

A free minibus will be available to transport you back to Wooler after completing the race.

RACE REGISTRATION

Date: Friday the 9th July 2027

Time: 17:00 - 20:00.

Location:

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

Registration includes:

Pre-race kit checks
Collection of Race Numbers
Collection of GPS trackers

Collection of event T-Shirts.

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

STARTING WAVES

WAVE 1 — Every runner is automatically entered to wave 1. This gives you the maximum amount of time (20 hours) to beat the tide.

WAVE 2 - If you are VERY confident that you can complete the race **in under 14 hours** then you may want to consider asking to start in Wave 2. (This gives 16 hours to finish the race).

This prevents faster runners having to wait for the tide to go out before they can cross to Holy Island.

Please do not worry about starting waves. Wave 2 runners are asked to confirm their start time about 2 weeks before the race.

RACE ROUTE

GPS tracker/live tracking link will be updated on the race website before the race weekend

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

There is a small diversion to avoid crossing the railway line between the A1 road crossing and Holy Island. The diversion 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 the signs will guide you to the finish area.

CHECKPOINTS

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

However, 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. 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.

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.

NOTE: You may have to wait several hours to be transported from a CP to Wooler.

MANDATORY KIT LIST

Mandatory kit is not optional. You must carry all items at all times unless specifically told otherwise by the Race Director.

1. Whistle
2. Head torch (with spare batteries)
3. Survival bag
4. Compass
5. Maps
 - St Cuthbert's Way: XT40 Edition
 - 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

DROP BAGS / FINISH BAGS

Drop bags are non-returnable on this event.

They should be no bigger than carrier bag / bag for life size.

Please do not put anything in the drop bags you are not willing to part with.

They must be clearly marked with:

- Race number
- Your name
- Drop bag destination (Morebattle or Wooler).

Place your drop bags on the correct table at registration to ensure they go to the correct drop bag location.

Finish bags can be left at the 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

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 ask that support is limited to the following locations:

Maxton
Morebattle,
Kirk Yetholm
Hazelrigg
Fenwick – Bean Genie
Wooler.

Please do not go to Hethpool

COACH TRANSFER to MELROSE

Wave 1

The coach from Wooler to Melrose departs on Friday 09/07/2027 at 21:00 prompt.

Wave 2

The coach from Wooler to Melrose departs on Saturday 10/07/2027 at 00:00 prompt.

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

RACE START INFORMATION (Also Saturday registration)

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

NOTE: GPS trackers and Race Numbers must be clearly visible at the race start.

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 cut-offs are NOT based on arrival times, but on Time of Leaving the Check Point.

No abuse of Marshals or Race Directors will be tolerated and the Race Director's decision is final in this matter.

A list for cut off at each CP is shown at the bottom of the page for on the race website.

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 including injury, illness, tiredness, lack of training, poor nutrition, dehydration.

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

NOTE: Runners sometimes make a premature decision to withdraw when a short rest and some food and water would make all the difference. If you stumble into a check point feeling sure you are going to withdraw, sit down first and take 10 minutes to eat, drink and recover. It may just change your mind!

RACE FINISH LOCATION

Crossman Hall,
Holy Island,
Northumberland,
TD15 2ST

100K RACE SCHEDULE

FRIDAY 9th July 2027

- 17:00 - 20:00 Wooler Hostel
- Race Registration
- Collect Race number/GPS tracker
- Drop Bag Hand Over
- 21:00 Wooler Auction Mart - Wave 1 Coach leaves for Melrose
- 21:00 Wave 1 Registration period Melrose Abbey Mill Park
- 22:10 Wave 1 Race Briefing
- 22:15 Wave 1 Race Start

SATURDAY 10th July 2027

- 00:00 Wooler Auction Mart Wave 2 Coach leaves for Melrose
- 00:30 Wave 2 Registration period Melrose Abbey Mill Park
- 01:20 Melrose Wave 2 Race Briefing
- 01:30 Melrose Wave 2 Race Start
- 16:25 A1 CUT OFF
- 18:15 RACE CUT OFF

EMERGENCY INFORMATION

In case of an emergency, we are working closely with Northumberland National Park Mountain Rescue and The Borders Mountains Rescue teams to ensure that you will be taken care of as quickly as possible.

If you or another runner get into a life threatening situation please call 999 or 112 and ask for the Mountain Rescue Service.

We would advise you use the international emergency number (112) when calling as when a call is received using this number your phone will automatically give 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 possible.

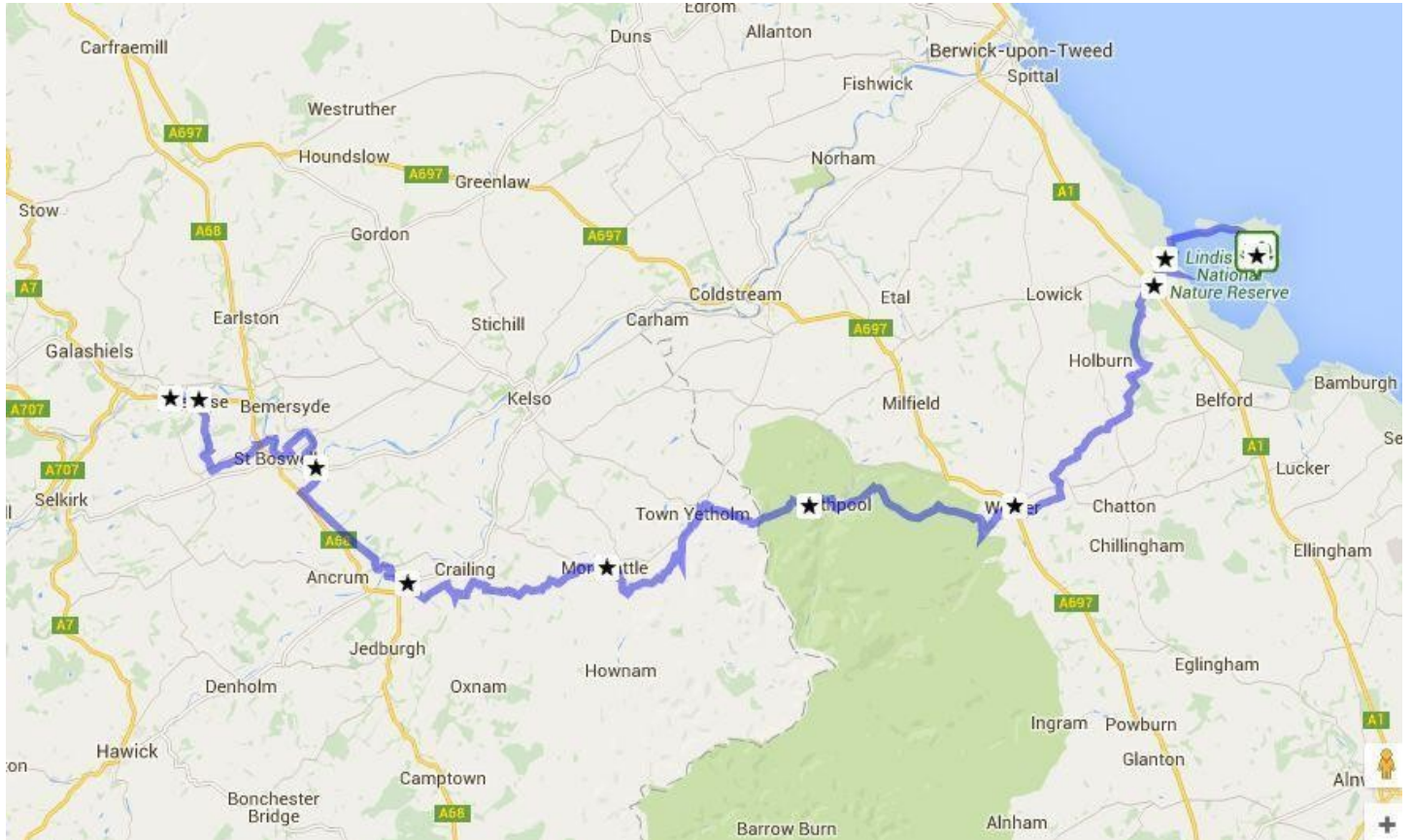
We have a medical team with paramedics that will be able to assist if you are initially feeling unwell. So please consult with a CP or phone for support if you require non emergency medical assistance.

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.

FINAL WORD

Thank you for choosing to run with Trail Outlaws. We look forward to meeting you and sharing your journey along the St Cuthbert's Way.

THE RACE ROUTE



GPS tracker/live tracking link : Will be updated on the race website before the race weekend

Event Website :

<https://stcuthbertsultra.com/>

Event Rules :

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

Event T's & C's

<https://www.trailoutlaws.com/tandc>

Trail Outlaws Website

<https://www.trailoutlaws.com/>

TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £40



TRAIL OUTLAWS LONG SLEEVE TOPS £20.00

