



SELKIRK TRAIL MARATHON and HALF MARATHON 2018 – ATHLETE BRIEFING

Race HQ

We will be using Selkirk Rugby Club as race HQ. It will house sign-on, camping and the finish line.

Venue

Selkirk Rugby Club
 Ettrickhaugh Road
 Selkirk
 Scottish Borders
 TD7 5AX

Race Weekend Timeline

The critical bits of the schedule for the weekend are below;

Friday 4th May	4pm	Campsite @ Selkirk Rugby Club Opens – see below for details.
Sat 5th May	7.30am	Car Park Opens
	7:30am – 9:30am	Registration at Selkirk Rugby Club
	9:45am	Race briefing in the Rugby Club
	10:00am	Race Start
	2:00pm	Cut Off Time at Ladies Walk
	3:00pm	Cut Off Time at the top of the 3 Brethren
	3:00pm Approximately	Prize Giving
	5:00pm Approximately	Expected Final Finisher 42k
Mon 7th May	11am	Campsite Closes

Course Description: 42km and 1290m (climb) (24km and 545m for the Half Distance race) of the very best off-road trails in the spectacular Scottish Borders. Expect big climbs, technical descents, glorious riverside trails and winding woodland paths. Trail shoes are recommended as the course is off-road (very off-road in places), and often muddy, steep, rocky or rooted. It's 'proper' challenging off-road running. Chunks of it could even be described as 'technical' - this is far from a 'normal' Ultra!.

You will be winding in and out of the Tweed and Yarrow valleys and their forests and moorland. You will visit the historic Bowhill House and the nearby 'Duchess' Drive', and pass the spectacular ruins of Newark Castle. The Half distance race then return to the finish line, whilst the Ultra goes on to scale the heights of the Three Brethren (464m above sea level) and descend (then climb again - sorry!) Yair Forest. The final few km's will be an exhilarating drop back into Selkirk.

The course will be fully way-marked.

Course Maps:

42km (Marathon) Maps can be downloaded [here](#)

24km (Half Marathon) Maps can be downloaded [here](#)

Cut-Offs: For the purposes of safety, both of competitors and our marshals we have a couple of cut offs;

- 1pm @ Top of Lady's Walk (this is the bottom of the second big descent off Pernassie Hill). After 2pm runners will be diverted onto the Half Ultra course and not be allowed to continue on the Full Ultra course
- 2pm @ Three Brethren. Runners arriving after this time will be diverted down the Southern Upland Way to rejoin the trail heading down into Selkirk (i.e. they will not do the loop in Yair Forest)
- 5pm @ Finish Line
- We also reserve the right to cut Runners off at the Yair House Feed Station and bring them back to the Finish by vehicle. This will be at our discretion!.

Compulsory Kit: All runners must carry a waterproof top, mobile phone and an emergency foil blanket.

Aid Stations: There will be three aid stations on the Marathon course at c. 14km, c. 24km and c. 36km. There will be one aid station on the Half course at c. 14km. They will be stocked with water, bananas, cake, biscuits and salty snacks.

No Litter. Anywhere. Full Stop. This includes the car parks. It specifically includes gel wrappers, banana skins, plastic cups etc. If you've got any of these, either bring back to the finish with you, or hand to a marshal. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!.

Finish + Prize-Giving

You must make sure you 'dib' at the finish line at the Finish. Please make sure you **DOWNLOAD** and return (or we'll charge you £35 to replace it) your dibber after the finish line. Collect your medal at the finish line.

We intend prize-giving for both race to be at the Finish Line (good weather), or Rugby Club (crap weather) at around 3:00pm.

Social & Practical Stuff

Food & Drink

[The Haggisman](#) will also be on site all weekend serving up both meat and vegan Haggis, neeps and tatties

[Selkirk Distillers](#) are sponsoring the Trail run events and will also have a stall doing off sales at the event

Selkirk Businesses Offers:

[The Fleece Bar and Kitchen](#) are offering a 10% discount off any meal with a drink for Our Trail Run competitors and their guests, just quote "DURTY10" when booking your meal.

Camping: Saturday and Sunday night camping at the Rugby Club is included in your entry fee, so come along and make a weekend of it.

Please stick to the authorised camping areas – see the attached plan. We need to keep the Rugby Club happy (they're bigger and fitter than us!) and so there's a handful of things we ask you not to do please;

- a) Please, no vehicles on the pitch surfaces – any of them
- b) Campervans/Caravans are fine by us – either on the hard standing areas next to the Rugby Club main pitch, or on the grassy areas adjacent to the rear pitches behind the club stand (but no vehicles on the pitch itself please).
- c) Please make sure you take everything away with you after you pack your tent. None of us fancy the idea of Rugby players going into a tackle and finding there are tent pegs embedded in the turf. Ouch.
- d) Tents should not exceed 12'x12' unless accommodating more than four people. Gazebos and tents for common areas are not permitted.
- e) Litter: please take all camping litter away with you. There will not be a skip this year. Please don't dump stuff in the Rugby Club bins – they need the capacity themselves.
- f) Cooking: open fires, barbeques (of any kind) or large 'Calor Gas' bottle style cooking units/heating units are not allowed in the camp site. Small personal gas cooking appliances are fine. There will be catering options to choose from all day Saturday and well into Saturday night.
- g) Glass: glass bottles or glass drinking vessels of any kind are also not permitted in the camp site, thank you.
- h) Noise: There is not a designated quiet area at this event. However, we insist that all revellers retire quietly to the camping area. Noisy neighbours (however musical or funny they think they are) are not nice ☺. We'll turf you off the campsite if you're being a PITA and annoying others.
- i) Please, no generators. Ta.

There are toilets within the Rugby Club that will be open all weekend. Toilets will be opened while the camping areas are live. Please note there are only limited shower facilities at the events (within the Rugby Club).

There are several accommodation options in Selkirk (including The County Hotel, one of our supporters – www.countyhotelselkirk.co.uk) – there are some details here: www.visitsouthernscotland.co.uk/selkirk-c236.html

There's loads of things to do in the Borders if you stay on. Many of the world-famous '7 Stanes' mountain biking centres are within easy striking distance of the event. There's also plenty of great opportunities for walking and road biking. If you fancy taking it a bit easier post-race, the local towns are all attractive and vibrant, and there are several castles, stately homes and gardens locally that are open to the public. Some details are at www.visitscottishborders.com

Car Parking/Public Transport

Car Parking is extremely tight. Please share cars to come to the race site if you can. Please do NOT drive vehicles onto any of the pitch areas, even to drop kit off. We will lose the use of the venue for future events if you do this. Not good.

Please sensibly use the local streets and industrial estate for overflow parking.

Public transport might be an option. The new Borders Railway has stations at Galashiels and Tweedbank – both approx. 6-7 miles from the race HQ.

Sponsors and Supporters

We're really grateful to our sponsors and supporters – if you get a chance, please repay their support;

Selkirk Distillers

www.selkirkdistillers.com

Tweed Valley Mountain Rescue

www.tweedvalleymrt.org.uk

Tweed Valley Bike Patrol

www.Tweedvalleybikepatrol.org

Phew, we think that's it. See you at the race.

Cheers

Paul McGreal + Pete Laing

Race Organiser + Course Organiser