

**River Ayr Way Ultra 2019**

This information pack should contain everything you need to know about the River Ayr Way Ultra, so please read it over from start to finish. If you have any questions or need clarification about any of its content, please email us on [jenna.low@eastayshireleisure.com](mailto:jenna.low@eastayshireleisure.com)

We are really excited for another year of the friendly River Ayr Way Ultra and are delighted that you have signed up to compete in the event.

**Timetable**

**Saturday 14th September 4, 2019**

**7:00am – Bus leaves Dam Park**

**7:30am – Bus leaves Dean Castle Country Park**

* Dam Park Stadium will be open from 6:15am on the day for toilets before heading to Glenbuck. Please note the finish point is at Dam Park, Ayr
* Please park at the Ayrshire College Car Park if getting the bus form Ayr or Dean Castle Country Park main car park if getting the bus from Kilmarnock

Please make sure you have booked a seat and that you are there for a prompt departure.

To book a seat please e-mail [jenna.low@eastayrshireleisure.com](mailto:jenna.low@eastayrshireleisure.com)

**8am - Registration opens**

Please make your way to Glenbuck where you will be given your number, chip and we will check your kit.

**Mandatory kit items are: whistle & mobile phone**

* Registration will take place at Glenbuck for ALL athletes
* Relay teams can arrive at their designated start point and register
* Please note that car parking at Glenbuck is limited
* Drop bags marked with your Race Number and the appropriate Checkpoint Number can be left at registration
* Our chip timing company ProTay will be distributing chip bands at registration. This year we will be wirelessly watching you via your chip at each check point so no need for scanning
* If you are in a team the first runner will collect the chip band and numbers for your team but please ensure that if you are not all arriving at the beginning of the race that you make yourself known to a member of staff at the checkpoint

**8:45am - Registration closes**

**8:50am – Safety Briefing**

**9:00am – Race Start**

**During the race**

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| All Checkpoints will have water |
| Check points will open and close at listed times |
| Diversions may be in place on the day. However, where they are, the diverted route will be fully signposted. Please follow all local signage |
| Running conditions in some sections are very muddy underfoot |
| The River Ayr Way is generally speaking off road but there are small sections on quiet road and the final five miles is on tarmac |
| As usual there are tricky sections which are detailed on the website: [www.eastayrshireleisure.com](http://www.eastayrshireleisure.com) |
| Maps showing diversions and providing advice regarding the tricky sections will be issued before the race |
| Finish is at Dam Park Race Track where you will be expected to do a lap of the track before completing the race. |

A number of our marshals are also trained first-aiders they will be at various points around the course to ensure you are all in safe hands.

If you require medical assistance, please alert a marshal. Also please ensure that if you see any other athlete in trouble or difficulty please alter the closest marshal who will seek assistance.

Our goal is to have a safe but enjoyable event, your safety is paramount.

A few of the basic ultra-distance tips which are well worth repeating.....start slow, drink to thirst, remember to replace electrolytes, eat frequently from the start of the race, have a wide variety of food & drink available.

If you decide to not complete the race finish you must inform a marshal that you are done. They will remove your timing chip from you, this is also a safety check as it shows you are no longer on the course.

We have included a mandatory and suggested minimum kit list, but please just use your common sense. Please check the weather forecast in the lead-up to the event and pack appropriately.

After the race is over, please make sure that you have fully recovered, had some food and warmed-up before you attempt to drive.

**After the race**

* Please ensure your chip is returned at the end of the race
* Dam Park showers will be open until 8pm
* Minibus back to Kilmarnock is available from Dam Park, although there may be a waiting time for this bus depending on numbers.

**Relay Race**

* The details for the relay race are the same as the ultra- marathon. However, the relay change over points are:

1. Sorn Old Bridge
2. Annbank 1

* The changeover points will be manned and drop bags can be taken to these points for **relay entrants only**
* Team members are responsible for getting themselves to their appropriate start point

**Checkpoints**

* Checkpoints will be stocked with water, fruit, diluting juice, jelly and chocolate sweets and cereal bars.
* Drop bags can be left for any of the checkpoints and the finishing line. Please mark drop bags clearly with your race number, name and checkpoint number and bring them to Glenbuck before the race

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| --- | --- | --- | --- | --- | --- |
| No. | CHECKPOINT | OPEN | CLOSE | ~MILES  from start | ~KM  from start |
| CP1 | **Limmerhaugh** | 9.40 Relay  10.00 | 12.00 | 11.18 | 18.00 |
| CP2 | **Haugh Farm** | 11.00 Relay  11.15 | 14.30 | 21.49 | 34.58 |
| CP3 | **Annbank 1** | 12.20 Relay  12.30 | 16.45 | 31.15 | 50.13 |
| CP4 | **Auchincruive** | 12.50 Relay  13.05 | 18.00 | 35.62 | 57.33 |
| FINISH | **DAM PARK** | 13.20 Relay  13.30 | 20.00 | 40.01 | 64.39 |

**Water Stops**

* As well as the main checkpoints, there will be water stops along the route. Not all of these will be manned, but will be clearly marked.
* Please make sure that any litter is put in the provided bags at all points

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| --- | --- | --- | --- | --- | --- |
| No. | WATER STOP | OPEN | CLOSE | ~MILES  from start | ~KM  from start |
| WS1 | **Kames** | 9.20 | 10.15 | 4.62 | 7.44 |
| WS2 | **A70 crossing** | 9.45 | 11.00 | 8.23 | 13.25 |
| WS3 | **Sorn Old Bridge** | 10.40 | 13.10 | 17.09 | 27.50 |
| WS4 | **Catrine Square** | 11.05 | 14.00 | 18.95 | 30.50 |
| WS5 | **Barskimming** | 11.30 | 15.00 | 24.39 | 39.23 |
| WS6 | **Failford** | 11.50 | 15.30 | 25.03 | 40.28 |
| WS7 | **Stair (layby)** | 12.20 | 16.00 | 28.86 | 46.44 |
| WS8 | **Gadgirth Bridge** | 12.30 | 16.30 | 30.67 | 49.36 |
| WS9 | **Annbank 2** | 12.30 | 17.00 | 31.82 | 51.21 |
| WS10 | **Tarholm Bridge** | 13.00 | 17.30 | 33.33 | 53.64 |

**Rules & Important Info**

The rules which we expect all competitors and support crew to abide by are as follows:

* As with any ultra-marathon, the distance you record on your GPS device will differ slightly due to the exact route you take.
* Please try and remember what your race number is as well as having it pinned to the front of your vest.
* Look out for your fellow runners and give them all the help & support
* Runners can use iPods if they wish, but please be aware of fellow runners, marshals issuing instructions and also members of the public who may be on the route
* The decision of either Race Director regarding the race, results or the safety of any runner is final.
* Rules may be added if and when circumstances arise. These rules are for the safety of everyone involved. Any runners or support people found to be littering will be fed to the wolves.
* Any emergencies please contact 07780 493280

If you require any other information please contact the park on 01563 554734 and you will be directed to one of our team.

See you at next week!



**Medical Form**

Every runner must complete this form & submit at race registration. The form will be held by our first aid coordinators for the duration of the race before being destroyed by the Race Directors.

All runners should remove rings from fingers before the start of the race in case of swelling during the event.

Personal Details

Race Number:

Forename

Surname

Date of Birth

Emergency Contact Details

Name

Phone Number

Relationship to runner

Medical Details

Do you take any medication? If YES, please list drugs and dosage

Do you have any drug allergies or allergic reactions? if YES, please provide details

Medical History

Do you have any previous history of the following conditions?

Heart Problems

YES / NO

Irregular Heart Beat

YES / NO

Asthma

YES / NO

Diabetes

YES / NO

Epilepsy

YES / NO

Collapse during exercise

YES / NO

Low sodium levels

YES / NO

High blood pressure

YES / NO

Susceptible to heat-stroke

YES / NO

Kidney Problems

YES / NO

THE CONTENTS OF THIS FORM WILL NOT BE SHARED WITH ANYONE OTHER THAN MEDICAL STAFF IN THE EVENT OF AN EMERGENCY.

IF YOU HAVE ANY CONCERNS ABOUT YOUR HEALTH AND ABILITY TO COMPLETE THE RACE, PLEASE TALK WITH YOUR GP AHEAD OF THE RACE, OR WITH OUR MEDICAL TEAM AT RACE REGISTRATION.