



## PROUDLY SUPPORTED BY





























#### **EVENT VILLAGE – BLAIR CASTLE**

- ♦ Race Sign-On
- Catering
- Camping
- Bar Area
- ♦ Toilet Facilities
- Water Access
- ♦ Parking
- ♦ Medical HQ
- Event Partners Showcase
- ♦ Start/Finish





### **Event Village**

Please respect the land, the wildlife and residents within the estate. Show respect and take into account our key event village rules and important information. These are our keys rules and notes for the Event Village.

- Absolutely no littering use the bins & recycling points or take your rubbish home.
- Keep noise to a minimum, both for the residents and other event attendees particularly after hours.
- Please do not bring alcohol, we have a bar provided serving various alcoholic and soft drinks.
- You are responsible for your own items and possessions. Please ensure they are secure and locked.
- No fires and disposable BBQ's allowed.
- No use of petrol or diesel generators.
- ♦ Please arrive after 17:00 on Friday 31<sup>st</sup> for camping and note camping closes on Sunday afternoon following the event. If you've not booked camping already, you can do so on the day at £5 per head for both days. There is basic camping pitch, running water and toilet access.
- You can purchase a shower pass, in addition to your camping for £15 at the event village.



#### Full Tilt Ultra – 58km

**Date** - 01/06/2024

**Start Time** – 09:00

**Sign on + Kit Check times –** 07:30 – 08:30

Distance - 58km

Elevation - 2026m

Feed Station Locations – 10.4km Station 1, 20km Station 2, 28.6km Station 3 (light feed water refill), 36km Station 4, 48.6km Station 5

Bag Drop Pick up Points – 20km & 36km

Cut Off Times – 28.6km check point 4.hr 30mins, 36km check point 5hr 15min, Full Route 10hrs

Compulsory Kit List – Trail shoes, water bottle/hydration pack, race food appropriate for distance, foil blanket, charged mobile phone, extra base layer, whistle, hat & gloves, waterproofs\*

**Recommended Kit List** – OS Map/print out of route, compass

\*Kit Check - Please bring your race kit to sign-on in the morning to be checked before signing on.





#### Dearg Up n' Doon - 31km

**Date** – 01/06/2024

**Start Time** – 10:30

**Sign on + Kit Check times** – 08:45 – 10:00

Distance – 30.5km

Elevation - 910m

**Feed Station Locations – 10.4km** Station 1, **20km** Station 2

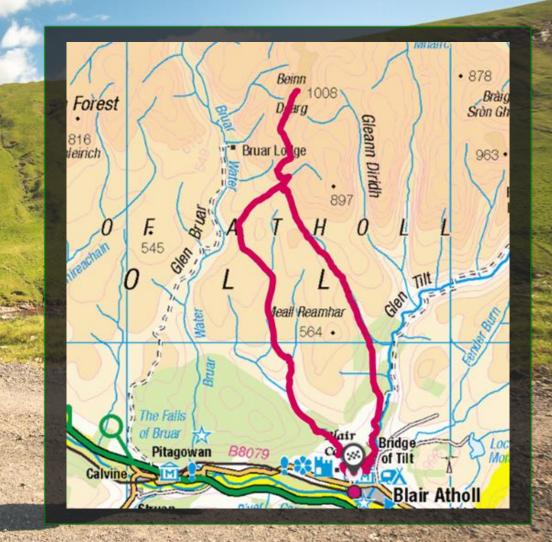
**Cut Off Times – 6hr Full Route** 

Compulsory Kit List – Trail shoes, water bottle/hydration pack, race food appropriate for distance, foil blanket, charged mobile phone, extra base layer, whistle, hat & gloves, waterproofs\*

**Recommended Kit List** – OS Map/print out of route, compass

\*Kit Check - Please bring your race kit to sign-on in the morning to be checked before signing on.





#### Banvie Burn – 13km

**Date** – 02/06/2024

**Start Time** – 10:30

**Sign on –** 09:00 **–** 10:00

**Distance** – 13km

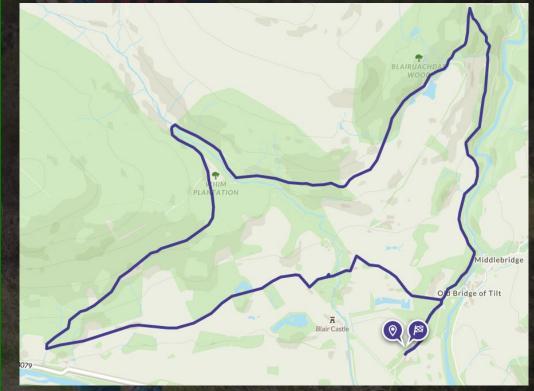
Elevation – 190m

Feed Station Locations – 9km Station 1

Compulsory Kit List – Trail shoes, water bottle/hydration pack, race food appropriate for distance, charged mobile phone

Recommended Kit List – spare waterproof layer, base layer







#### Diana's Grove – 7km

**Date** - 02/06/2024

**Start Time – 12:30** 

**Sign on –** 11:00 – 12:00

Distance – 7km

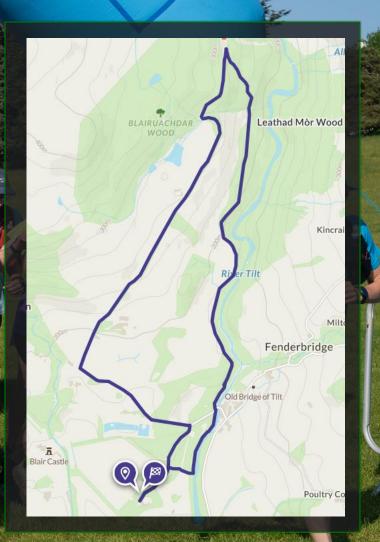
Elevation – 130m

Feed Station Locations - 3.6km Station 1

Compulsory kit List – Trail shoes, water bottle/hydration pack, race food appropriate for distance, charged mobile phone

Recommended Kit List – spare waterproof layer, base layer









#### **Runner Safety + Race Info**

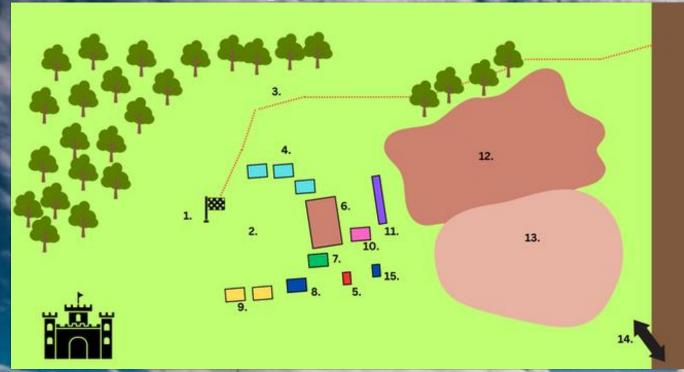
- ♦ It goes without saying, please bring appropriate equipment as per the above kit list.
- Runners are responsible for their safety throughout the race. Please act safely and responsibly.
- Run within your comfort zone. There are some technical sections in the route which may be challenging – particularly with fatigue.
- Be aware of other trail users walkers, cyclists, horses. Remember we are running on fully open trails.
- Runners must obey all course marshals
- If you abandon the race, please notify nearest marshal.
- Race Number must be attached to vest or leg and clearly visible for easy identification.
- If you come across an injured runner, please notify event HQ on 07376492950 and report location, runner number and injury.
- Please bring with you enough food for the distance of your respective race, do not rely on the feed stations provided. These will be stocked with bananas, cake's, salty snacks, bars, sweets, water, isotonic powder. Please note, no gels or energy bars as these are a personal choice, and not to be experimented with on race-day.
- Please do not diverge from the course. We have a course sweeper signifying the last runner.
- Please report to start area 10 minutes before race start for race briefing



## **EVENT SCHEDULE**

	Friday		Saturday		Sunday
		07:30-			
17:00	Campsite & Catering Opens	08:30	8	08:30	Morning Yoga
		08:45-		09:00 -	
	Outdoor Cinema Starts	10:00		10:00	Registration Opens Banvie Burn
22:00	Cinema Finishes	09:00	Race Start Full Tilt Ultra	10:30	Race Start Banivie Burn
				11:00 -	Race Registration Diana's Grove + Kids
		10:30	Race Start Dearg Up n' Doon	12:00	Trail
				12:00	Podium Banvie Burn (Approximate)
		11:00	Vivo Barefoot Session A	12:30	Race Start Diana's Grove
				13:15	Podium Diana's Grove (Approximate)
		11:00-			
		12:30	Trail Running Scotland DH Session A	13:30	Race Start - Kids Fun Run
		13:00-			
		14:30	Trail Running Scotland DH Session B	16:30	Campsite Closes
		14:30	Podium Dearg Up n' Doon (Approximate)		
		15:00	Yoga Session		
		15:30-	Post Run Cool-down Trail Running		
		15:50	Scotland Session A		
		16:00-	Post Run Cool-down Trail Running		
		16:20	Scotland Session B		
		16:30	Podium Full Tilt Ultra (Approximate)		
		16:45	Vivo Barefoot Session		
		17:00	First Live Music Set		
		22:00	Music Finishes		

# **Event Map**



#### Event Map Key

- 1. Start Finish 2. Event Village Area 3. Race route 4. Expo & makers market 5. Water Supply 6. Main Event Tents 7. Event HQ 8. Bar Area
  - Catering 10. Bouncy Castle 11. Portaloo's 12. Camping Area
    Event Parking (Target Park) W3W ///only.steam.title
    Event Village Entrance

