



Jedburgh Three Peaks 2023 Relay Race Handbook

Featuring starring performances from:



injinji[®]
Performance Toesocks

**TEMPEST
BREWING CO.**™





Race Information & FAQs

Race Date: Saturday 28th October 2023

Start Time: 8:00am

Race Registration: 6:30am - 7:45am at Jed Thistle Pavilion (Lothian car park, TD8 6JQ)

Post Race Party: 7:00pm till late in Belters Bar, 23 Castlegate (TD8 6AS)

TEAMS' RACE NUMBERS ARE AVAILABLE ON THE WEBSITE AND FACEBOOK GROUP NOW

This year we will be hosting a collection for a community foodbank and would like to ask **ALL RUNNERS** to bring some canned or packaged food items to registration. We are also collecting used running shoes in good condition to send to sports teams in Malawi. See p12 for further info.

Race Rules

- 1. TEAM FANCY DRESS IS STRONGLY ENCOURAGED - PLEASE RUN 'IN COSTUME'**
- 2. Do what the marshals tell you. Always. At all times. Absolutely no arguing with them!**
3. While running, each team member must carry the compulsory kit. Absolutely no exceptions.
4. Race numbers must be worn FRONT and BACK and must be visible at all times while running.
5. Earphones must be taken out of ears completely when approaching checkpoints, when approaching marshals, when crossing roads, and when running on public roads or pavements.
6. No dogs accompanying runners.
7. No littering anywhere along the route. Carry your rubbish with you till you reach a bin.
8. Teams must have a team car or van. (You need a vehicle to be able to take part in this event.)
9. Only one runner per leg of relay - team members cannot run together at any point.
10. Only one runner per team is permitted on the race route at any time, with or without race numbers on. This rule applies until the entire event is over and all runners are safely accounted for, i.e. 6pm.
11. If a team member withdraws from the race between relay handover locations, meaning that your team is withdrawing from the race, you must let us know about it

IF ANYTHING ABOUT THESE RULES IS NOT 100% OBVIOUS TO YOU, PLEASE CONTACT US BEFORE RACE DAY FOR FURTHER CLARIFICATION AS IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE RACE RULES WELL IN ADVANCE. MARSHALS ON THE DAY ARE VOLUNTEERS WHO MAY NOT BE AWARE OF EVERY SINGLE RULE AND IN ANY CASE ARE NOT THERE TO ANSWER QUESTIONS YOU SHOULD HAVE ASKED US AGES AGO.

Please note that either of the race directors' decisions on all matters regarding race rules or any aspects of runner safety are absolutely final.



The Team Captain's Responsibilities

Team captains are responsible for making sure each member of their team knows and obeys the rules. Team captains are expected to share this handbook with all team members. In the event of a team member breaking the race rules and facing disqualification, their lack of knowledge will NOT be accepted as an excuse. Team captains must have the mobile phone numbers of each of the other team members stored in their mobile phone, and each team member must have the mobile phone number of the team captain stored in theirs.

Covid-19 Precautions

On race day, if any team member is feeling unwell or has any of the recognised Covid symptoms, they should not attend the event. Please do not risk your own health by running while unwell, or other people's health by bringing an infection to the event with you. Please just stay at home.

If at any point during the event, a team member develops symptoms of Covid or starts to feel unwell, the entire team should report to a marshal as soon as possible. If a team member arrives at the finishline showing symptoms of Covid, we will most likely ask the entire team to isolate in a designated quarantine area until they can be assessed by our race medics. Face masks will be provided at race registration, at checkpoints, and at the race finish for any runners, marshals, or spectators who wish to use them.

Race Registration

6:30am - 7:45am: Registration is at the Jed Thistle Pavilion, TD8 6JQ, just off the A68 main road beside Lothian Car Park. Please allow plenty of time to arrive, get parked and register, as registration will close at 7:45am sharp. One team member can register for the whole team. We should already have information for all team members but if there are any minor changes, please bring along details, as we will be checking that our information is up to date. Please note that new runners cannot be substituted in on race day. If you want to replace a runner you must let us know in advance. A £2 cash refund will be given for each team member who provides a SA/EA number.

Your team's registration pack will contain one timing chip and velcro wristband, one GPS tracker, four t-shirts in the sizes you requested, eight identical race numbers, and lots of safety pins. **Race numbers must be worn on your front AND back. The timing chip should be worn on your WRIST or an external pack strap** for easy scanning on arrival at each checkpoint. **The GPS tracker should be put in a secure outer pocket.** Putting it inside a pack under other items or stashing it behind/under water bottles etc will not work. Timing chips and GPS trackers must be passed over to the next runner at each changeover point, and must be returned to us at the finish.

Female, male, and nonbinary changing facilities are available inside the Pavilion. You may leave your kitbags in the changing rooms for collection after the race. There are male and female toilets inside the Pavilion, a public toilet block in the car park, and there will also be gender neutral portaloos in the car park just outside the Pavilion.

Race Briefing

7:45am: Race Briefing for all runners, at the Pavilion. All team members must attend. Please make sure you don't miss it, just in case there are any last minute changes we really need to tell you about. We will then move everyone across the main road to the start area, which is the Grassy Knoll just opposite the car park.



Warm-Up

There will then be a mass participation cheesy disco line dance warm-up to the quality sounds of YMCA or similar, led by our very own Mr/Ms/Mx Motivator, accompanied by a wild posse of dancing unicorns. Team participation is expected. You can follow the official moves, or if you'd rather freestyle your own that's fine with us too.

Race Start

8:00am: Run 10+7+11+10 miles just to finish up back where you all started! 😊

Compulsory kit

While running, each team member must carry the following kit:

1. An emergency foil blanket (if you prefer to carry a bivvy bag that's fine with us too)
2. A fully charged and switched on mobile phone
3. A waterproof top layer with hood. (Jacket, smock, whatever. Your choice, just as long as it's waterproof!)

Also, Leg 4 runners setting off from Maxton after 3:00pm MUST have a headtorch. It's nearly winter, the nights are drawing in, the spooky woods get scary at dusk, this is for your own safety so don't take a chance on getting stuck out in the dark without one! Maxton marshals will be kit checking from 3:00pm onwards...

Route Markers and Navigation

No map reading or navigation skills are required. The route will be fully marked, mostly with bright pink A5 signs, also with little marker flags over the Eildon hills, and barrier tape in the Playpark of Doom. A GPX file of the route can be downloaded from the race website and stored in your GPS watch or mobile phone to aid with navigation.

Relay Legs, Changeover Points and Cut-offs

Relay legs, with distances, vague descriptions, and cut-off times are as follows:

Leg 1	Jedburgh - Maxton	10 miles	16 km	reasonably flat-ish	No cut-off
Leg 2	Maxton - Rhymer's Stone	7 miles	11 km	short and flat-ish	12:30pm
Leg 3	Rhymer's Stone - Maxton	11 miles	18 km	three bloody great hills!	3:30pm
Leg 4	Maxton - Jedburgh	10 miles	16 km	reasonably flat-ish	No cut-off

The cut-offs are in place for runners' safety and will be strictly enforced. (We don't expect any relay teams to be timed out but you never know.) In addition, if at any point between checkpoints our marshals or race medics think you are unwell or unfit to continue, they may withdraw you from the race. In reality this very rarely happens, so don't worry about it. However, if it does happen to you, please comply gracefully.



Changeover Point Instructions

Runner: There will be a single file funnel system just before checkpoints/changeover points to assist with accurate time recording. As you approach the checkpoint, please ensure that your race number is visible to marshals and scan your chip at the timing point. Once you pass through the timing point you will move on to the signposted relay changeover area and pass your timing chip and GPS tracker on to the next runner.

Team: When you're waiting for your runner to come in, please pay attention to checkpoint signage - there will be a designated relay team changeover point/area and marshals might ask you all to stay within it to keep the rest of the checkpoint area clear for the ultrarunners and other spectators. If our marshals are trying to herd you all over to a particular area around the checkpoint, please follow their instructions, be helpful and stand in the right spot.

Changeover Point Locations

The relay changeover points are in the exact same locations as the ultramarathon checkpoints. Please drive extra carefully as you get close to them, and watch out for stray runners popping up in front of your car!

CP1 & CP4, Maxton: The changeover point at Maxton is in the church car park. Postcode is TD6 0RN. If using Google maps to navigate, search for 'Maxton Church'. Head north out of Jedburgh on the A68. After approx 8-9 miles turn right along the A699. On reaching Maxton, please follow traffic marshals' instructions, park in the designated race car park, and walk to the checkpoint in the church car park. This will be approx a 10 minute walk.

Please note that there will be **NO VEHICLE ACCESS to Maxton checkpoint** for relay teams or for any other race traffic. Pedestrian access only. All relay teams **MUST** use the designated race car park in Maxton, which is just a short distance along the main road, and access the checkpoint on foot. Traffic marshals will be in place to point you in the right direction so please do not attempt to drive down the road to the church car park, and absolutely **do not** just ditch your team car on the main road in Maxton. Offending vehicles will be photographed, owners tracked down, and team members barred from future events. Sorry, but Maxton's residents quite rightly get rather annoyed if we allow folk to clog up the main road and we have to do our best to keep everyone happy.

CP2, Rhymer's Stone: The changeover point is located right beside Rhymer's Stone itself (the gravestone of Thomas the Rhymer). Approximate postcode is TD6 9HA, then drive along the road a wee bit further. If using Google maps to navigate, search for 'Wairds Cemetary'. From Maxton, head back along the A699 then turn right up the A68. At the roundabout a couple of miles along turn left along the A6091 towards Melrose. After approximately 1.5 miles you'll see a big brown tourist sign for Rhymer's Stone. Turn very sharp left here and half a mile along you'll come to a gate across the full width of the road. The checkpoint is 100m or so beyond this gate. Relay teams are permitted to park on either side of the road before the gate. However, all teams please be aware that this is a residential road and in the past residents have complained about race traffic, so drive slowly, park sensibly, keep your car off the grass verges, and be prepared to move if anyone asks you to. Basically just be sensible, obey instructions from marshals, and don't park like a fanny.

CP3, Bowden: This is not a relay changeover point however if you would like to go there to spectate you are most welcome. It's about halfway through the third relay leg so your runner might appreciate a wee cheer at this point. Approximate postcode for Bowden checkpoint is TD6 0SR. Previous instructions apply here also. Be sensible, obey instructions from marshals, and don't park like a fanny.



Earphones

The rule: **Earphones must be taken out of ears completely when approaching checkpoints, when approaching marshals, when crossing roads, and when running on public roads or pavements.** We think this is pretty clear. Hopefully you do too. We don't mind you listening to music, but you must follow our earphone rule. If you are running on tarmac, or if you see a marshal in hi-viz anywhere along the race route, take your earphones out. If you forget, and a marshal signals you to remove them, you **MUST** do so immediately. Do **NOT** argue about it.

Any runner causing hassle in this regard will be removed from the race for their own safety, i.e. disqualified.

N.B. Deaf/hard-of-hearing runners: If you use in-ear hearing aids, obviously you do not have to remove them at any point in the race. You may want to wear a sign of some sort to let marshals know, but we leave that up to you.

Road Crossings

The race route crosses busy main roads in several places. At each main A-road crossing, marshals will be present and assisting runners to safely cross the road. **You must remove earphones at these points** and obey marshals' instructions. Marshals **DO NOT** have the power to stop traffic so when the road is busy they will stop runners. Please note that if you disobey marshals' instructions or if you in any way endanger yourself, other runners, our marshals, or any other road users, you will be removed from the race for your own safety, i.e. disqualified.

Just turning your music off at road crossings is not enough. Your earphones MUST be completely removed from your ears. This is so that our marshals and other road users can clearly see that you will be able to hear them.

Medical Cover

Borders Search & Rescue and our own Jedburgh Three Peaks medical team are providing safety cover for the event and will be in attendance throughout the day. Outdoor First Aiders will be present at all checkpoints and A-road crossings to deal with the usual minor cuts and scrapes, and there will be a medical station in the Pavilion at the race finish. However in the event of a life-threatening emergency out on the route, **please call 999 first (on roads, ask for AMBULANCE, on hills/trails/anywhere else off-road ask for POLICE then MOUNTAIN RESCUE)**, then Race Control (this phone number will be printed on your race number).

The Race Finish

If any of you need some extra motivation while you are out there roaming the hills, just think of the various Nice Things that await your team back at the finish. As well as wee goody bags of the usual race nick nacks, the following will be provided inside the rugby club for all relay teams completely **FREE** of charge, up until 7:00pm:

Hot showers. It's a rugby club, so they're communal, but there **ARE** separate male and female showers. The nonbinary changing room has one individual shower cubicle.

Hot homemade soup and bread. Two choices: lentil or Thai sweet potato (GF). Everything is vegan.

Tea and coffee. Unlimited tea and freshly brewed coffee for all runners.

Nice warm clubhouse to relax in. If it's a miserable cold day, we'll get the heating on full blast.

We may even provide music and beers too! :-)

Please bring your own mug for tea/coffee/soup. The hot drinks are free but we will be charging 50p if you want a disposable cup - to strongly encourage you to use fewer of them. Saving the planet an' aw that, you know...



Trophies and Prizes

The prizegiving will take place at approximately 3:30pm outside at the race finish, unless the weather is utter shittypants. Prizegiving might be delayed slightly depending on the finishing times of our prizewinning teams and individual ultrarunners. If you know your team has some bling to collect but you can't stay until prizegiving, please let us know and we will give you your trophy to take away with you.

The Caster Semenya Cup will be awarded to the first relay team over the finishing line. Trophies will be awarded to the first mixed team, first nonbinary team, first female team, first male team, and first Vet60 team. We also have a large pile of goodies to give out, thanks to our lovely race sponsors. You could win a spot prize for helping out another runner, for wearing a bad taste t-shirt, for the best comedy sprint finish effort, for being extra nice to our marshals, for dressing as a unicorn, basically for anything that DOESN'T involve being a brilliant runner.

Withdrawal from the Race

If any team member decides to withdraw from the race between changeover points, the team captain must either inform one of the checkpoint marshals or call the phone number for DNF runners. (This will be printed on your race numbers). We will probably let you change over runners before the next official checkpoint so that your team can stay in the race, however in this circumstance your team would not be eligible for any category prizes. If you decide to withdraw the entire team from the race, please tell a marshal or call the phone number for DNF runners and let us know. **DO NOT exit the race and leave without informing a checkpoint marshal or other race official.**

Live updates

Live updates will be available here: www.kitst.co.uk (page will not be active until race day.) This link will be on the front page of the race website and will also be posted up in the Jedburgh Three Peaks Facebook group. Additionally, updates from checkpoints, action photos, gossip, scandal, and other bits of nonsense will be posted up in the Facebook group as and when we have the time.

Saturday Evening Celebrations

Same as previous years, we are having a wee get-together in Belters Bar. Food can be ordered up until 8:30pm and the bar will be open until midnight. Belters specialises in proper big homemade burgers, and they have a fab selection, including several vegetarian options. Vegans/coeliacs/anyone else with dietary restrictions, we would advise you to phone in advance to find out what they can do for you. We are aiming to arrive for about 7:30pm but all you runners can turn up as early or as late as you want. We are hoping to see as many of you there as possible! Friends, family, and other hangers-on are more than welcome too.

Results

Full team results including split times and team categories will be published on the race website and also in the Jedburgh Three Peaks Ultra Facebook group as soon as possible after the race. Chip timing means results should be available pretty quickly, however we can't guarantee that and it may end up taking a day or so to get everything up on the website so please be patient and try to leave us in peace to get on with it. Thanks!



Last Minute Information

Team captains: please ensure that the email address you provided can be accessed right up until the night before the race. Please also join the Jedburgh Three Peaks Ultra Facebook group and encourage all team members to join it too. Details of any unforeseen last minute changes we need to make will be posted here as well as emailed out to all team captains.

Lost Property

Any items of lost property will be returned to the Pavilion at the race finish, so if you've lost something, ask one of the marshals on duty in there. For items left behind at CP4 Maxton, this could be after 7:00pm, so if you can't wait until then to get it back, please don't leave it behind in the first place! Anything not claimed by the end of race day will be taken away with us, so please get in touch if you realise later that you lost something important at the race. Please note that we do not class pants and socks as 'something important', especially not grubby ones left behind on the changing room floor.

Frequently Asked Questions

Qs about General Stuff

How long has the race been going?

This is the seventh year of the relay race. The ultramarathon first took place in 2012, when fewer than 80 hardy athletes dared to brave the treacherous route. Does anyone actually read this bit? We could say pretty much anything here. Let's test that theory: Tony Blair is a see you next Tuesday. Anyway, that first year the weather was biblical, the mud was thigh deep, most runners got lost, one was eaten by bears, many poor souls were still wandering the spooky woods long after darkness fell. Despite all that, apparently the race has never been quite as good since, because the last six years we've fielded loads of 'complaints' about the lack of mud and the ease of following our route markers. Anyway, the race has grown quite a bit since then, and this year there will be about 180 ultra runners, 100+ relay runners, and a race team of about 60 lovely volunteers looking after everybody.

All the marshals are volunteers?

Yup, all of them. No one is being paid for their involvement - neither of us race directors, none of the marshals, nobody. So please remember to thank each marshal as you run past, and be very nice to them at all times.

What is the route like?

The route is 80-85% off-road with a few sections on tarmac at the start/finish and where you pass through villages. The off-road sections are proper trails rather than paths or farm tracks, and the scenery is lovely. You'll run through fields and woods, along old Roman roads, up and down wooden staircases, over a wobbly swing bridge, along the banks of the Tweed, and of course over the Eildon hills. The terrain is challenging but not too technical, and the views from the hills are fab. That is if it's not pishing down. The route includes approximately 1000 metres of ascent, and most of that is over the Eildons. The rest of it is reasonably flat-ish.



Qs about Pre Race Stuff

Should we be planning to wear road shoes or trail shoes?

We'd recommend trail shoes, but whatever your feet are most comfy in will be fine. Several sections of the route have somewhat mucky tendencies so if it's very wet beforehand, no matter what you've opted for you'll likely find yourself floundering around knee deep in mud, swearing loudly and wishing you'd worn rubber boots. Or waders.

How do we decide who runs what section?

It's entirely up to all of you how to choose who runs what, however teams should be aware that Leg 3 is the most challenging of the four sections. The person running Leg 3 should take extra care to dress for the prevailing weather conditions and should also consider carrying extra clothing, i.e. hat, gloves, waterproof trousers.

If one of our runners can't take part, can we replace them with someone else?

You can replace a runner if you email us before midnight on Thursday 26th October with full details (inc. any medical info) of the new runner. If you just turn up on race day with a new runner, they will not be allowed to run.

Qs about Safety Stuff

Do we really have to carry the stuff on the compulsory kit list?

Yes, you really do. Runners may be kit checked at any point during the race, including the finish line. **If any team member fails a kit check, the entire team will be disqualified.** And yes, we do mean this.

Why is the Race Control phone number printed on our race numbers?

This is so you can contact us in the event of a serious accident or an emergency that requires our urgent attention, or to inform us that your team is withdrawing from the race. Please think of it as the equivalent of 999, and use it only in an emergency. Not because you've run out of jelly babies and have wet socks.

Which OS maps cover the race route?

Good Lord, runners that can actually use a map and compass? Shut the front door! Umm... Sorry...

There isn't one single OS map that covers the entire route. For the section over the Eildon Hills, which is probably where it's easiest to go wrong, you'll need OS Landranger 73 or OS Explorer 338.

What should we do if one of us gets lost while running?

You should turn round and retrace your steps until you get back onto the race route. Once you're back at the point where you went wrong, you'll probably be able to see what the correct way actually is. If you become seriously lost and are worried about your safety, please phone Race Control and we will do our best to get you back on track.

What should we do if any of us comes across an injured runner?

You absolutely **MUST** stop and try to help. It's very important that you all do your best to look after each other. If a runner is seriously injured then **please call 999 first (on roads ask for AMBULANCE, on hills/trails/anywhere else off-road ask for POLICE then MOUNTAIN RESCUE)**, then call Race Control (this phone number will be printed on your race numbers). If you have no mobile phone signal please wait till another runner arrives to assist then run on until you get a signal. If the runner can't move and is getting cold please use your and other runners' emergency foil blankets to keep the injured runner warm until help arrives.



Qs about Race Stuff

So what happens at the start of the race?

It's simple really. After the race briefing inside the Pavilion, runners will be walked over to the race start which is on the grassy area just across the main road. At 7:55am we will strongly encourage you all to join in our cheesy dance warmup. Then at 8:00am we will blow a rather loud hooter and the race starts. That's it!

Are there toilets along the route?

Yes. There will be portaloos (inc accessible units) at Maxton and Rhymer's Stone checkpoints, and we have access to the village hall toilets at Bowden checkpoint (ask a marshal there to point you in the right direction). Relay runners are welcome to use the toilets however if you have just finished running and aren't in a hurry any more, please try to give priority to ultrarunners who are still racing the clock. If you really need to go to the toilet elsewhere during the race, please move off the trail and try to make sure no one can see you.

What are the rules about gates?

If you pass through an open gate, leave it open. If the gate is closed, please close it behind you. And if another runner is coming up behind you, it's polite to wait a second and hold the gate open for them too. And if an open gate looks like it really isn't supposed to be left open, please close it behind you.

Is any food or drinks provided for us at checkpoints?

Apart from vegan jelly sweeties at Bowden and at the final road crossing, no. We don't feed you during the race. Any food lying out on tables belongs to ultrarunners, so please don't help yourself to it. We provide water and Coke at each checkpoint, but we don't provide cups, so please bring your own water bottles/squishy cups.

Leg 3 runners take note: If you choose not to carry a squishy cup/refillable bottle, you won't be able to get a drink at Bowden checkpoint after you come down off the hills.

Is there anywhere other than the official race checkpoints/changeover points where we can spectate?

We'd really prefer if you didn't drive about all over the race route trying to watch the race. In particular we'd like to insist that none of you try to park at or near the laybys/road crossings where the race route crosses busy roads.

If you attempt to park or stop near A-road crossings of the route, our marshals will move you on. Very firmly!

How long will it take us to drive between changeover points?

Aha! This is one of the really cool things about this race for relay teams - the changeover points are all easy to get to and quick to drive between. From Jedburgh to Maxton is about a 20 minute drive. From Maxton to Rhymer's Stone is less than 15 minutes. **You will have loads of time to get to all the changeover points well ahead of your runner, so PLEASE DRIVE SAFELY** - no wheelspinning out of the Pavilion carpark at 8:01am! Okay?

Qs about the Race Rules

Why do we have to wear race numbers on our fronts AND our backs?

The front numbers are for our marshals. They have to be able to see who you are as you're running towards them. The rear numbers are for our ultrarunners, who find it less depressing being overtaken if they can see you're a relay runner rather than one of their direct competitors. Plus it's one of the race rules. So just do it. Thanks! :-)



Are team members allowed to run together?

No, not at all. Only one team member can run each leg of the relay. In addition to this, only one runner per team is permitted to run anywhere on the race route at any one time.

Are team members allowed to go for a 'fun run' on other sections of the route during the race?

No, not at all. **To repeat what we just said, only one runner per team is permitted to run anywhere on the race route at any one time. THIS IS ABSOLUTELY VITAL FOR RUNNER SAFETY!** As long as the race is still in progress, we do not want any of you roaming around on other sections of the route. To this end, all relay team members will be considered to still be 'in the race' even after they have run their assigned relay leg, even if they remove their race numbers, and as such will remain subject to the race rules until the entire event is completely over and every single participant has been safely accounted for.

What should we do with our litter?

You absolutely **MUST NOT** drop any litter on the trail. There will be rubbish bins at each checkpoint, so please keep hold of your litter and dispose of it at the checkpoints. If you see another runner dropping litter, please ask them to pick it up. If you see any race litter on the trail, please pick it up and take it to the next checkpoint.

Qs about Things We're Worrying About

What does 'fully route marked' actually mean?

Okay... Well... If you're used to big city marathons, you might be expecting barriers all over the place and a marshal at every corner. For ultras, it's a bit different and we expect you to use some common sense. We put a sign up anywhere on the route where you will have to change direction or turn a corner, and anywhere we think you might get confused. But if you're running along a nice straight path and you don't see a sign for a couple of miles, don't panic. This doesn't mean you've gone wrong. It just means the route is obvious, and doesn't need loads of markers. **The basic rule of following our route is to stick to the path you're on until told otherwise.**

Is there an overall time limit?

The race has a nominal 10 hour time limit, but that's just a rough guideline as to how long the slower teams might expect to be out for. We promise to keep the finish line open, the music going, and to wait there to cheer in every last team over the finishing line. All finishing teams will receive medals and goody bags, and will have their finish time recorded in the official race results.

If any of us is really slow, will we just be left behind?

Absolutely not! There will be several 'sweepers' and their job is to look after runners near the rear of the field. In addition to that, all of our checkpoints will stay open and marshals will remain in place at all of our A-road crossings until all runners have safely passed through. We promise to look out for every last one of you.

What are we supposed to do if one of us gets timed out?

If one of your runners arrives at a checkpoint after the cut-off time, your whole team is out of the race. If that happens, checkpoint marshals will inform Race Control, and no-one in your team can run any further on the race route. We seriously doubt that this will happen to anybody, as our cut-offs are generous even for runners doing the full 38 miles, but if it does happen to you, please withdraw gracefully. No temper tantrums or arguing about it.



Finally, some info about our foodbank collection...

At race registration we will be collecting for a local community foodbank and we would be very grateful if all team members could bring a couple of items to donate. If you're not sure what to bring, have a look at the Trussell Trust website www.trusselltrust.org to find out what's in a food parcel. As well as longlife foodstuffs, you can also donate toiletries, toilet paper, tampons/sanitary towels, washing up/laundry liquid, baby wipes, and nappies.

And our trainer collection...

At race registration we will also be collecting unwanted trainers - road, trail or fell shoes - size 4 and upwards - to send to Tafika Sports Academy in Malawi. If you have any unused trainers in reasonably good condition (clean-ish and not full of holes) that you'd like to donate, please bring them along. Give your old shoes a new lease of life and help young people in Malawi fulfil their sporting potential.

Right, that's all, folks!

Thank you for taking the time to read carefully through all of this handbook. Hopefully we have managed to cover everything you might want to know, but if not, just send an email to either of us. We mostly don't bite.

Noanie: noanienoanie@hotmail.com

Angela: angelagbarron@gmail.com

You can also look for information on the race website: www.jedburghthreepeaksultra.org.uk

...or ask in the [Jedburgh Three Peaks Ultra Facebook group](#)

Happy tapering, and we look forward to seeing all your smiley wee faces on race day

