



# Jedburgh Three Peaks ultramarathon 2023 Race Handbook

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# Race Information and FAQs

**Race Date: Saturday 28th October 2023**

**Start Time: 8:00am**

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

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

**RACE NUMBERS ARE AVAILABLE ON THE RACE WEBSITE AND FACEBOOK GROUP NOW**

This year we are hosting a collection for a community foodbank and would like to ask **ALL RUNNERS** to please 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 p13 for further info.

## Race Rules

- 1. Do what the marshals tell you. Always. At all times. Absolutely no arguing with them!**
- Race numbers must be worn on your **FRONT** and must be visible at all times.
- All runners must carry the compulsory kit at all times. Absolutely no exceptions.
- 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.
- No support crews and no support runners.
- No dogs accompanying runners.
- No littering anywhere along the route. Carry your rubbish with you till you reach a bin.
- If you decide to withdraw from the race, you absolutely must let us know about it.

**10. A very important rule from the Jedburgh Three Peaks Medical Team:**

The casual race-day use of ibuprofen, diclofenac, naproxen, or any other non-steroidal anti-inflammatory drug (NSAID) is forbidden. You must not use any of these drugs as a race-day painkiller. If we become aware that you are doing so, you will be disqualified. Please note that if you have an ongoing prescription for any of these medications, you should continue to take your usual dose but you must inform us about it in advance via email and you must be able to show us an in-date prescription packet if requested. Thank you.

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.**



## Your Responsibilities as a Participant

We expect you to read the race information, obey the race rules, listen to instructions and follow them, be nice to our marshals, treat everyone around you with respect at all times, and tidy up after yourself at checkpoints and inside the Pavilion. In short, we expect you to not be a dick. Pretty simple, eh? Thank you for your co-operation.

## Covid-19 Precautions

On race day, if you are feeling generally unwell or have any of the recognised Covid symptoms, **do not attend the event**. Please just stay at home.

If at any point during the race you develop symptoms of Covid or start to feel unwell, you must report to a marshal as soon as possible. If you arrive at the finishline showing symptoms of Covid, we will ask you to isolate in a designated quarantine area until you can be assessed by our medical team. 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:** Race Registration is in the Jed Thistle Pavilion, which is just off the A68 main road right beside Lothian Car Park. Postcode is TD8 6JQ. The car park will be signposted and traffic marshals will be in attendance. Please allow plenty of time to arrive, get parked and register, as race registration will close at 7:45am sharp.

**Please note: All runners will be required to show photographic ID to collect their race number.**

Passports or driving licences preferred. Colour photocopies of both are fine. NHS/council/other employer IDs are fine too. Tufty Club membership cards and Blue Peter badges accepted at marshals' discretion.

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

## Race Numbers, Timing Chips and GPS units

**Your race number must be worn on your FRONT.** Please note that this means the front of your torso or leg, not the 'front' of your race pack that you're obviously just going to wear on your back... \*eye roll\*...

**Your timing chip should ideally be worn on your WRIST,** for easy scanning at each timing point. Putting it on an external pack strap should work fine too. Putting it inside your pack will not work and will cause us hassle.

**Your GPS tracker should be put in a secure outer pocket** - the front shoulder pocket of a pack is ideal. Putting it inside your pack under other items will not work. Stashing it behind/under water bottles etc will not work either.

Your timing chip and GPS unit must be returned to us at the finish. If you forget, we'll ask you to post them back.

## Race Briefing

**7:45am:** Race briefing for all runners, at the Pavilion. Please make sure you don't miss it, just in case there are any last minute changes we really need to tell you about. After the briefing we will move everyone outside and 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. 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 38 miles just to finish up right back where you started! 😊

## Compulsory kit

**The following items must be carried by all runners at all times:**

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, all runners leaving CP4 Maxton after 3:00pm MUST have a headtorch, so if you suspect you are likely to take over 9 hours to complete the race, either carry one with you from the start or put one in your CP4 drop bag. It's nearly winter, the nights are drawing in, the spooky woods get scary at dusk, this is for your own safety so please don't take the chance on getting stuck 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.

## Checkpoints, distances, and cut-offs

CP1	Maxton	10 miles	16 km	No cut-off	-
CP2	Rhymer's Stone	17 miles	27 km	4 hrs 30 mins	12:30pm
CP3	Bowden	22 miles	35 km	No cut-off	-
CP4	Maxton	28 miles	45 km	7 hrs 30 mins	3:30pm

Cut-offs are in place for runners' safety and will be strictly enforced. In addition, if at any point during the race 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.

There will be a single file funnel system on the approach to checkpoints to assist with accurate time recording. As you approach each checkpoint, please ensure that your race number is visible to marshals and scan your chip at the timing point. Once you pass the timing point you will then move on to the tables where Coke/water and dropbags are available. We do not provide cups for drinks, so please carry your own water bottle/squishy cup.

Note: There will be litter bins at all checkpoints. Use them! If you see any race litter on the trail, e.g. gel wrappers, pick it up and bin it properly. If you see another runner dropping litter, ask them to pick it up themselves.



## Drop bags

The checkpoints where you can have drop bags are CP1 Maxton, CP2 Rhymer's Stone, and CP4 Maxton (again). Designated cars for taking your drop bags to each of these three checkpoints will be parked in Lothian Car Park directly outside the Pavilion, and will be easily identifiable with big laminated signs in the windows. Please label your drop bags clearly with your name, race number, and checkpoint number. Although CP1 and CP4 are in the same location, please make up two separate drop bags if required, as all opened drop bags, food leftovers and rubbish will be cleared away when CP1 'closes' at 10:30am. Drop bags are NOT available at CP3 Bowden, but we will have water, Coke and vegan jelly sweeties for you there.

## 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, **please call 999 first (on trails and hills ask for POLICE then MOUNTAIN RESCUE)**, then Race Control (this phone number will be printed on your race number).

## Withdrawal from the Race

If you decide to withdraw from the race you must either inform one of the checkpoint marshals or call the Race Control number for DNF runners. (This phone number will be printed on your race number). We really don't want to be sending out Mountain Rescue to go hunting for you, especially if you're already back at home with your feet up, so please **do not exit the race and go home without informing a checkpoint marshal or other race official.**



## The Race Finish

If you need any motivation while you are out there roaming the hills, just think of the various Nice Things that await you back at the finish. As well as a wee goody bag of the usual race nicknacks, the following will be provided inside the Pavilion for all runners 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 area, unless the weather is utter shittypants. Also, prizegiving might be delayed slightly depending on the finish times of our various age category winners. If you know you have 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.

### **Trophies will be awarded as follows:**

- 1st, 2nd and 3rd overall female, male, and nonbinary
- 1st Vet50 runner in each gender category
- 1st Vet60 runner in each gender category
- 1st Vet70 runner in each gender category
- The runners in each gender category with the biggest PBs, compared against fastest previous finish times for anyone who has completed the race before. (These take a while to figure out; trophies will be posted.)
- The Maid Lilliard trophy will be awarded to a runner who we feel has shown a bit of 'death before DNF' attitude.

The first overall male, female and nonbinary runners will each receive free entry to the 2024 race. 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 having the neatest drop bag labels, for the best sprint finish effort, for being extra nice to our marshals, for wearing a bad taste t-shirt, for dressing as a unicorn, basically for anything that DOESN'T involve running fast. We have Injinji socks, UD backpacks and waist packs, 2024 race places, meal vouchers for Belters Bar, and (most coveted prize of all) group hugs to share out.

**Please note:** Our age categories are ten year bands: 50-59, 60-69 etc, rather than all 50+, all 60+, i.e. if the first 70 year old beats the first 60 year old they will be awarded the Vet70 trophy and a special mention for trouncing all the youngsters rather than getting the Vet60 trophy for being the first 60+. If any of our age group winners also make the overall podium (as often happens) they will be awarded both trophies. Hope that makes sense. If not, please read it again before you take to Facebook accusing us of talking pish. Cheers ;-)

We will not be awarding Vet40 trophies. At 40 you're not quite mature enough yet to count as a genuine old git!



## Live updates

Live updates will be available here: [www.kitst.co.uk](http://www.kitst.co.uk) (Specific event results page will not be active until raceday.) The 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 in previous years, we will be having a wee get-together in Belters Bar. Food can be ordered up until 8:30pm and the bar will be open till midnight. Belters specialise 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 results including split times and age 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 anything 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.

**Please note: The first runner to ask us about online results when we're in the pub on Saturday evening will be disqualified on the spot. Then frogmarched outside and stuffed upside-down into the nearest wheelie bin.**

## Last Minute Information

Please ensure that the email address you have provided can be accessed right up until the night before the race. Please also join the Jedburgh Three Peaks Ultra Facebook group. Details of any unforeseen last minute changes we need to make will be posted in this group as well as emailed out to all entrants.

## Lost Property

We will do our best to reunite lost property with its rightful owner, however we can't guarantee this. Items found at checkpoints will be taken back to the Pavilion after the checkpoints have closed, so please ask one of the marshals on duty inside. For items left behind at CP4 this could be after 7:00pm, so don't pester our marshals if your stuff hasn't been returned yet. If you can't wait a bit to get it back, don't leave it behind in the first place!

Low value clothing items such as t-shirts will be washed and taken to a charity shop, therefore please do not deliberately leave clothing at checkpoints as chances are you won't get it back. 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

## General Stuff

### **How long has the race been going?**

The Jedburgh Three Peaks 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: Douglas Ross is a wee fannybaws. 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, and every year we field loads of 'complaints' about the lack of mud and the ease of following our route markers. Anyway, this year there will be about 180 ultrarunners, 100+ relay runners, and 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.

### **Does the event have UTMB qualifying points? You mean stones. Stones? WTF?!?**

No. Our wee race is neither long nor hilly enough to qualify for even one measly point. Um, stone. Sorry. Not sorry.

## Pre Race Stuff

### **Will anything be sent out to me by post?**

No. You will collect everything - your race number, safety pins, timing chip, and t-shirt - at registration. (And if you don't manage to finish the race, you're still allowed to wear the t-shirt. We're not snooty that way.)

### **I asked a question on the Facebook group; why didn't I get an answer yet?**

The Facebook group is mostly intended for runners to have a natter amongst themselves. If you want to ask about anything 'official', please message the event Facebook page or [email](#) Noanie/Angela directly. Our email addresses are on the final page. Please don't send us personal Facebook messages.

### **Should I 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 rugby boots. Or waders.



### **I'm a newbie to ultras, can you explain the drop bags to me please?**

Drop bags allow runners to take part in long races without the need for support crews and without having to carry supplies the whole way. Drop bags are SMALL secure parcels of food/drink, labelled with your name, race number, and the checkpoint that you want them taken to. (Waterproof labels, please!) Put them in the designated cars at the race start, then collect them at the checkpoints as you run through. As well as food and drink, you might want blister plasters or a fresh pair of socks. In general, drop bags aren't for anything of value, as sometimes (rarely) they go missing. You also shouldn't expect to get back any drop bag contents you leave behind.

The one exception to this is headtorches at CP4 Maxton. If for any reason you don't make it as far as CP4 and your headtorch is in your CP4 drop bag, we'll make sure it's returned to you in due course.

### **How do I estimate my finishing time?**

Assuming that you've trained for both the distance and the terrain, we reckon that you might be looking at approximately two times your road marathon time. A lot depends on the weather of course. It might be very windy or misty going over the hills and/or very soggy underfoot in other places, all of which will affect how fast you go.

## **Raceday Stuff**

### **Whereabouts in Jedburgh should I park my car?**

There are several public car parks in Jedburgh. All are free to park in. Our Race HQ in Jed Thistle Pavilion is right beside Lothian car park (TD8 6JQ). Please follow our traffic marshals' instructions when parking here. The other car parks are just a five minute walk away and are signposted from the main road - look for the usual blue and white 'P' symbols. Please use the public car parks and do not just ditch your car in a side street nearby.

### **Can a friend register for me?**

No. Runners MUST pick up their own race numbers. No exceptions.

### **Can I pass on my race number to someone else if I'm not able to run any more?**

No. The swapping of race numbers is completely forbidden. Please don't even try it. You will almost certainly be rumbled (thanks to the intrusive power of social media) and you WILL be banned from all future events.

### **So what happens at the start of the race?**

It's simple really. After the race briefing at the rugby club, runners will be walked outside 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 you all start running. That's it!

### **Are there toilets along the route?**

Yes. There will be portaloos 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). If you 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.



### **Is any food provided at checkpoints?**

We do not provide food at checkpoints, but other runners' leftovers will provide a random pick 'n' mix. There will probably be a selection of sweet and savoury nibbles available, however this shouldn't be relied on. We do provide jelly sweeties at Bowden, and at the final road crossing. These will be vegan, so halal and kosher too.

### **Can I get back the leftovers from my drop bags?**

When you leave a checkpoint, unused food/drink items will be put out for later runners to help themselves to. If you want to put fresh socks into a drop bag that's fine, but if you leave your sweaty ones behind they'll be binned. If you want any of your drop bag contents to be returned, please plan ahead so you can put your stuff into a new bag with your name and number on it, make sure the bag is sealed, hand it directly to a marshal and ask VERY NICELY if it could please be taken back to the finish for you. If you chuck unbagged and unlabelled stuff towards a marshal and grunt something about getting it at the finish, we have told them to feel free to bin it. Please remember that our marshals transport your drop bags in their own vehicles, and they are under no obligation to transport anything that is muddy, sweaty, sticky, smelly, or anything that will make the inside of their car dirty.

## **Safety Stuff**

### **Do I really have to carry the stuff on the compulsory kit list?**

Yes, you really do. You may be kit checked by marshals at any point in the race, including the finish line. **If you are kit checked, and you are not carrying the compulsory kit, you will be disqualified.** Sorry about this, but we do mean it. Don't say we didn't warn you.

### **Why is the Race Control phone number printed on my race number?**

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 you are 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, a runner 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 where it's probably easiest to go wrong, you'll need OS Landranger 73 or OS Explorer 338.

### **What should I do if I get lost?**

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 are severely lost and worried about your safety, please phone Race Control and we'll do our best to get you back on track.

### **What should I do if I come 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 Race Control (this phone number will be printed on your race number). 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 own and other runners' emergency foil blankets to keep the injured runner warm.



## The Race Rules

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

Once again, yes, you really do. **If you don't, and we find out, you WILL be disqualified.**

### Why is there a ban on casual race-day use of ibuprofen and other NSAIDs?

This rule has been brought in at the insistence of our medical team. Ibuprofen and other NSAIDs are known to put stress on the kidneys and occasionally this can cause life-threatening problems for ultrarunners. Our medical team are highly experienced and highly competent ultra race medics with many years of experience, they know what they're talking about and we fully support them on this rule. Please do not plan to use ibuprofen or any other NSAIDs as a race day painkiller. If we become aware that you are doing so, you WILL be disqualified.

### Can I use walking/running poles?

Yes you can. Please try not to annoy/stab other runners by waving them around carelessly though.

### Why can't my dog run with me?

It's not up to us. It's a condition of our Scottish Athletics permit and our race insurance. Sorry, but we have to be strict on this. Anyone seen running with a dog will be stopped by marshals and withdrawn from the event.

### Why do I have to wear my number on my front?

So the marshals can see it easily. So they don't have to waste time asking you your number. So we can get your drop bag ready for you as you run into checkpoints. So we know you're actually taking part in the race, and not just some random runner out for a weekend bingle. Etc etc. Just wear it on your front like we ask, okay?

### Am I allowed to have a support crew or to receive external support?

No, not at all. The race must be run completely unsupported. That is the whole point of drop bags. Your friends or family are welcome to cheer you on, but they can't give you any assistance at all other than shouting at you to stop fannying about and get a move on. If you request or accept any external support, you are breaking the rules.

### Am I allowed to have a support runner?

No. You cannot have a support runner at any point in the race. If friends/family pop up along the route and try to run with you, even for a short distance, please tell them it's against the rules and don't let them accompany you.

### Can my kids run across the finishing line with me?

Yes of course. We're not dicks! That doesn't count as having a support runner. Your dogs can run in with you too.

## Things I'm 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 will 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 we think 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 final runners might expect to be out for. Don't worry about us packing up the finish line and going home if you're a wee bit slower than that. As long as you get through the checkpoint cut-offs and are still moving along quite happily, we promise to keep the finish line open, the music going and to wait there to cheer you in when you arrive. All finishers will receive a medal and goody bag, and will have their finish time recorded in the official race results.

### **If I'm really slow, will I 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. If you'd like some company, they'll happily buddy along with you. If you'd rather be left alone, they won't pester you. But they won't overtake you. All of our checkpoints will stay open and marshals will remain in place at all of our A-road crossings until every runner has passed through. We promise to look out for every last one of you.

### **What happens to me if I decide to withdraw from the race?**

If you withdraw from the race at a checkpoint, marshals will be able to drive you back to the finish. However this may be some time after the checkpoint closes, so you could have a long wait. Please remember that marshals are NOT taxi drivers, so don't pester them about this. Put on any extra clothing you're carrying, use your foil blanket if you have to, ask nicely if you can sit in a marshal's car, make sure you stay warm. There will be outdoor first aiders at every checkpoint, so make yourself known to them and they'll take care of you until the checkpoint closes.

If you decide to withdraw from the race in between checkpoints, you have several options. If you can still walk, try to get to the next checkpoint. (Think carefully before turning round and heading back the way - if you return to a previous checkpoint after it has closed, there will be no one there.) If you are injured and can't walk, phone Race Control. If you're just a bit tired and fed up, phone a friend or phone a taxi. If you're waiting for someone to come and pick you up, put on all your spare clothing, use your foil blanket, and try to stay warm.

### **What happens if I get timed out?**

If you are timed out at a checkpoint, you don't need to let us know that you're out of the race, as our marshals will inform Race Control. Our marshals will also be able to drive you back to the finish, but you will have to wait half an hour or so until the checkpoint is closed down and packed up. Make sure you don't get cold while waiting - put on any extra clothing you're carrying, ask nicely to sit inside a marshal's car and use your foil blanket if you have to.

## **Things my friends and family are asking me**

### **Where all can my friends and family watch me?**

Your friends and family can spectate at all checkpoints and also at any point along the trail or through the villages where they can safely park their car nearby and walk in to the race route. **If they park inconsiderately, ignore 'No Parking' signs, ignore marshals' directions, block public roads or driveways, or in any way inconvenience other road users or local residents, you may be disqualified. It is your responsibility to make them aware of these conditions!**

Please pass on to your friends and family that they must not park at or near any of the road crossings or laybys where the race route crosses busy roads. If spectators attempt to park or stop near A-road crossings of the route, our marshals will move them on. Very firmly!



**Please note that there will be no vehicle access to Maxton checkpoint for race traffic. Pedestrian access only.**

All race traffic will be directed to a parking area just off the main road through the village. All visitors to Maxton checkpoint must use the designated parking areas and access the checkpoint on foot. Traffic marshals will be in place to enforce this, so if you have friends or family coming to watch you, please make sure you pass this information on to them, and tell them that they must not just ditch their car on the main road in Maxton.

**We get complaints from local residents in Maxton every single year, so please please try to help us out here!**

**Can non-runners - i.e. friends and family - use the portaloos at the checkpoints?**

Yes. The portaloos are for everyone to use but please ask your friends and family to be considerate and to always give priority to runners - after all it's their entry fees that have paid for the dunnies!

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## 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 runners 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](http://www.trusselltrust.org) to find out what's in a typical 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.

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## 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.

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# 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.

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Angela: [angelagbarron@gmail.com](mailto:angelagbarron@gmail.com)

You can also look for information on the race website: [www.jedburghthreepeaksultra.org.uk](http://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**

