

## COMPETITORS PRE-RACE INFORMATION

We are sorry that this info is so long, but there is no way round it this year given the limitations on race day.

Please ensure you have read this before the race. It contains important information, key race rules, and details of changes made from previous years, and COVID measures.

The race starts at Bolton Castle, nr Leyburn, N Yorks, DL8 4ET.

### **COVID measures**

You must read our COVID information at [www.madraces.co.uk/covid](http://www.madraces.co.uk/covid) including the "Runners Code of Conduct" that can be downloaded from the same webpage.

Keep Social Distance at all times (2m) both at HQ and on the race course.

Wear a face mask when registering, while at race HQ, and in the start corral area. Carry your facemask with you during the race (in case of medical attention being required, and to be worn once you have got your breath back in the finish funnel). Face masks need to be worn at all times except when racing.

You and any spectators must NOT attend the event if:

- you are showing any symptoms of covid-19 as outlined by the NHS,
- you have been in contact with anyone with Covid in the past 14 days,
- you have been advised by NHS track and trace that you may have been in contact with someone with COVID-19,
- you have had a recent positive covid test and are still within the recommended isolation period
- you have travelled within the past 14 days to any international location where you are required to quarantine on your return to UK.
- You are subject to any local restrictions which mean you should not attend
- You and any spectators are also advised not to attend if you fall into a Covid High Risk group

Please bring your own hand sanitiser and carry it with you

- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system. If you have a positive test within 48 hours of the event, please also contact MaD Races on [carol@madraces.co.uk](mailto:carol@madraces.co.uk) as we are required to send you a link for a UKA Covid report form (as this is an event held under UKA / England Athletic governance)
- Please be aware that the contact information given on entering the race may now also be shared with NHS Test and Trace if required.

### **Car Parking**

- Car parking is available at Bolton Castle. The charge is included in the race entry fee. Event and overflow car parks will be signposted and marshalled: use these rather than the main Castle car park (which costs £7).
- Please be respectful of the local population when parking. Do not park in the village itself, or on the village green, and do not block driveways or other access. Please do not park on the race route, especially the road up the hill towards Bolton Castle (Castle End and Scallow Bank Lane).
- For supporters moving around the course, car parking is also available at Aysgarth Falls National Park Centre (pay and display £2.50 for 2 hours), Carperby Village Hall (honesty box) and within Askrigg village (honesty box)

- Spectators should drop runners at HQ, then leave, moving to other areas on the course. This is in order to reduce numbers at HQ in line with Covid measures. As runners will need to be self-reliant for nutrition during the race, and for transport if abandoning the race, spectators are still encouraged to provide on-course support, but please be mindful of the need to maintain social distancing when choosing where on the course to watch from.

### **Timings**

- **18 mile race**

- Registration: 8.30 - 9.15. As a result of Covid measures, runners are being split into 3 smaller groups, each with a 15 minute time window within this registration period, when they should come to register. You will be notified by email (via SiEntries) of the registration window, as well as your 'corral' start time, and details of your bib number a few days before the event.
- There will be no pre-race briefing on the day, except any last minute updates. Please ensure you watch the video briefing that you will be sent prior to race day (see below)
- Start: in waves of 6 runners starting 1 minute apart, from 9.30
- Cut offs have been set at ~20 min/mile pace:
  - Check point 1 at Oxclose – 1hr 20 mins (~4 miles)
  - Checkpoint 2 at Askrigg footbridge - 3 hours (~9 miles)
  - Checkpoint 3 at Aysgarth Falls: 5 hours (~15 miles)
  - 15.30 (3.30pm) at finish

- **7 mile race**

- Registration: 9.35 - 10.20 As a result of Covid measures, runners are being split into 3 smaller groups, each with a 15 minute time window within this registration period, when they should come to register. You will be notified by email (via SiEntries) of the registration window, as well as your 'corral' start time, and details of your bib number a few days before the event.
- There will be no pre-race briefing on the day, except any last minute updates. Please ensure you watch the video briefing that you will be sent prior to race day (see below)
- Start in waves of 6 runners starting 1 minute apart, from 10.35
- Cut offs have been set at ~20 min/mile pace:
  - Check point just beyond Aysgarth Falls: 1½ hours (~4.5 miles)
  - 3 hours at finish

### **Race HQ**

- **Registration** will be in the event shelter in the field just beyond the Castle: follow the signs along the funnel leading to registration. This will also double up as the finish funnel later in the day. Stakes are placed at 2m distances along the funnel. This is a one-way system, so please don't walk backwards and forwards. Please remember to keep social distancing whilst in the funnel, and use the stakes to guide you as to what the 2m looks like (may appear different out of the context of a supermarket queue!). You will collect your bib at registration. However we will let you know your number 2-3 days before race day (once the transfer deadline closes). Please check the bag & bib number you are given at registration is the one you were expecting, and if not please flag this up with the registration team. The bib will be within a bag labelled with your number, along with safety pins, your t-shirt (if you ordered one), and some goodies (there will be no goody bag at the end of the race this year). Once you have collected your number, please return to your vehicle to wait until your corral time, and to fill in your emergency contact details on the back of the bib. There is also space for you to enter any medical information you feel we should know. The race number and this info remains your property and your responsibility to dispose of at the end of the race.
- Please remember to bring your own pen with you to fill in your emergency details. This is to avoid potential cross-infection through pen sharing
- **Toilets** – there are men's and women's toilets outside next to the main carpark. Please queue following social distancing. There are also toilets available inside the castle which are accessed via the side door (now the castle

main entrance). These will only be available until 9.45am, and a queuing system will be in place at the bottom of the stairs to maintain social distancing. For the duration that we have access to these toilets we will be operating a '1 in 1 out' system and all toilets will be unisex with the outer door propped open to make it visible which cubicle has just been vacated. For this reason, gentlemen please don't use the urinals in the indoor toilets! As the castle is accessed via narrow steps which don't allow 2m distancing, you are asked to follow the instructions of the marshal and only go up the stairs once the previous person has come down them. As well as the handwashing facilities afterwards, please use your handsanitiser before entering the toilets.

Please do not get changed in the toilets

- There is no secure area to leave bags.
- No smoking at race HQ, start and finish areas, or in car parks.
- Info about things for spectators to do is on the race website [www.madraces.co.uk/falls-and-castle](http://www.madraces.co.uk/falls-and-castle)
- **Pre-race briefing video** is mandatory for all runners. We will email these links out just before the race.

#### **Race Start:**

- this will be on the track just to the west of the car-park. You should arrive in the corral area 5 minutes before your corral time to familiarise yourself with the layout. Runners have been seeded by estimated finish time, with fastest setting off first.
- Please watch the video of the start corral procedure. It is available at <https://youtu.be/MaGYl6s6Hwc>
- When you arrive at the corral area, look for runners with bib numbers just higher/lower than your own. Hang around near them as you will all be starting around the same time.
- We will start 6 people at 1 minute intervals. There will be a start grid, and 2-3 holding grids, each with 6 flags set out at 2m intervals. Each runner stands by a flag.
- Once the start grid runners have left, runners in holding grid 1 move up to the start grid, and holding grid 2 runners move to grid 1, etc.
- A marshal will call each set of 6 runners forwards just before their official start time. Runners will take up their position on holding grid 2 to fill the gaps left by the previous runners.
- You need to keep your mask on until the marshal calls your bib number forwards.
- If you miss your start you will need to wait until the end to start, but your time will be recorded from your initial allocated start time. Sorry if this seems harsh, but there is no other way to do this given the requirements for COVID-secure racing.
- If you want to run in the same group as a friend, please ensure you enter exactly the same estimated finish times. You can edit your estimated time via this link [https://www.sientries.co.uk/edit\\_entry.php?event\\_id=6447](https://www.sientries.co.uk/edit_entry.php?event_id=6447). You are advised to put in a specific time rather than a "rounded" time. Eg Don't put 2:45 as several people will probably put this. Instead put 2:48. If you go to this link [https://www.sientries.co.uk/list.php?event\\_id=6447](https://www.sientries.co.uk/list.php?event_id=6447) you can click the arrow next to the heading "estimated run time" which will arrange runners in estimated time order and allow you to see which are the "uncommon" times. This will increase your chances of starting in the same or next wave. If you find yourself starting in a different wave, you will need to wait a short way down the course (maintaining social distancing by stepping to the side of the course) for your friend to catch up. The allocation to waves will be done automatically by the SiEntries system. We are unable to manually allocate runners due to the number of people requesting this. **You need to have done this before midnight Sunday 20<sup>th</sup> September**

#### ***A Reminder of the Rules***

##### **Kit List**

You must have the mandatory kit and carry it with you at all time – no kit, no race. If you don't complete the race with all kit, you will be disqualified. There will be spot checks.

Please dress appropriately for the weather and conditions and remember wind chill on the higher ground.

[18 mile race](#)

Mandatory for 18 mile route:

Hat/buff and gloves

Waterproof jacket with taped seams

Minimum 500mls water (obviously, you don't still need 500mls water with you at the finish)

Energy bar/gel

Whistle

Route map/instructions and compass (see lower down for how to download these)

Foil blanket (bivvy bag meets this requirement)

Mobile phone

Cup or water bottle for drink stations (must be able to stand up by itself without being held by anyone)

Face mask (separate to buff)

Hand sanitiser

### 7 mile race

Mandatory for the 7 mile route:

Route map/instructions (see lower down for how to download these)

Mobile phone

Cup or water bottle for drink stations (must be able to stand up by itself without being held by anyone)

Face mask (separate to buff)

Hand sanitiser

Short course runners are also advised to carry the clothing/food kit listed under the 18 mile route, depending on weather.

### **Check points:**

- You must check in at each checkpoint. Ensure the marshal has recorded your race number before continuing. This is essential as missing numbers will be assumed to be missing runners, resulting in instigation of a full search
- Your race number must be visible from the front at all times to assist checkpoint marshals

### • **If you need to abandon the race**

Either:

- Make your way to the nearest marshal, *or*
- Phone the safety officer on the number on the back of your bib, *or*
- Make contact with the sweeper runner

and inform them that you are abandoning, You will need to make your own way back to HQ: either by contacting family or friends, or using a taxi. We are unable to offer lifts this year

Is it vital that you do not leave without informing a marshal or the safety officer. This means we don't send mountain rescue out to look for you, wasting time, money, and effort, if you have gone home without telling anyone!

### • **Phone numbers (on race day only)- please programme them into your phone**

Race Director - Carol 07963 629083

Race Director - Dave 07825 446733

Safety Officer –07880 892066

SMRT – 07714 161447

### • **General Course Conduct**

- Observe social distancing at all times, and account for social distancing when deciding whether to overtake. Alert the runner in front when you plan to overtake by shouting "on your right/left". If being overtaken, please move to the "other" side to let the faster runner pass. There are a couple of 'pinch points' on the course where you should not overtake. They are short, so please wait until you can safely pass

- Please obey the Countryside Code. Do not drop litter – you must carry all litter with you and dispose of it at home
- Do not climb over gates or fences.
- Please close all gates unless the next runner is about to put their hands on the gate. There is active farming and livestock present in many areas. Where possible farmers have agreed to move livestock, but there may still be some present. Show caution near cattle. If in doubt walk don't run, stick to sides of field, and give a wide berth as you pass.
- It is not possible to run with your dog (even on a lead) as the course passes through active farming areas where livestock is present. UKA rules also do not permit running with dogs - we must observe this as a requirement of our TRA permit
- You must keep to the course. Not only is this out of fairness to all competitors, but also for your own safety as there are disused mine workings in some areas.
- To help us be able to run the event again next year, please act responsibly around the route and at Race HQ. Please respect other competitors, marshals, and members of the public.
- Please remember that some areas are busier with general public visitors, in particular the Falls area. It is not only vital for safety that the same social distancing measures are observed when passing members of the public, but also the conduct of runners will impact on the public and landowner's perception of runners in general and the viability of the race in future years
- No Snot rockets / Hawking up please!
- Please make sure you have downloaded and read the Runners' Code of Conduct relating to Covid measures <https://www.madraces.co.uk/covid>

### ***Other rules***

- For this year we have omitted 'the loop' section down to the waterside at Lower force, Aysgarth Falls, as one of our covid-secure measures. The checkpoint has been moved to where the Loop used to start / finish
- Ensure the check point marshal has taken your number
- No headphones/Mp3 players, so you remain able to hear other road users/pedestrians and marshal instructions. To avoid any confusion, disagreement or controversy on race day "Aftershokz" style of headphones are also not allowed.
- You must abide by marshal and race officials instructions.
- Runners safety is of paramount importance & Race Marshalls have authority to pull runners from the event if considered unfit to continue
- The Race Directors decision is final.

### ***Race route and course descriptions***

- If you have not already found them, the links to GPS files can be found on the race webpage <https://www.madraces.co.uk/falls-and-castle>

Please note that 'the Loop' down to Aysgarth Lower Falls has been omitted this year. Don't worry, as there is a marshal and plenty of course signs at this point, you will not go wrong here

- Maps: OS explorer map OL30. Alternatively, if you "left click" on the map, there is a download icon in the top left that allows you to download and print out. You need a hard copy in case the phone battery dies!
- (this can be taken instead of the whole OL30 map).
- A map and course description are mandatory for both distances. They don't take up much space, and may save you needing to be searched for!.
- **Course marking:**  
The course is well marked with
  - Black arrows on yellow or gold backgrounds (we have 2 different colours)
  - Other warning signs eg road ahead, checkpoints approaching etc
  - Red and white "barrier" tape
  - There are some 'wrong way' signs with a X on yellow background.

Marshals are there to help at points of difficult navigation, but the responsibility for your own safety & to follow the course remains with you. Please be aware that there may be fewer marshals available than usual as a result of Covid, so some ability to self navigate would be useful, and if at all possible a recce before the day would be encouraged.

There is also a sweeper runner on each course who will follow behind the slowest runner. Marshals and sweepers have been instructed to maintain social distance at all times

### Course Specifics:

#### 18 mile course

#### Water & Food

- You must carry some as part of minimum kit requirements, but are reminded that you should be self-sufficient as far as possible
- No food will be available this year due to covid measures
- Water and coke is provided at Askrigg and Aysgarth checkpoints and will be served by the marshal direct into your cup / bottle. Due to covid measures the flow through the water station will be slower than usual, so if you are running for a competitive time you may wish to be self-reliant.
- We cannot fill hydration packs and soft-flasks. Your cup./bottle must be able to stand up by itself
- Please only take what you need: remember there are others behind you

Covid-Secure Procedure to follow at water stations:

Please watch the video demo that can be found here: <https://youtu.be/NXlbsfZHPck>

- Marshal will use hand sanitiser regularly throughout the event, and will wear a face mask
- Runners must queue at the feedstation maintaining social distancing
- Only 1 runner to approach table at a time
- Marshal to keep distance from table as runner approaches
- Runner to place cup on table in the designated section, then step back behind tape line on floor
- Once runner back behind tape line, marshal fills cup with water / coke from the jug, WITHOUT picking up cup
- Marshal steps back, and runner comes forward to pick up cup.
- Once runner has left, Marshal sprays 'cup section' of table with disinfectant before next runner approaches

**Toilets:** At Aysgarth Falls national park centre

**Roads are not closed:** watch for traffic, use common sense, follow highway code. Run single file / on left if in groups (unless blind corner).

Take particular care when crossing at:

- National Park Centre at Aysgarth Falls crossing road into woods: limited views each way

- Mile 17: crossing road to start final ascent to castle. Listen to the advice of marshals stationed here

Watch for traffic as you enter Askrigg at the road junction (with the Crown Pub on your right) & approach checkpoint 2 (turning left & crossing the road to the footbridge opposite (~9mi). PLEASE NOTE, THIS IS the same route as last year, but is A ROUTE CHANGE FROM 2018

As with all trail running, there will be uneven & slippery surfaces: in particular:

- At the ford at 1 mile,
- heather / springs / boulders, & disused mines on Askrigg Greets (between miles 5-8): stick to the path here
- there is a narrow path next to a steep embankment & the river at mile 11. Use common sense and take extra care here. No overtaking of other runners in this area. This is for a very short distance only and will not affect overall race times or position
- stepping stones near Ballowfield
- riverside by Aysgarth Falls lower force.
- The path approaching low Thoresby is also narrow: *there should be no overtaking here until social distancing is possible*

#### Navigation to watch out for:

- course split at mile 2: long course straight ahead, DO NOT left turn down to Carperby!
- ascending on to the Greets (mile 5): Visibility may be reduced in poor weather
- Just before mile 11: as you approach a fence across the dismantled railway, turn Right and pass through the kissing gate (sign-posted Footpath) Care with navigation on approaching the fence: there is also a 3-way signpost and paths to your left which you should ignore. Look for course markings
- Mile 11, after the stile: Continue briefly on a grass & rubble track, then as track swings Left, continue ahead onto small grass path down to stile into field (look for signpost on the right partially obstructed by foliage. Do not follow rubble track under dismantled railway).

#### 7 mile course

#### Water and food:

- No food will be available this year, and we recommend that you carry all your water requirements if possible (Due to covid measures)
- Water and coke is provided at provided at a water station just beyond Aysgarth Falls if you are unable to carry enough yourself and will be served by the marshal direct into your cup / bottle. Due to covid measures the flow through the water station will be slower than usual, so if you are running for a competitive time you may wish to be self-sufficient.
- We cannot fill hydration packs and soft-flasks. Your cup./bottle must be able to stand up by itself
- Please only take what you need: remember there are others behind you

Covid-Secure Procedure to follow at water stations:

Please watch the video demo that can be found here: <https://youtu.be/NXlbsfZHPck>

- Marshal will use hand sanitiser regularly throughout the event, and will wear a face mask
- Runners must queue at the feedstation maintaining social distancing
- Only 1 runner to approach table at a time
- Marshal to keep distance from table as runner approaches
- Runner to place cup on table in the designated section, then step back behind tape line on floor
- Once runner back behind tape line, marshal fills cup with water / coke from the jug, WITHOUT picking cup up
- Marshal steps back, and runner comes forward to pick up cup.
- Once runner has left, Marshal sprays 'cup section' of table with disinfectant before next runner approaches

**Toilets:** At Aysgarth Falls national park centre

#### Roads not closed:

- watch for traffic, use common sense. Run single file (unless blind corner).
- Take particular care when crossing

- road opposite Wheatsheaf Inn (please run on the right until you reach the Wheatsheaf, then cross to the gate / marshal opposite where you will enter the field)
- road before final ascent to the Castle: listen to advice of marshal stationed here

As with all trail running, there will be uneven & slippery surfaces: in particular:

- At the ford at 1 mile,
- as you descend in to Carperby, &
- The path through Freeholders woods near the Falls Centre, and the path approaching low Thoresby are both narrow: *as part of Covid measures, there should be no overtaking here*

#### **Navigation to watch out for:**

- at the course split at mile 2: the short course turns left turn down to Carperby, DO NOT go straight ahead, or you will end up doing the 18 mile long course!
- on entering freeholder woods (area of SSSI): turn left following the course markings (don't take the public footpath which turns right)

#### **SSSI area:**

- The Freeholders Wood area immediately north of Aysgarth Falls is a Site of Special Scientific Interest (SSSI). We have special permission to use these paths and you MUST NOT stray from paths (even if muddy) due to risk of disturbance to the ecology of the area. If severe wet weather makes the path through the SSSI impossible, the contingency route will take you onto the road, turn left and go under rail bridge. (In which case watch for traffic, use common sense, follow the highway code - run single file and keep left)
- **Extreme weather contingency:**  
In the unlikely event of extreme weather requiring diversion, delay or halting the race, please follow instructions of marshals. Contingency plans may include a shortened route or return to HQ. If poor visibility means we cannot use the 18 mile route, we are likely to use a double loop of the 7 mile course as the contingency.

#### **Runner Safety and 1<sup>st</sup> aid cover**

Trail running, by its nature, takes place in areas that may be less accessible. Please exert caution & be mindful that you are running in an area where emergency response may not be as quick as in more populated areas.

Furthermore, this year:

- It will take longer for SMRT to reach casualties than previously if evacuation is required (time taken for full PPE donning procedures)
- There can be no mouth to mouth resuscitation (cardiac compressions and other procedures unchanged)

We are very fortunate to have Swaledale MRT providing safety cover throughout the course

#### **PROCEDURE IN EMERGENCY EVENT**

1. In the first instance phone Swaledale Mountain Rescue Team (phone number printed on bib, 07714 161447 – only for use on race day. Mobile phone is part of mandatory equipment for all runners)
2. If for any reason you have no phone signal make your way if able to the nearest marshal (this may be behind you) and alert them to the emergency so they can call SMRT for you
3. If you come across another runner in need of help please stop to help alert the medical team / safety officer, but remember to keep social distancing. If appropriate one runner should remain with the casualty whilst another runs to the nearest marshal to summon help. The nearest marshal may be one you have already passed.

Mobile phone coverage is present throughout the majority of the course on Vodafone with the exception of (18 mile race) a small area in Oxclose Road & patchy coverage on the road descent to Askrigg and in Askrigg itself. Coverage is slightly patchier on other networks. If you are attempting to summon help and find there is no signal, move a short distance ahead (or back in direction you have just run from) to find signal or the nearest marshal (remember this may be behind you). If you have poor signal on the Askrigg road, make your way to CP2 in Askrigg where the Marshall will have a radio.



## FIRE PROCEDURES:

1. In the case of fire in the Castle, use exits as indicated by Castle Staff & race officials. If outside, move away from the area, but not towards the car park area: congregate at the fire assembly point (near gate into finish field)
2. Direction should be taken from Castle staff in the case of evacuation of the castle to assembly areas
3. Call 999

## PROCEDURE IN EVENT OF LOST / FOUND CHILD

Alert the nearest Marshal, who will follow our set procedures

### **The Finish:**

As you cross the finish line, your time will be taken and you will be directed into the finish funnel in the correct finish order. Once you have slowed down to stop, please find and put on your face mask. You must stay in your finish order but maintaining social distance, until the end of the funnel where you bib will be recorded and your name confirmed. The stakes in the finish funnel will be set out at 2m intervals.

Thanks to Swaledale Runners who have donated some bottles of water which will be available at the finish. Please don't take more than one.

Up & Running have provided a 20% discount when runners present their bib number at the Darlington store (ignore the fact that it says 15% on the back of the bib, they have increased it for our race)

As part of our COVID measures there will this year be no goody bags at the finish. However back in 2019, which seems such a long time ago now, we welcomed ERDINGER Alkoholfrei for the first time. Each finisher received a refreshing glass of isotonic goodness, a recovery drink packed with B-vitamins and minerals that helps the body recover and refuel. This year ERDINGER Alkoholfrei are supplying us once again but this time with a can of their #liquidgold that you will collect at registration. So, pop it into the fridge and you can ensure your body is refuelled and raring to go after this years Falls and Castle run! If you would like to learn more about the isotonic benefits of this great recovery drink then head to their social media pages or **website**

(<https://uk.erdinger.de/>) Cans can also be purchased from **Amazon** with free delivery

([https://www.amazon.co.uk/Erdinger-GB384CAN-Alkoholfrei-cans-](https://www.amazon.co.uk/Erdinger-GB384CAN-Alkoholfrei-cans-24x50cl/dp/B07KRFVD81/ref=sr_1_5?crid=381Z6FJ9EO5Q&dchild=1&keywords=erdinger+alcohol+free+beer&qid=1599037501&sprefix=erdinger%2Caps%2C144&sr=8-5)

[24x50cl/dp/B07KRFVD81/ref=sr\\_1\\_5?crid=381Z6FJ9EO5Q&dchild=1&keywords=erdinger+alcohol+free+beer&qid=1599037501&sprefix=erdinger%2Caps%2C144&sr=8-5](https://www.amazon.co.uk/Erdinger-GB384CAN-Alkoholfrei-cans-24x50cl/dp/B07KRFVD81/ref=sr_1_5?crid=381Z6FJ9EO5Q&dchild=1&keywords=erdinger+alcohol+free+beer&qid=1599037501&sprefix=erdinger%2Caps%2C144&sr=8-5) and the bottles are available from most major supermarkets – Cheers!!



Results will not be available on race day, but we aim to get results out as soon as possible over the following day or so. This is due to the added complexities of the wave starts on top of the two distances of races. There will be no prize giving on the day and we will post out prizes after the race. We will award 1st-3rd overall, but will this year only award 1st place in age groups.

**Departure:** use eastern road (if open) for departure from Castle Bolton to minimise cars on the race route

### **Photography:**

Unfortunately we are unable to offer photography this year

We hope you enjoy the event, and that the changes due to COVID haven't impacted too much on your enjoyment of the day. If you enjoyed it, please let us and everyone know! Please use our Facebook page for feedback and share photos. If you have any comments or feedback, please email [carol@madraces.co.uk](mailto:carol@madraces.co.uk).