

A few updates that you need to be aware of:

Course update: due to the recent weather, we have been asked by the council to reroute part of the course away from a short section of Leyburn Shawl. 14 mile & 5.5 mile runners returning to Leyburn will now leave the old route as it emerges from Shawl Woods, heading across the field to a gate into Risebar Lane. Then turn right on Love Lane, to rejoin the original route at Shawl Terrace. The long course start will also be moved to Risebar Lane, and follow the same route on the outward leg. Both directions will be marked with arrows. The GPS routes have been updated on the MaD Races website. A map of the new route is below, but we have not updated the original maps on the MaD Races website. We ran the whole route yesterday (Sat 29th Feb). As you would expect, there are some areas that are muddy and wet, but not untypical of winter trail running, and we do not anticipate any other changes at this point.



Swaledale Mountain Rescue (our medical cover) phone number has change to 07598 410773 - please add this to your phone in case you need it on race day

The deadline for any transfers of distance/another runner is midnight Tuesday. Please also let us know if you are unable to race and wish to cancel your place.

Please keep an eye out on Wednesday for the email that will contain your bib number - it really speeds up registration if you can make a note of it for when you register on the morning of race day.

COMPETITORS PRE-RACE INFORMATION

Please ensure you have read this before the race. It contains important information and key race rules.

Please note that in the 72 hours running up to race day we will be out of the office spending our time on the race preparations. Therefore we will have little chance to respond to emails and enquiries. If you have any queries please get in touch well ahead of race week. We hope that most of the info is in the email below or on the website at www.madraces.co.uk/race-the-train

Race HQ is at Wensleydale Railway Station, Harmby Road, Leyburn DL8 5ET

Car Parking

- Free car parking has been arranged at Tennants Auction Centre, Harmby Road, Leyburn, DL8 5SG: follow the event day signs and the direction of Marshals
- There are also pay and display car parks in Leyburn centre
- **There is no race day parking at Leyburn station and access to the garden centre must be kept clear at all times. Please do not drop off or collect runners at Leyburn station.**
- Please be respectful of the local population when parking: do not park along the roads around the train station, and do not block driveways or other access
- Car parking is also available free of charge at Redmire Station (DL8 4ES) for spectators moving around the course and not travelling by train.

Timings

14 mile race

- Registration: 8.30 - 9.15
 - Pre-race briefing at 9.30 at the station, followed by short walk to the start on Leyburn Shawl
 - Start: 10.00
 - Cut offs have been set at ~20 min/mile pace:
 - 1¾ hours at Hargill Lane checkpoint (5 mi)
 - 3 hours at Redmire station checkpoint (8.6 mi)
 - 4¾ hours at the Finish
- ‘BEAT THE TRAIN TIME’: approx. 12.15pm

5 ½ mile race

- Registration: 9.30 - 10.15, followed by train boarding
- Train transfer to Redmire: 10.30am
- Pre-race briefing at Redmire Station: 11.05am
- Start 11.15am
- Cut offs have been set at ~20 min/mile pace:
 - 2 hours at the Finish

‘BEAT THE TRAIN TIME’: approx 12.15pm

Race HQ

- **Registration** will be in the marquee the station yard. Please come through the front entrance of the station (next to the finish line), turn right along the platform to the yard and marquee at the east of the building: follow the signs. Please do not cross in front of the garden centre, which must be kept clear at all times as this is a normal trading day for them.
- You will collect your bib number at registration. However we will let you know your number 2-3 days before race day (once the transfer deadline closes). Please check the bib number you are given at registration is the one you were expecting, and if not please flag this up with the registration team.
- Once you have collected your number, please ensure you put your emergency contact details on the back. 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.
- **Toilets** – there are men’s and women’s toilet at Leyburn station on the platform, as well as mobile unisex toilet cubicles in the yard next to registration. There are also unisex toilet cubicles at Redmire station. There are also public conveniences in Leyburn town centre (for a small charge).
- There is no secure area to leave bags.
- No smoking at race HQ, Redmire station, start and finish areas, or in car parks.
- **Refreshments** - The Wensleydale Railway will have refreshments available at Leyburn Station for runners and spectators to purchase. This will include bacon butties, hot soup (vegetarian), snacks, sweets and cakes; also tea, coffee and hot chocolate plus soft drinks and beer. Please support them by buying something..
- Hot and cold drinks and snacks will also be available to purchase on the train for spectators and short course runners after registration. Spectators will be able to purchase further refreshments on the train whilst waiting for their runners to pass at Redmire station and on the return journey to Leyburn.
- Tennants café will be open, and their restaurant will also be serving Sunday lunches.
- **Pre-race briefing** is mandatory for all runners.
 - For **Long course** runners this will take place in Leyburn station yard next to the registration marquee: runners and race director will then walk up en-mass to Leyburn Shawl for the start.

- For **Short course** runners the briefing will be at Redmire station on the gravel track beyond the car park.
- **Race Start:**
 - For **Long course** runners this is on Leyburn Shawl.
 - For **Short course** runners this is on the gravel track beyond the car park at Redmire station
 - If you need the loo, go before the briefing!

Spectators

- Spectators can purchase train tickets to travel from race HQ at Leyburn to Redmire station, to watch the start of the short course or to support long course runners as they pass through.
- A limited number of spectator tickets are available: return fares are £6 for adults, £3 for children age 5-16, under 5's free. The return can be used on either train on that day.
- Pre-book tickets by phoning the Wensleydale Railway on 01677 425805 (to avoid the booking fee), or booking online by clicking [this link](#). Please note that all spectator fees are set by Wensleydale Railway and tickets are purchased directly from them. Tickets will be sold on the day only if there are spaces available
- Train times for spectators with tickets are as follows:
 - 10.30am: Train leaves Leyburn for Redmire
 - 12.00pm: Train leaves Redmire for Leyburn (arrives Leyburn ~12.15pm: this is the train runners are racing to beat)
 - 12.45pm: Train leaves Leyburn for Redmire
 - 13.30pm: Last Train leaves Redmire for Leyburn
- Info about things for spectators to do is on the race website www.madraces.co.uk/race-the-train

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.

14 mile race

Mandatory for 14 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 (phone-based compass is fine providing it is fully charged)
- Foil blanket (bivvy bag meets this requirement)
- Mobile phone
- Cup or water bottle for drink stations and finish area

5 ½ mile race

Mandatory for the 5 ½ mile route:

- Route map/instructions (as despite our best endeavours, we cannot guarantee that course markings will not go missing)
- Mobile phone

Cup or water bottle for drink stations and finish area

Short course runners are also advised to carry the clothing/food kit listed under the 14 mile route, depending on weather.

Check points: (Long course runners only)

- You must check in at each checkpoint. Ensure 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, and how you will depart (ie making own transport / arranging pick up or if needing transport back to race HQ). Please be patient if you need us to pick you up as it may be some time.

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)

Race Director - Carol 07963 629083

Race Director - Dave 07825 446733

Safety Officer – David 07771 915909

SMRT – 07800 981473

General Course Conduct

- Please obey the Countryside Code. Do not drop litter – carry it with you, or use bins provided at feed stations.
- 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 several 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.

Other rules

- 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.
- If you are about to overtake someone, it is nice to warn them first and say "on your right/left". If being overtaken, please move to the "other" side to let the faster runner pass.
- 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 the race route, course descriptions and GPS files can be found on the race webpage www.madraces.co.uk/race-the-train
- Maps: OS explorer map OL30. If you "right click" the map on MaDRaces webpage, you can also save the image as a picture and print it out.
- 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
 - Arrows on yellow backgrounds: Long course runners follow red arrows on yellow backgrounds outbound as far as Checkpoint 2 at Redmire where the short course joins. Short course runners and long course runners follow black/purple arrows on yellow backgrounds from Redmire back to the finish at Leyburn
 - Other warning signs eg road ahead, feed station / checkpoints approaching etc
 - Red and white "barrier" tape
 - small yellow flags on peasticks
 - There are some 'wrong way' signs with a silver 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.

There is also a long course sweeper runner who will follow behind the slowest runners.

Course Specifics:

14 mile course

Water & Food

- You must carry some as part of minimum kit requirements
- Water and food (jelly babies, flapjacks etc) are provided at Redmire Moor and Preston under Scar feed stations. Please only take what you need: remember there are others behind you

Toilets: Mobile toilets at Redmire station (just beyond the course at checkpoint 2)

Roads are not closed & marshals cannot stop traffic: 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:

- mile ~3 (towards Preston Moor)
- mile 9.4 (Preston Spring Woods)
- & watch for traffic and pedestrians through Leyburn centre

Listen to the advice of marshals stationed here

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

- Leyburn Shawl, Gillfield woods, & the sloping field between them
- (Long course only): springs / boulders, & disused mines on Redmire Moor in the Cobscar area (between miles 3.5-5): stick to the path here

Navigation to watch out for:

- Care with navigation at 6 miles (Dents house turn off to L)

5 ½ mile course

Water and food:

- Water and food (jelly babies, flapjacks etc) provided at Preston under Scar. Please only take what you need: remember there are others behind you

Toilets: At Redmire Station. (Train toilets may also be used when train is moving)

Roads are not closed & marshals cannot stop traffic: 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:

- Preston Spring Woods
- & watch for traffic and pedestrians through Leyburn centre

Listen to the advice of marshals stationed here

As with all trail running, there will be uneven & slippery surfaces: in particular Leyburn Shawl, Gillfield woods, & the sloping field between them

- **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 14 mile route, we are likely do an 'out and back' on the 5 ½ mile course as the contingency.

Runner Safety and 1st 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.

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 back of bib and in pre-race information. 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 give aid. 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 with the exception of a small area in the Dent's House / Apedale Beck area (14 mile race). 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).

What3words we recommend you download the what3words free app to your phone. This system has divided the world into 3x3m squares, each with a 3-word code. It is used by many of the UK emergency services and search and rescue teams, as it allows you to provide a pinpoint location if you are lost and need help. Much easier than OS grid references! You can obtain it from google/iphone app store, or visit <https://what3words.com>

FIRE PROCEDURES:

1. In the case of fire at race HQ, use exits as indicated by Railway Staff & race officials (if outside, move away from marquee and generator area)
2. Direction should be taken from Railway staff in the case of evacuation of the station buildings or trains 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. You must stay in this order until the end of the funnel where your bib will be recorded and your name confirmed.

You will be given a 'souvenir train ticket'. Please then follow signs down the platform to the registration marquee, where you will pick up your Race the Train T-shirt and a Chia Charge mini bar & Mars Bar. We will have a limited number of vegan & gluten free alternatives available.

If you also ordered a MaD Races Long Sleeve fluoro-orange technical top these will be ready to pick up along with your Race the Train T-shirt. If you missed the pre-order deadline you will still be able to purchase one of these shirts for £10: sorry cash only (please bring correct change!)

Water is available in Jerry Cans for you to fill the cups / bottles you have been racing with.

Please stay to support others and for the prize presentation if you can. Trophies are awarded for male & female 1st to 3rd overall, and male & female 1st in each age group for both long and short course races. We also have spot prizes courtesy of Wensleydale Railway and Inspired Chocolates of Leyburn

Chia Charge have provided an online 20% off code (chiamad) www.chiacharge.co.uk/discount/chiamad

Up & Running have provided a 15% discount when runners present their bib number at the Darlington store

Prize Giving:

This will be as soon as the main results are in for each race.

Trophies are awarded for male & female 1st to 3rd overall, and male & female 1st in each age group for both long and short course races.

- Overall **1st 2nd and 3rd male and female for each distance**
- Age 18-39 **1st male and female for each distance**
- V40 **1st male and female for each distance**
- V50 **1st male and female for each distance**
- V60 **1st male and female for each distance**

In line with many races, the overall race winners are removed from age group results, and we “roll down” the 1st place AG trophies.

Photography: Andrew Thrippleton will be taking photos. Please be aware this is a hobby so photos may take a few days to appear, but are fantastic and well worth waiting for. They will be available free of charge to download via the link that will be emailed after the race.

And lastly:

Thank you for entering Race the Train. A small proportion from every entry fee will be donated to The Running Charity and Wensleydale Railway. For more information on the Running Charity see <http://www.therunningcharity.org>

Hope you enjoy the event. If you do enjoy 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.