



# Tiree Ultramarathon

*The Land Below the Waves*

*Sunday 4th September 2016*

Welcome to the Tiree Ultramarathon. This is the challenge of running all the way round one of the most beautiful Hebridean islands. Tiree is mostly flat, mostly sunny, and an incredible place to go for a run. So with 35 miles of the coastline to explore, the Tiree Ultramarathon begins.

These briefing notes are here to ensure you know what to expect on the day, and to help you have the best experience whilst on Tiree. So read up, check the website for updates, post any comments or questions on Facebook, and come to Tiree ready to run!

**TIREE FITNESS**  
[www.tireefitness.co.uk](http://www.tireefitness.co.uk)

Winter Training Camp  
10k/Half Marathon  
Trail Running Camp  
Ultramarathon  
Mallorca Training Camp

*"the most amazing 5 days of training – beautiful island, lovely weather, superb fitness sessions, great group"*





## Event Essentials:

### Travelling to Tiree

By Calmac ferry from Oban, there's a full timetable on the website <http://www.calmac.co.uk/>  
By plane from Glasgow, timetables here <http://www.flybe.com/>

Returning home, there's a 3:55pm flight from Tiree on Sunday, but you'll have to be quick! Most people will be returning using the Monday ferry service or flights. There is also a Monday morning flight to Oban with [Hebridean Air](#).

### Island Travel & Accommodation

**Bike hire:** Tiree Fitness - 01879 220 421 / 07867 304 640 or email [will@tireefitness.co.uk](mailto:will@tireefitness.co.uk)

**Ring n Ride bus service:** Phone 01879 220 419 to pre-book your journey

**Car hire:** MacLennan Motors 01879 220 555

Full accommodation list and all transport links can be found at [www.isleoftiree.com](http://www.isleoftiree.com)

A quick note about transport on Tiree: If you're bringing a vehicle over or hiring cars or bikes, these need to be booked well in advance. The Ring n Ride Bus service is also best booked in advance, phone the number above, leave a short but clear message detailing your journey, and they will pick you up. If you look at a map of Tiree you'll see the distances between things are not great, but depending on where you're staying you'll need to plan your travel accordingly.

### Event Registration & Briefing

**Saturday 3rd September:** 4-6pm at An Talla, Crossapol.

This is the community hall which is located at Crossapol. You'll need to sign in and collect your race number. It's also a chance to ask questions and meet the other runners.

**Race briefing is at 6pm on Saturday at the hall.** We'd strongly recommend you come to this, as it's an opportunity to hear any last minute changes.

### Event Start

**Sunday 6th September:** 8am at An Talla, Crossapol

The start line will be a short walk from the hall. There's parking facilities at the hall, and bikes can be left safely. There's also a lockable room where kit can be left to be collected once you finish.

**Half way bag drop:** You can leave a bag with us which will be taken to the half way checkpoint. Please put your name and race number on the bag, and make sure it's securely closed. We'll try and return anything left at the checkpoint.

**Chocolates & Charms Cafe:** Tiree's famous Chocolate & Jewellery shop is relocating to the hall for the day, serving a range of hot and cold food and drinks. There will also be a licensed bar open in the afternoon. The actual shop is located at Heylipol, and will be open on Saturday and is well worth a visit. The coffee is excellent!

## Running the course

We've planned the course so you complete a full lap around the island, whilst maintaining a sensible flow from one point to the next. The course visits many of the islands famous beaches and landmarks. We hope you enjoy it!

You'll pass a series of checkpoints which you must go through. Marshals will record bib numbers so you need to ensure these are visible. Route arrows and markers will guide you to the next checkpoint.

**Important note: with the exception of being providing water, you need to approach the event as if you are going to run self sufficient for the entire distance. That means taking enough food, spare clothing, and emergency cover to cope with the worst conditions. And it also means being familiar with the route, and having an appropriate map to navigate round without relying on signs and markers. This is really crucial - if the mist comes down, or signs get blown away - be prepared to get your map out and use it. The navigation element is not there to catch you out, but part of the challenge is exploring the open landscape of Tiree. Come prepared!**

Course maps are on the website and will be displayed at the briefing, and there will be a copy included in your start bag. It's your responsibility to ensure you have the required skills to navigate around the course. Please don't turn up just expecting to follow the runners in front, you've done the training and travel to get there, don't spoil it by needlessly getting lost!

## Relay Teams

We'd suggest the whole team meets at the start line to see the first runner off, and then it's up to you to ensure you're at the changeover at the appropriate time. The only extra thing you need is a baton or mascot to pass to the next runner - you can be as imaginative as you like, but if you don't bring anything I'll happily provide a dumbbell from the gym! Spot prize for the best team baton. There are four sections to the course, and these represent the relay legs.

## Kit List

Essential kit - in addition to your normal running kit you must carry this stuff to be able to race:

- Map with course marked on it
- Full body cover - basically you need to be able to retain body heat if you are forced to stop for some reason, so either full waterproofs or jacket plus space blanket
- Whistle for attracting attention
- Water bottle for refilling at feed stations
- Enough food to get you round the course plus an emergency snack
- Mobile phone - you only get O2 or Vodafone signal on Tiree

Other kit we'd suggest taking

- Emergency blister treatment
- Extra layer such as micro-fleece
- Buff
- Gloves

We want you to enjoy the day, so make sure you take what you need to get round. And should something happen that forces you to stop, Tiree offers little shelter, so you need to be able to stay warm and attract attention. If you're not sure about anything just give us a call.

## Feed Stations & Check Points

At each Check Point we'll be registering race numbers so please make sure they're visible. You'll be able to refill your water bottle, and we'll provide some emergency snacks to help get you round. Last year we had some amazing home baking at the feed stations, so we'll do our best to keep you fuelled up and running strong. These stations are marked on the map and are located at:

**Sandaig:** 8.4 miles, first relay change-over and feed station

**Balephetrish:** 17.5 miles. Half way relay change, water station, and bag drop

**Milton Harbour:** 26.1 miles. Relay change and feed station

**Crossapol:** Welcome back, 35 miles done!

## The finish

The finish line will be very near the hall, and you can collect your things from the bag drop. The Chocolates & Charms Cafe will be serving hot food and snacks, and the bar is open all day so feel free to put your feet up and relax.

We've set a cut off time of 10hrs. Within this time there will always be marshals on the course. If it takes you longer, it's not a problem, but you do need to know that marshal stations may not be manned. However long it takes you, we will be at the finish line for you, so there is no pace pressure; walk, jog or run, 35 miles is 35 miles, and all finishers get a medal!

## Evening ceilidh

You're going to need to save some energy for this! Doors will open at 8pm for a prize giving at 9pm. The function takes place at the hall where the finish line was, and it will help raise funds for Tiree High School Sports Fund. Tickets cost £7 but all Ultra Runners get free VIP entry!

## Our sponsors

**Cohesion Medical:** On board from the start, Cohesion Medical have helped shape the event to what it has evolved into: *"Cohesion Medical is delighted to sponsor the Tiree Ultramarathon. We love the boldness and uniqueness of an event that encompasses the whole of an island. We love the challenges faced by competitors, the sense of adventure in the many natural elements involved and the determination required to conquer and complete the event. Cohesion Medical is proud to be involved with the Tiree Ultramarathon – to inspire individuals, empower communities, and promote a healthier Scotland."* - Euan Cameron, Managing Director, Cohesion Medical Ltd.

We'd also like to thank Tiree Ranger Service, Chocolates & Charms, Argyll Estates, Tiree Community Development Trust, and all the local crofters and land users for their help and cooperation in making this event happen.

We'd also like to say thank you in advance to all the marshals and helpers who have volunteered their time in the planning and running of the event. And to all you runners for training, travelling, and making the Tiree event the special day that it promises to be.

## Responsible and safe access

Although you're running in an event, the Scottish Outdoor Access Code, good practice and common sense still applies, and is worth reminding ourselves a few points:

**Close gates behind you:** Ok use common sense if there's loads of runners behind you, but please don't cause problems by leaving gates open

**Don't drop litter:** Goes without saying really, just stuff it in your bag and there will be bins at the checkpoints

**Make way for vehicles on the road:** It's single track roads, so run on the right hand side and stay alert, using the verge to let vehicles by

**Use the designated fence crossings:** There's a few fences to cross, and at each one there's a stile or gate. Look out for the signs for where to cross

**No dogs:** This is a decision the event has taken following advice from land owners and livestock owners. It's for your safety and that of your fellow runners so please don't bring dogs to run with.

If you're camping, there's guidance notes at <http://www.isleoftiree.com/out-about/camping-and-campervans/> and if you're bringing a vehicle you'll find plenty of designated parking places to use near the main beaches.

Above all, enjoy your experience on Tiree, we look forward to welcoming you to the event, and remember to smile even when the going gets tough.

Happy running!

*Any enquiries, comments, concerns or general feedback can be made to Tiree Fitness.*

*Contact [will@tireefitness.co.uk](mailto:will@tireefitness.co.uk) or phone 07867 304640*

