



Bennachie Hill
Ultra Marathon
October 12th 2019.

Welcome to the inaugural running of the Bennachie Hill Ultra. We at CGM Ultra Running are so proud to be bringing you this race on the hill where we have had so many fantastic runs over the years. We've been gobsmacked by the response to the race and hope that you enjoy the hill as much as we do.

We'd like to make a special note of thanks to the Forestry Commission who owns the land and who granted us permission to hold the event.

Also The Bennachie Trust and COTAG, both charitable organisations who have helped greatly to enable us to stage the race. Links for both can be found on our web page.

We are incredible happy to be donating all profits made from the race to these two organisations.

Whether you are a newbie ultra runner or a wizened old oak please take the time to read this race information pack from start to finish. By collecting your race number at registration, you are certifying that you have read & understood everything in this briefing. If you have any questions about the content, please ask us before the event.

Any important changes to the content of this information pack will be emailed to all runners as well as being uploaded on our website and Facebook page.

There is parking available at the Bennachie Centre, this incurs a charge of £3 for the day. We do encourage **car sharing** where possible as there is a limited amount of parking spaces and we do not have exclusive use of the car park. Please NO car parking outside of parking area's or on surrounding public roads.

Important Medical Information. The use of any NSAIDs (such as ibuprofen, naproxen, celecoxib, mefenamic acid, indometacin, highdose aspirin, diclofenac) during the race is strictly prohibited as these can cause very serious medical issues if taken during an endurance event. If you are unsure about this or any other medication you're taking, please speak with your Doctor or get in touch with us.

You shouldn't be taking any painkillers during a race as they will only mask pain which is clearly an important sign in the whole self-preservation and staying alive thing. We understand that many of you will want to have some painkillers as part of your first aid kit, so paracetamol is the "safest" option to go for. If in doubt, speak to your doctor.

Also, when you've finished the race, please ensure you check yourself for ticks!

Last but not least we couldn't put this race on without all the volunteers and helpers who give up their time to marshal, so please remember to greet them with a smile or a wave whenever you see them out and about on the course. Remember if the weather is shite for you then it's just as shite for them.

We will welcome all feedback, good or bad so that we can try and improve your race experience for future events.

Cheers

Adam, Andrew and Rod.

<https://www.facebook.com/Bennachieultra>

<https://www.bennachiehillultramarathon.co.uk>

RACE DIRECTING TEAM NUMBERS - PROGRAMME THEM IN TO YOUR PHONE!

Adam – 07860 474 913 | Andrew - 07578 761 006 | Rod – 07724 107 661

There is very good mobile reception along the vast majority of the route, but please bear in mind that this may vary from provider to provider.

Where & When?

[Click here to go to Google Maps for Bennachie Visitor Centre Postcode AB51 5HY](#)

Saturday 12th October 2019

Race Registration - 06:30 - 07:30

Race Briefing - 07:45

Race Starts - 08:00

You will need photographic ID to collect your race number. Please complete the contact & medical info on the back of your race number.

We will be doing mandatory kit checks at registration.

No kit, no race; expect a kit check. Full kit includes:

- Waterproof full body cover
- Hat
- Gloves
- Foil Blanket
- Whistle
- Water, an amount appropriate to your expected pace, but enough to see you between checkpoints - i.e. a running vest or rucksack with bottles, soft flasks or a bladder. For 99% of the field, this translates to at least one litre of water (500ml per hour). There will be water points at approx 12 miles and 22 miles.
- F is for food, which gives you energy! This is something which is a very individual thing, but if this is your first ultra, you want to be eating little & often, grazing and drinking from start to finish in order to keep your energy up. It's also worth packing something as "emergency" food, should you get injured or if the tatties fall o'er the side.

You can also leave a drop bag at registration. This will be transported to the Donview Car Park, approx 12.5 miles into the race. Please note that this is the only opportunity for having

a drop bag. Be sensible with your drop bag and put your race number on them. Below are examples that you should follow.



There is ample toilet facilities in the Bennachie Centre, please respect these facilities as we do not have exclusive use, leave them as you would wish to find them.

Cup-less!

Remember, we are a cup-less race, meaning that if you want water at either of the water stations, you will need to provide your own cup or bottle. This is to avoid unnecessary waste.

Route Info & Navigation.

The course will be very well marked, and there will be a lot of volunteers out on the course during the race to help you on your merry way.

If you wish to have a GPX file of the route this is available on request.

Normal trail/ultra rules apply when it comes to navigation - do not deviate from your current direction of travel unless you see a sign.

Road Section There is a 3ish mile section ran on a quiet public road at approx 9 miles up to the check point at the Donview Car Park. **All** headphones must be removed when on the road section. Failure to do so will result in you being disqualified from the race.

The race team have no authority to stop traffic, please run this section on the right hand side of the road and be aware that traffic can approach from both directions.

Safety

We will have COTAG located at various points on the course who will be able to help with minor injuries. There will also be first-aiders at the start/finish along with first-aid kits and a defibrillator. We highly recommend you carry some first-aid essentials as part of your race kit so you can deal with blisters, cuts and the like.

If you come across somebody having a medical emergency on the course, call 999 immediately.

Emergency services will need to know your location - chances are you won't be sure of your exact location, so please consider downloading an Ordnance Survey app called "OS Locate" for your phone - this gives your location in the form of a grid reference.

Alternatively, please know how to get your exact position from your GPS watch.

These aren't just good to know when racing, but for any time when you're out on the hills or in an unfamiliar location.

Once you have spoken with emergency services and followed any instructions, or put your own first aid training to use, please call one of the race directing team.

Please remember that it is each runner's own responsibility to make sure you are fit and healthy to take part in this race. Please do not be tempted to start the race if you have any concerns over your health – it is just not worth the risk.

You will never be far from other people out on the course - be it fellow runners, members of the public or our sweepers who will be following at the back of race.

If you are withdrawing from the race, you **must** inform a member of the race crew. Otherwise we may end up sending out search parties and/or Mountain Rescue looking for you at the end of the day when you're sitting with your feet up in the local pub. This won't end well for anybody involved.

The decision of any member of the race crew is final and must be respected. Our crew at checkpoints are all experienced marshals (and many of them ultra runners themselves) who want to make sure you all finish the race, but your health & safety is their number one priority and as such they will be making sure you're fit to continue.

Look after each other out on the course. If you see somebody who is struggling, please take the time to have a word and make sure they're ok before you carry on. If you're concerned about them, let the race crew/marshalls know, or even better, run to the next marshall with them.

When you finish the race, keep moving around! If you suddenly stop or sit/lie down, your body won't thank you for it as it needs some time to adjust after all that running.

Also, be sure to pack some warm clothes for after the race to get changed into and please don't jump straight into your car and drive home. There are refreshment available so stop and have a brew and a slice of cake or two or three...

Chip Timing

When you come to registration, you'll be given your race number and timing chip which will be fixed to ankle.

This timing chip will clock your time at the start of the race and at the end. You will therefore be given an accurate chip time.

Cutoff Times

There will be a rigorous cut-off time of 4 hours at approximately 18 miles, which is designed to ensure the safety of runners and marshals.

In the event of runner injury or extremes of weather, we may have to withdraw runners for the safety of all concerned. However, given the nature of this route and the time of year, we don't foresee having to do this.

Additional Information.

Support runners are not allowed. You can't run with your dog. Trekking poles are NOT allowed.

Littering is not permitted on the course. We want to leave the countryside exactly as we find it. If you do have litter carry it to the Donview Car Park or the finish at the Bennachie Centre. If you are found to be littering, you will be disqualified.

The race is run on public footpaths and trails, so please be courteous to anybody you come across out on the route.

The race crosses open countryside and a number of working farms. You must ensure gates are left as you find them and be aware that some fields may have livestock.

We will have sweepers at the rear of the race who are there for safety reasons. They are not there to harass you, so please don't feel pressured by them. They will be happy to keep you company and have a natter, or happy to hold back and let you do your own thing, so if you do find yourself in this position, please just let them know which you'd prefer.

And finally, we want you to enjoy the race so here are a few wee tips.

The first 12 miles are the "easiest", ran mainly on good tracks and trails, with a road section thrown in.

After the Donview check point you will hit the first real climb up Millstone Hill, pace it well, use this opportunity to get some food and drink down your neck for the next few miles. The views at the top on a clear day are amazing.

At approx 20 miles you will hit the bottom of the zig zags, it might seem like this climb is never ending, but it will end and you will be rewarded with some of the best trail running in Scotland, again with amazing views.

Good luck and we will see you soon.