



GLASGOW-EDINBURGH ULTRAMARATHON 2016

Congratulations on your entry to the G2E 2016 — see you in April!



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**RESOLUTE
EVENTS**

in association with
Scottish Ultra Marathon Series
SUMS
2015

IN THIS PACK

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- + EVENT RULES

IMPORTANT RACE INFORMATION

Please read the conditions of entry carefully and bring a copy with you to registration before the race. If you have any questions please call on **07876 451574** or email resoluteevents@yahoo.com

BEFORE THE RACE

- + Consider taking out personal insurance against accident or injury whilst participating in sporting activity.
- + Look over the route on the maps provided in this pack — the route is fairly easy to follow, but care is required where canals meet, i.e. near Maryhill and at the Falkirk Wheel.
- + The location of the checkpoints (including OS grid references) are on your CP mapsheet. In addition to the Start and Finish there will be 5 checkpoints along the route.
- + Stock up on high energy snacks for the race.
- + Contact resoluteevents@yahoo.com if you have any queries before race day.

CHECKPOINTS

There are 5 checkpoints along the route:

- CP 1** Auchinstarry Bridge
dist: 13.1 miles / 21.1 km
cut-off: 3 hrs / 12pm
- CP 2** Falkirk Wheel
dist: 22.25 miles / 35.81 km
cut-off: 4 hrs 45 mins / 1.45pm
- CP 3** Linlithgow
dist: 33.75 miles / 54.32 km
cut-off: 7 hrs 15 mins / 4.15pm
- CP 4** Broxburn
dist: 42 miles / 67.59 km
cut-off: 9 hrs 15 mins / 6.15pm
- CP 5** Ratho
dist: 47.25 miles / 76.04 km
cut-off: 10 hrs 30 mins / 7.30pm

All distances are approximate. Please be sure to **give your bib number** to the marshals at each checkpoint before proceeding — do not just dash by and hope they

spot you! It is your responsibility to ensure the marshals have recorded you at the checkpoint — failure to do so may result in a time penalty or disqualification. This is for the safety of all competitors and marshals. There will be water and High 5 Zero electrolyte mix available at all checkpoints. To avoid unnecessary waste these will be dispensed from large containers — so be sure to remember your water bottle/bladder.

DROP BAGS/BAG TRANSPORTATION TO THE FINISH

You may leave a small drop bag with food, spare clothing etc at the start to be picked up at CP 2 (the Falkirk Wheel). Drop bags must be no larger than a standard plastic carrier bag and must be clearly labelled with your bib number.

Please make sure you pick up the right bag at CP2 and put any rubbish in the bins provided. You may also leave a bag at the start to be transported to the finish. Please note property is left entirely at your own risk.

KIT LISTS

Compulsory kit must be carried at all times during the race. Given the changeable Scottish weather and the remote nature of parts of the route the recommended kit should also be seriously considered — warm clothes, clean socks and something to eat can make all the difference and help stave off injuries and the risk of hypothermia and exhaustion.

- + Waterproof jacket
- + Head torch (with spare batteries)
- + Space blanket
- + Water bottle/hydration system
- + Mobile phone*

* number to be given to race marshals at registration and left switched on throughout the race

RECOMMENDED KIT

- + OS Landranger maps 64, 65, 66 (or OS Explorer maps covering the same area)
- + Compass
- + Hat
- + Gloves
- + Spare clothing
- + Backpack/Bumbag
- + Basic medical kit containing antiseptic cream, plasters etc.
- + Snacks and energy food

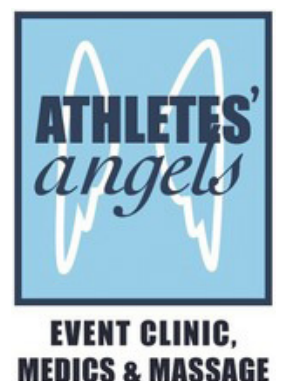
GETTING TO THE START

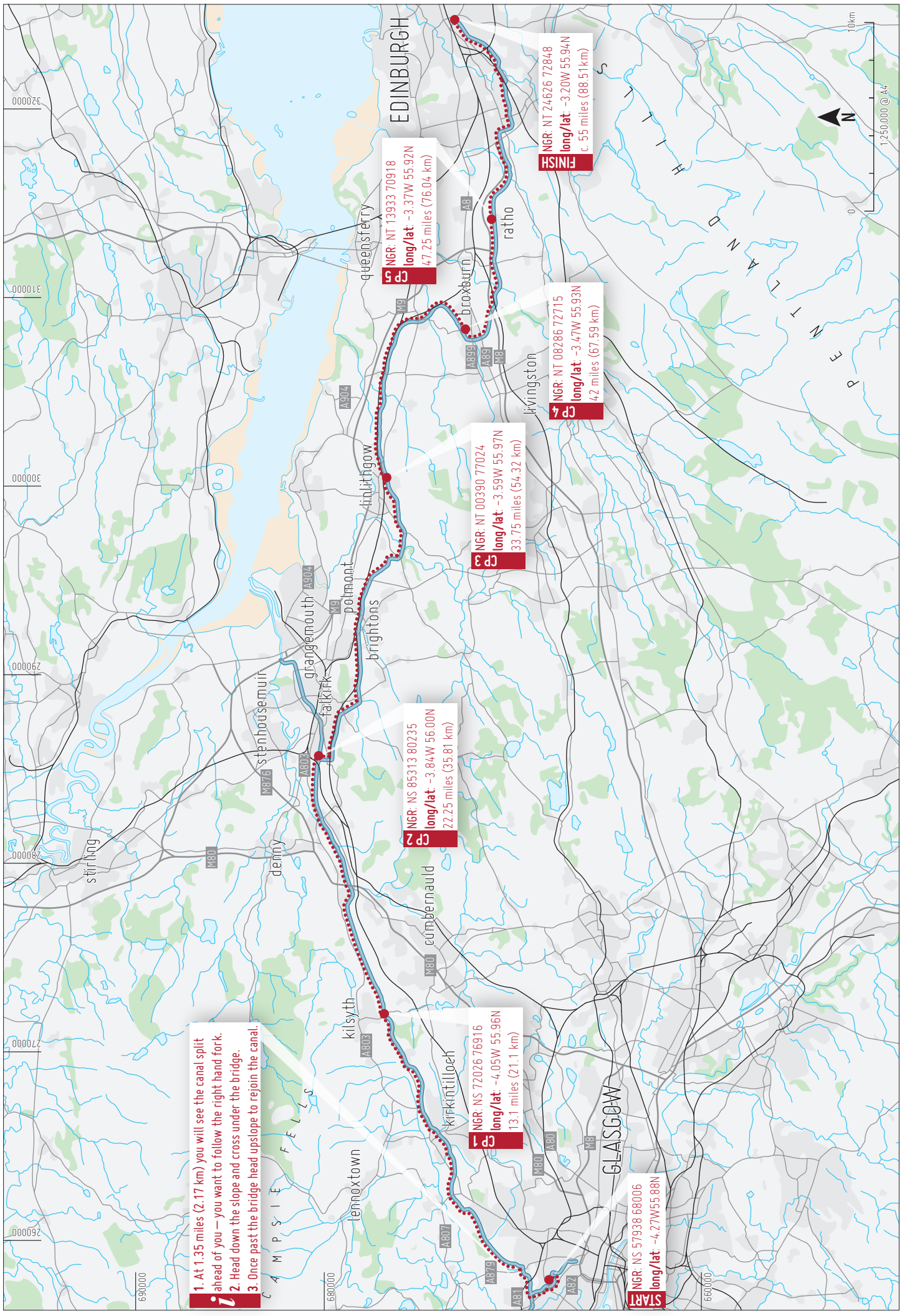
The race starts in Ruchill Park, Glasgow (see Race Start Map). Enter the park by the entrance on the south side (after the Partick Thistle Football Ground on Firhill Road). Ruchill Park is about 2 miles NNW of the city centre. The race will start promptly at 9am and registration will take place between 08.00am and 08.55am.

USEFUL NUMBERS

Glasgow Taxis	0141 429 7070
Traveline	0871 200 2233
First Bus	0141 423 6600
ScotRail	08457 484950

THANKS TO:





1. At 1.35 miles (2.17 km) you will see the canal split ahead of you – you want to follow the right hand fork.
2. Head down the slope and cross under the bridge.
3. Once past the bridge head upslope to rejoin the canal.

CP2
 NGR: NS 85313 80235
 long/lat: -3.84W 56.00N
 22.25 miles (35.81 km)

CP1
 NGR: NS 72026 76916
 long/lat: -4.05W 55.96N
 13.1 miles (21.1 km)

CP3
 NGR: NT 00390 77024
 long/lat: -3.59W 55.97N
 33.75 miles (54.32 km)

CP4
 NGR: NT 08286 72715
 long/lat: -3.47W 55.93N
 42 miles (67.59 km)

CP5
 NGR: NT 13933 70918
 long/lat: -3.37W 55.92N
 47.25 miles (76.04 km)

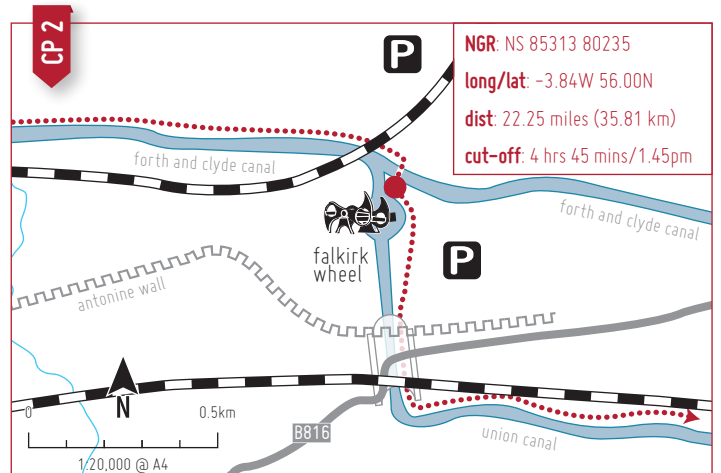
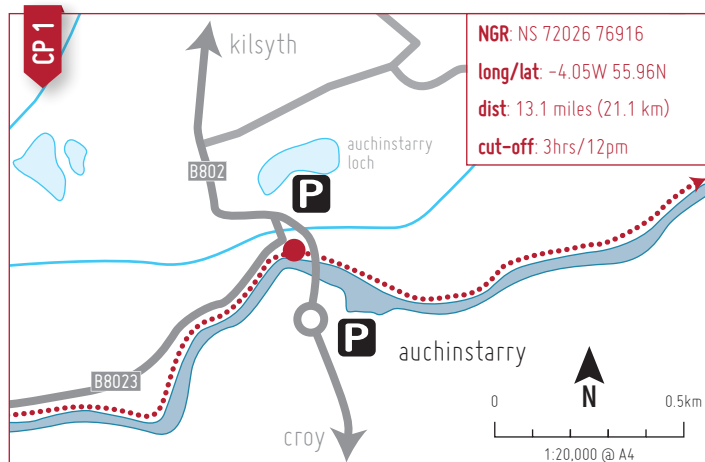
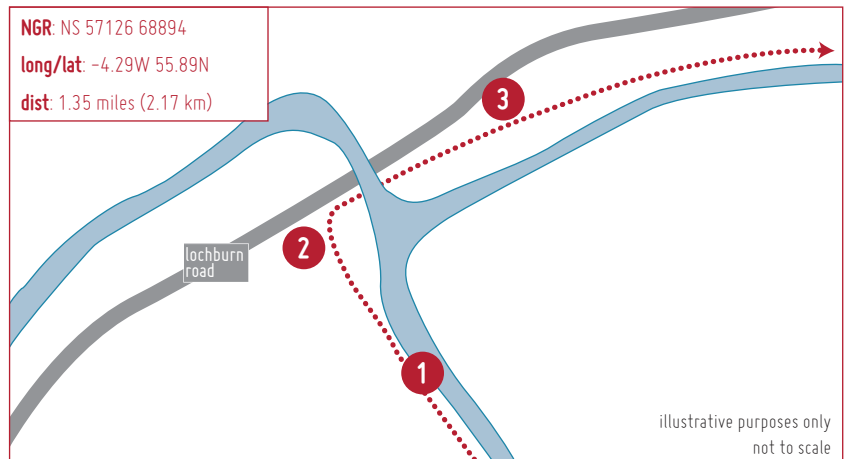
FINISH
 NGR: NT 24626 72848
 long/lat: -3.20W 55.94N
 c. 55 miles (88.51 km)

START
 NGR: NS 57938 68006
 long/lat: -4.27W 55.88N

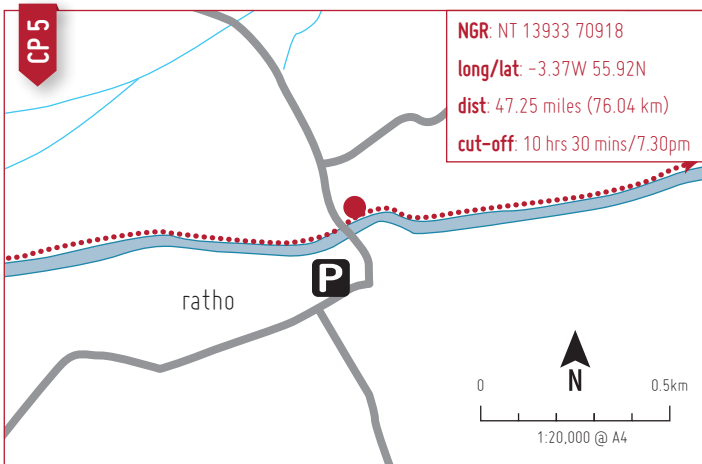
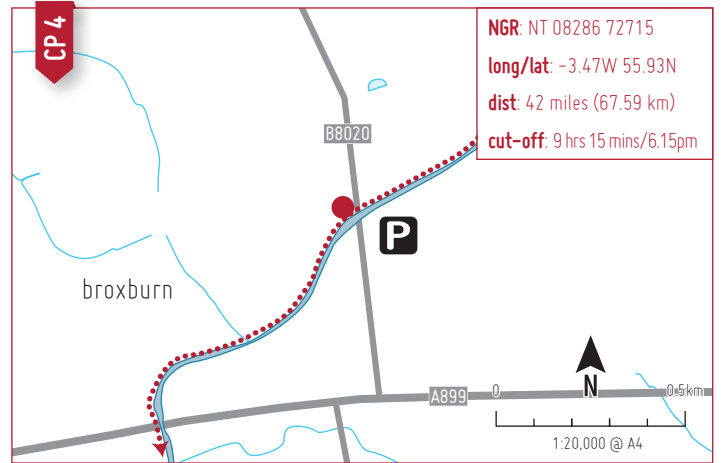
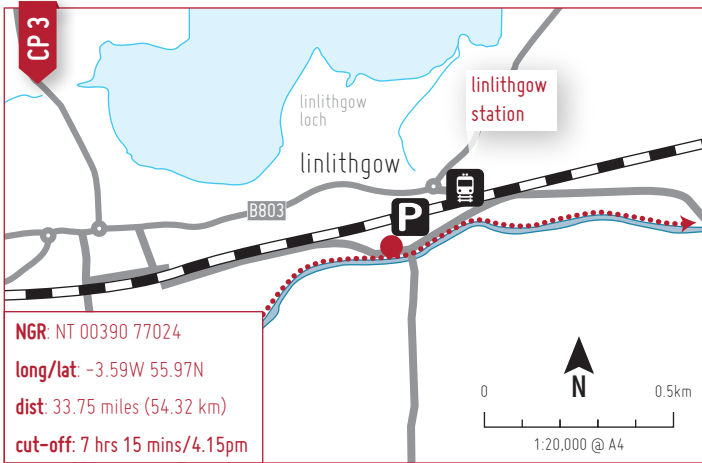
ROUTE INFORMATION



- 1 At 1.35 miles you will see the canal split ahead of you – you want to follow the right hand fork.
- 2 Head down the slope and cross under the bridge. Exercise extreme caution here, the footpath is very narrow with traffic passing close by.
- 3 Once past the bridge head upslope to rejoin the canal.



ROUTE INFORMATION

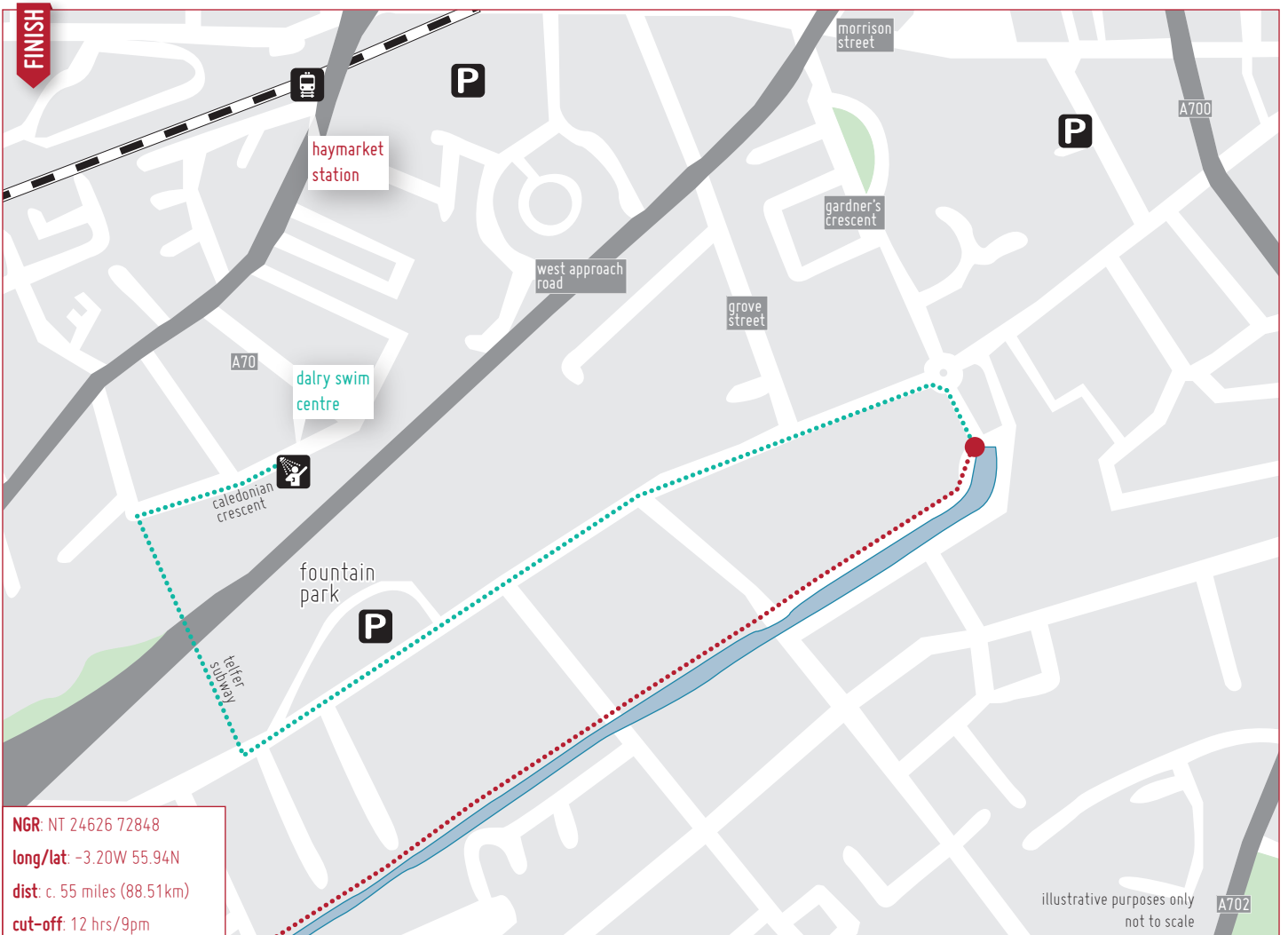


AT THE FINISH

- + Free showers are available at the Dalry Swim Centre until 18.00 (approximately 10 mins on foot)
- + Free sports massage
- + Finisher's medal and t-shirt
- + Finish line is adjacent to Cargo Bar if you are planning on celebrating!

Directions to Haymarket train station:

From finish head north along either Gardner's Crescent or Grove Street to join Morrison Street. Turn left (west) and proceed along Morrison Street to Clifton Terrace and Haymarket train station. Total journey time is approximately 10 mins on foot.



CONDITIONS OF ENTRY

Please read the following terms and conditions before recording your signature to record your understanding and acceptance of the following terms and conditions, associated with the Glasgow-Edinburgh Ultramarathon 2016 (hereafter the Event).

MEDICAL CONSIDERATIONS

Participants should be fully aware of the scale of this event before entering, both the duration and extent of the Event requires participants to be of a high level of fitness. Individuals should not participate if they suffer from any ailment or physical disability that would significantly increase their risk of injury. Those unsure of the above should consult their GP.

Participants are asked to detail any medical information on the reverse of this sheet if it would be of relevance to medical professionals in the event of an emergency.

Details of allergies, medical conditions such as diabetes or heart problems etc. should also be annotated on the back of race numbers on the day of the event.

SAFETY

Participants are expected to be fit and prepared for the Event. Participants must carry a switched on mobile phone for the duration of the Event. If you become injured or wish to abandon the Event you must notify the Race Director (T 07876 451 574). If possible make your way to the nearest checkpoint or call the Race Director to arrange for pick up. In the interest of the safety of other participants and marshals do not leave the Event without first notifying the Race Director.

Participants should be aware that the route of the Event is not closed to the public and thus participants should expect to meet pedestrian, cyclists and horse riders etc. Nor will any road crossings be closed off. Every effort will be made on the day to highlight areas where footpaths cross live roads however participants should be aware of all other road users.

Due to the proximity of the Event to waterways it is important participants are aware of the risk of Leptospirosis. Leptospirosis is a zoonotic condition, which means that it can be spread from animals to humans. Animals, such as rats, pigs, and dogs can become infected by bacteria called leptospirosis. They

can then contaminate a water source by urinating into it. If a human then comes into close contact with the infected water, such as through the eyes, mouth, nose or any cuts in their skin, they can then become infected with leptospirosis. Leptospirosis is an unusual condition in that its symptoms can vary wildly from person to person. Some people with the condition can have no symptoms at all, although most will experience symptoms that are similar to the influenza (flu). An estimated 5–10% of people will experience the most serious form of leptospirosis, which is also known as Weil's disease. Weil's disease can cause: kidney failure, jaundice, shock, internal bleeding, and inflammation of the heart. Leptospirosis can be treated using antibiotics. Hospital admission is usually required for the most serious form of leptospirosis because the body's functions will need to be supported until the infection has passed.

[Source: NHS]

If you have any concerns about your health following contact with water along the route inform your doctor and advise members of your family of the symptoms of leptospirosis.

EVENT RULES

1. Participants must follow all UK laws, the Scottish Outdoor Access Code and the Waterways Code at all times;
2. Respect other users of the route, local communities, local landowners and the environment. The roads and towpaths are not closed and you **DO NOT** have priority or right of way. Please consider other users at narrow spots on the route, around the busy area of the Falkirk Wheel and at the locks on the Union Canal;
3. Keep to the designated route. No shortcuts are allowed. If you become lost retrace your steps to return to the route;
4. Assist other competitors in need of medical assistance and alert a marshal;
5. Participants must carry all items of their compulsory kitlist for the duration of the Event;
6. Do not litter — bins will be provided at all checkpoints. Either dispose of your rubbish at the checkpoints or in public bins along the route;
7. Follow the directions of the marshals;
8. Display your race number at all times and check in with the marshals at the checkpoints before proceeding along the route;
9. The decision of the Race Director is final;
10. Have fun!