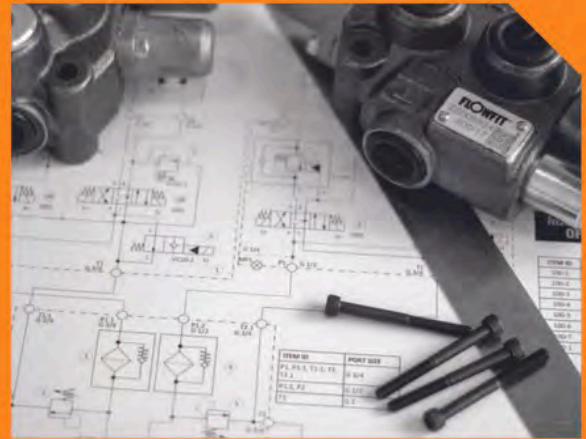




**Athlete Guide 2024**



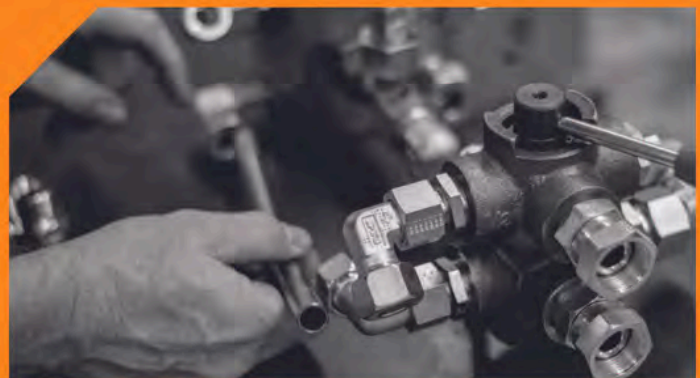


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## Welcome

Welcome to the inaugural Midwinter Mortimer Trail! We are very excited to be adding this new event to our race portfolio and we are grateful to you all for signing up and making it possible.

We wish you the best of luck and hope that you enjoy what we believe to be a wonderful event in our beautiful part of the world.

Also, If you are happy for us to use them we would also love to see your race reports and photos. Please email them to [andy@andalievents.com](mailto:andy@andalievents.com)

See you soon!

**Andy and Harriet**



**ANDALI EVENTS**

Midwinter Mortimer Trail is promoted by Andali Events. All information correct at time of going to press. The organisers reserve the right to change any aspect of the event if necessary, due to unforeseen circumstances.





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# Pre-Race Information

## At a Glance: Key Information

**Race HQ**                      **Burton Hotel, Mill St, Kington, HR5 3BQ**

**Race Director**            **Harriet Dearden - 07909 951656**

**Race Start**                    **Ultra - Chapter 66, Ludlow Castle, Castle Square, SY8 1AY**  
**Croft 15 - The Riverside Inn, Aymestrey, Leominster HR6 9ST**

**Race Finish**                    **Burton Hotel, Mill St, Kington, HR5 3BQ**





# Pre-Race Information

## Timeline of Race Day: Saturday 28 December

TIME	EVENT	LOCATION
0700	Pre-booked and paid transfer departs (both distances)	Mill Street Car Park, HR5 3UD
0730	30-mile registration opens	Chapter 66 Cafe, Ludlow Castle
0750	Race safety briefing	Chapter 66 Cafe, Ludlow Castle
0800	30-mile race starts	Chapter 66 Cafe, Ludlow Castle
0830	Croft15 registration opens	Riverside Inn, Aymestry
0850	Croft15 race safety briefing	Riverside Inn, Aymestry
0900	Croft15 race starts	Riverside Inn, Aymestry
1200	First athletes finish	Burton Hotel, Kington

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# Race Day Information

## Registration

Both distances have their own registration, race brief and race start, as follows:

- Ultra - Chapter 66 Café, Ludlow Castle, SY8 1AY
- Croft 15 - The Riverside Inn, Aymestrey, Leominster HR6 9ST

All participants **MUST** register at their respective start point before the race starts.

Report your name to registration staff, where you will be given the following:

- Race tally - this will include your race number. Your race tally is to be clipped at the manned and unmanned checkpoints (see below).
- Course map showing checkpoints.

Please have your mobile phone available at registration to show the registration team that you have the Race Director's phone number saved in your contacts.

## Event Timing

In order to minimise costs for this pilot event, the timing will be recorded in-house, with a marshal at the end of the course at the Burton Hotel recording your finish time and writing your completion certificate accordingly.



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The image displays a variety of design projects. On the left, a website for 'SOURDOUGH PIZZA BY CSONS' is shown on a desktop and mobile device. In the center, a laptop displays the '2023 Gift of the Year Awards' website. On the right, a large poster for the 'LUDLOW SPRING FESTIVAL' is held up, featuring a group of people and the text 'FUN, FEASTING, 150+ BEERS, LIVE MUSIC, COMEDY, TALKS, KIDS ACTIVITIES & MOTORS AT THE LUDLOW RUGBY CLUB 12TH, 13TH & 14TH MAY 2023'. Below the poster, four bottles of Ludlow beer are lined up, with labels for 'GOLD', 'STAIRWAY', 'BLACK KNIGHT', and 'RED DAWN'.

visualworks.co.uk



# Race Day Information

## Car Parking

Car parking is available near the finish point in the Mill Street Car Park, Kington, HR5 3DP. All day parking costs £2.80. The optional pre-booked transport to your start point will leave from here at 0700 sharp. This IS NOT included in your entry.

The optional transport to your start point was a cost option when you signed up. If you didn't opt for the transport, initially, but now need it please email Andy at [andy@andalievents.com](mailto:andy@andalievents.com) as soon as possible. This will be on a first come first served basis as additional spaces are limited. The cost for this transport is £14 per athlete.

If you are being dropped off at or you are making your own way to your respective start point there is 'pay and display' parking at Castle Square parking in Ludlow and drop off only at The Riverside Inn, Aymestrey (Croft 15).

**WHEN DROPPING OFF PLEASE DO NOT HINDER THE SAFE PASSAGE OF OTHER ROAD USERS ON THE PUBLIC HIGHWAYS OR PRIVATE LAND.**

## Race Start / Finish

The start line of each race will be marked by a start flag. Please ensure you are on the start line in good time. A verbal countdown will be used to start the race.

The official finish is at the Burton Hotel, where there will be hot and cold drinks and snacks available, as well as a bar where drinks can be purchased.





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# Race Day Information

## Checkpoints

All checkpoints will have an orienteering clipper for you to use on the tally that you will be given at the start of the race. Please leave all tally clippers as you find them.

Your respective start point will not serve as a checkpoint for you but will do for any athletes running further distances. The checkpoints are approximately every five miles and will be highlighted on the map you receive at the race start, and alternate between manned and unmanned as follows:

1. **Ludlow Castle** : start point for Ultra
2. **High Vinnals**: unmanned checkpoint for Ultra
3. **Riverside Inn, Aymestrey**: Croft 15 start point and manned checkpoint for Ultra
4. **Upper Lye**: unmanned checkpoint for Ultra and Croft 15
5. **Titely crossroads**: unmanned checkpoint for Ultra and Croft 15
6. **Burton Hotel**: finish point and manned checkpoint for Ultra and Croft 15

Your tally must have all the relevant checkpoints marked in order to be deemed as complete.

At each of the manned checkpoints, please ensure that you give your name and race number to the marshal so that we can account for your whereabouts.





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# Race Day Information

## Courses

The courses are a mixture of roads, forest tracks, trails and public footpaths. Please be considerate to the local residents, wildlife, farm animals, other walkers / cyclists and vehicles.

This is a self navigation course, following the official permanent Mortimer Trail signposts. There is no race signage on route. The entire Ultra route (of which the Croft 15 forms part of) can be found here:

<https://www.andalievts.com/events/midwinter-mortimer-trail/course-routes>

If you need assistance uploading the GPX route to your Garmin, there is a step-by-step guide on the Course Routes section of the Midwinter Mortimer Trail website:

<https://www.andalievts.com/events/midwinter-mortimer-trail/course-routes>

A basic map print out will be provided at registration.

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# Race Day Information

## Aid Stations

Please refer to the **Checkpoints** section for locations of manned and unmanned checkpoints. At the manned checkpoints there will be water, electrolytes, coke, and squash. Please bring your own cup, or refill your bottle, as cups and glasses will not be available at the checkpoints.

A selection of sweet and savoury snacks such as sweets, biscuits, crisps, cakes, salted peanuts, and by popular demand, Christmas-themed snacks. The containers for each will be separate but it is your responsibility to be aware of any food allergies and therefore decide on your choice of snack accordingly.

If you want to place some specific nutrition at these points, please place into an airtight container of your choice and bring with you to registration where you can complete a sticky label with your name and race distance.

If at any point in the race you feel you do not wish to continue please make your way to the nearest check point and inform the staff that you want to retire.

If you feel that you are unable to make it to the next checkpoint please ring the Race Director's mobile number 07909 951656 so that we can arrange your pick up.

Please be aware that depending on the race situation it might take a while to get to you, and your patience in this regard will be appreciated.

Do not leave the event without telling someone, otherwise a rescue search operation will be initiated for you.



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# Race Day Information

## Medical

There will be mobile medical cover throughout the entire race duration. If you require medical attention, please follow the instructions below.

## Minor Casualty

A minor casualty constitutes a non life-threatening injury such as a cut, abrasion or twisted ankle. The casualty will be able to walk and medical attention will be needed but not urgently.

**If you become / find a minor casualty:** continue or assist the casualty to the closest marshalled point (bear in mind this maybe backwards on the route) and ask to see the event medic.

## Major Casualty

A major casualty will require urgent medical attention and will not be able to walk. Injuries such as broken legs, severe bleeding, heart attack etc fall into this category.

If you become / find a major casualty follow this procedure:

- Apply any known first aid
- Ring the Race Director on 07950 573505 who will then liaise with the medical team
- If in a bad mobile reception area, report the incident to the nearest marshal who will contact the Race Director

A member of the Andali Events will 'sweep' the course, following the last athlete(s) at a respectable distance.





# Race Day Information

## Dogs

We love dogs at Andali Events and this year we are piloting welcoming athletes to bring their canine companions to take part. But for the enjoyment of everyone (and every dog) there are a few common sense rules that canicross runners need to adhere to.

Not all people like dogs and some people are afraid of them, so please bear this in mind when approaching fellow athletes or members of the public.

1. Dog owners should ensure they carry appropriate fluid for themselves and their dogs for the run.
2. Runners should not bring their dogs on runs in extreme temperatures (either hot or cold).
3. If concerns are raised with the Race Directors regarding dog welfare, runners will be asked not to bring their dog to future events.
4. Any reports of antisocial behaviour by your dog will result in the dog potentially being banned from future /events.
5. Runners should ensure they have an appropriate harness for running with their dog.
6. All dogs must be insured with public liability insurance which covers compensation and costs awarded against the owner by a court if the dog causes death or injury to a person or causes damage to someone else's property.
7. Dog owners should ensure they have adequate poo bags to collect dog poo on the route, and dispose of the bag and contents in an appropriate refuse receptacle.



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# Race Day Information

## Kit List

The weather in this area is generally stable but conditions can change fairly quickly and the wind can increase substantially on high exposed parts of the route.

Although the mandatory kit list is small it is advisable to think ahead and pack some of the optional kit as you feel necessary.

## Mandatory Kit List

- Backpack / running vest / running belt
- Hydration bladder / water bottle, with minimum ½ litre of water / electrolyte mix
- Fully charged mobile phone with Race Director's number saved in it - **07909 951656**
- Long sleeved top or jacket
- Emergency food
- Route map, and tally with Race Director's number on the reverse (provided by Andali Events at registration). The tally will serve as your race number.
- Cap / beanie / gloves

## Advisory Kit List - dependent on weather forecast

- Spare socks, t-shirt
- Additional water / electrolytes
- Additional snacks
- Small medical kit (plasters, scissors, blister kit, lubricant, tweezers, sting cream, insect bit cream)
- Waterproof jacket / trousers
- Extra warm layer
- Collapsible cup

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# Race Day Information

## Weather

An up-to-date printed weather forecast will be available at registration. In the unlikely event that the weather is extremely adverse and deemed to be dangerous, the event will be cancelled or re-routed as appropriate. Possible scenarios for this include extreme winter conditions or high winds.

If, in the view of the Race Director the weather is deteriorating to the point whereby it poses a safety risk to competitors whilst they are on the course, they will be held at the next checkpoint and transported back to the event HQ. The Race Director's decision is final on this matter and will be based entirely with your safety in mind.

## Cut-offs

None of the races have cut offs, however Andali Events will allow approximately 6 hours for athletes to cover distance between manned checkpoints. If an athlete hasn't arrived within the six hour window, the Race Director will contact them to ensure everything is ok and obtain an update to their position.

It is predicted that with an estimated slowest average speed of 2.5 mph, the Ultra should take be completed within twelve hours (2000) and the Croft 15 within six hours (1500).

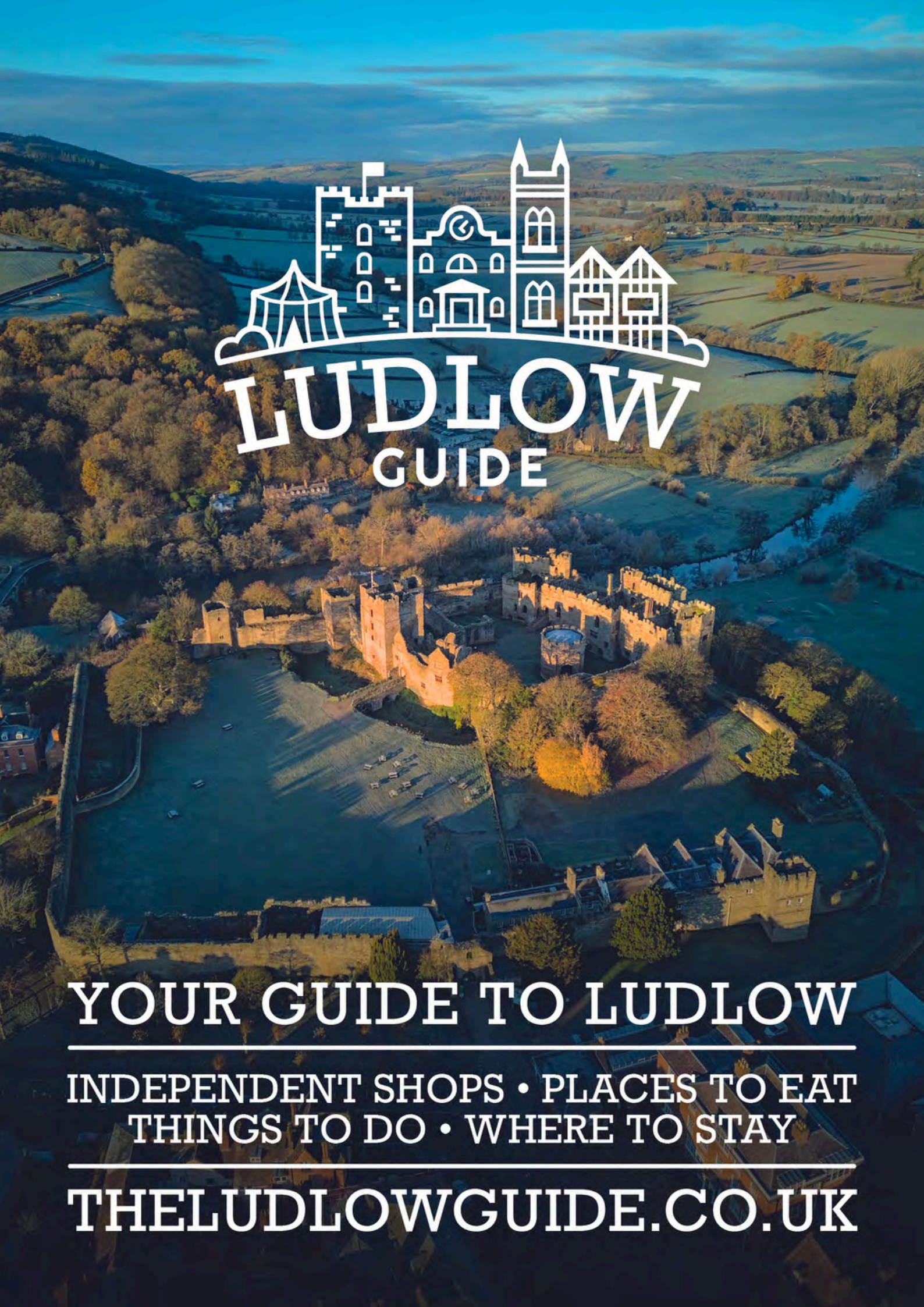
## Medals and trophies

Once you cross the finish line, you will be presented with your medal and certificate showing your time. There will be trophies awarded to 1st, 2nd and 3rd placed athletes in the open category and female category at all three race distances. These will also be presented to the respective athletes as they cross the finish line.

## Toilets / Showers

There are very limited toilet facilities on the course. The loos at the Riverside Inn at Aymestrey will be available to use. There are no shower facilities at the Burton Hotel.





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# Race Day Information

## Bags

There will be a secure area in the Race HQ for athletes' bags. These can be loaded into the Andali truck at registration.

## Results

As this is the pilot event, we will not be offering chip timing. However, the results will be available afterwards, and will be shared on the Andali Events website, a link to which will be sent by email shortly after the event has finished.

## Litter

Please do not leave litter on any part of the course. Please carry it with you until you reach the next manned checkpoint or take it home with you.

## Gates

Please leave gates as you find them.

## Final words

Ali and her team at the Walking Hub, Kington have a great range of clothing, accessories, maps etc for purchase, including a great map / guide to the Mortimer Trail: <https://kingtonwalkinghub.com/collections/route-maps/products/zig-zag-mortimer-trail>

The map is also available from the Shropshire Hills Discovery Centre and Castle Bookshop in Ludlow.

Why not visit the shop or take a look online here: <https://kingtonwalkinghub.com/>

## Special Thanks

Special thanks to the National Trust, Forestry England and the landowners whose land the Mortimer Trail crosses. Thank you also to Gwyneth Bowyer and the team of Trail Blazers who keep the route maintained.





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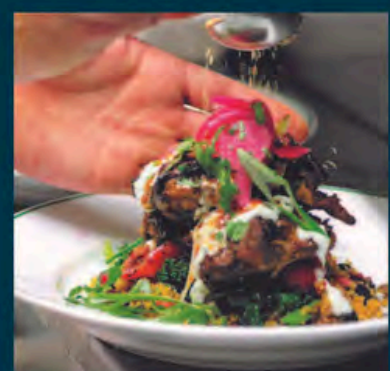
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## **House Clearances**

At Wicked we aim to minimise waste and operate a zero-landfill policy. Where possible we donate items to various charities that we have teamed up with, mainly the Ludlow Ukrainian Support Group and the Rural Charity Furniture Shop. We have a dedicated storage unit for these goods as sometimes demand from the charities is sporadic and this ensures that they will have constant access to these items. Where it is not possible to donate these goods, all other waste is taken to the Quick Skip depot in Hereford where they operate a zero-landfill policy also.

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