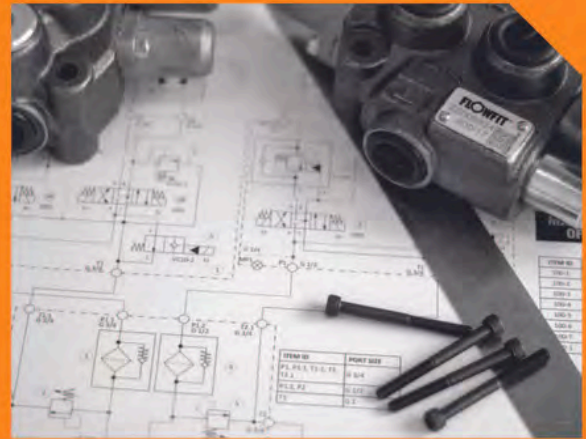




Athlete Guide 2024

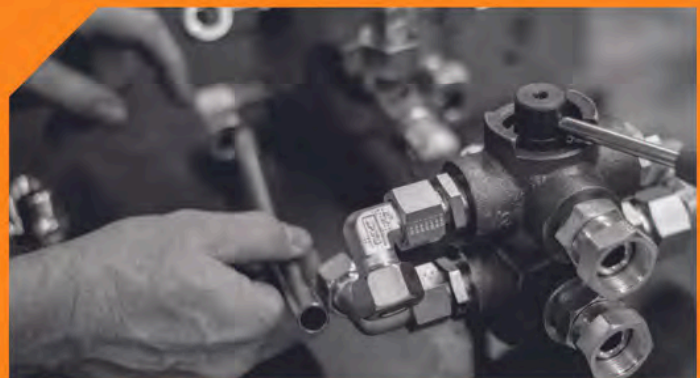


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Welcome

Welcome to the inaugural Midsummer 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

See you soon!

Andy and Harriet



ANDALI EVENTS

Midsummer 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	Ludlow Rugby Club, The Linney, Ludlow, SY8 1EE
Race Director	Andy Silvey - 07950 573 505
Race Start	Ultra: The Market Hall, Mill St, Kington, HR5 3BQ Byton 20: Court House Farm, Byton, LD8 2HS Croft 10 - The Riverside Inn, Aymestrey, Leominster HR6 9ST
Race Finish	Ludlow Rugby Club





Pre-Race Information

Timeline of Race Day: Saturday 29 June

TIME	EVENT	LOCATION
0630	Car park opens	Ludlow Rugby Club
0700	Pre-booked and paid minibus transfer departs (all distances)	Ludlow Rugby Club
0730	30-mile registration opens	Kington Market Place
0750	Race safety briefing	Kington Market Place
0800	30-mile race starts	Kington Market Place
0830	Byton20 registration opens	Court House Farm, Byton
0850	Byton20 race safety briefing	Court House Farm, Byton
0900	Byton20 race starts	Ludlow Castle
0930	Croft10 registration opens	Riverside Inn, Aymestry
0950	Croft10 race safety briefing	Riverside Inn, Aymestry
1000	Croft10 race starts	Riverside Inn, Aymestry
1200	First athletes finish	Ludlow Rugby Club



Race Day Information

Registration

Each of the three race distances have their own registration, race brief and race start, as follows:

- Ultra - The Market Hall, Mill St, Kington HR5 3BQ
- Byton 20 - Court House Farm, Byton, Presteigne LD8 2HS
- Croft 10 - 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 Rugby Club recording your finish time and writing your completion certificate accordingly.



Race Day Information

Car Parking

Free event car parking is available at the finish point in Ludlow Rugby Club (The Linney, Ludlow, SY8 1EE) and optional pre-booked minibus transport to your respective start point will leave from here at 0700 sharp. This IS NOT included in your entry. The optional transport from the Rugby Club car park 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 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 £12 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 200m further west of the Market Hall on Mill Street (Ultra), drop off only at Court House Farm (Byton 20) and drop off only at The Riverside Inn, Aymestrey (Croft 10).

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 and Sinclair Land Rover flag. Please ensure you are on the start line between these two flags in good time. A verbal countdown and foghorn will be used to start the race.

The official finish is at Ludlow Rugby Club, where there will be hot and cold drinks and snacks available, as well as shower and changing facilities.



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. **Kington:** start point for Ultra
2. **Titely crossroads:** unmanned checkpoint for Ultra
3. **Court House Farm:** Byton 20 start and manned checkpoint for Ultra
4. **Upper Lye:** unmanned checkpoint for Ultra and Byton 20
5. **Riverside Inn, Aymestrey:** Croft 10 start point and manned checkpoint for Ultra and Byton 20
6. **High Vinnals:** unmanned checkpoint for Ultra, Byton 20 and Croft 10
7. **Ludlow Castle** notice board: unmanned checkpoint for Ultra, Byton 20 and Croft 10
8. **Ludlow Rugby Club:** finish point and manned checkpoint for Ultra, Byton 20 and Croft 10

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.



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.

The course will be signed using official permanent Mortimer Trail signposts, and a number of fluorescent Running Imp signposts. You will be shown an example of these in the safety briefing.

The entire Ultra route (of which the Byton 20 and Croft 10 form part of) can be found here: <https://explore.osmaps.com/route/21497052/midsummer-mortimer-trail-ultra?lat=52.292903&lon=-2.950494&zoom=10.9643&style=Standard&type=2d> or at this Strava link here: <https://strava.app.link/sSQRpxbsKb>

A basic map print out will be provided at registration. The official Mortimer Trail map is available to buy from the Shropshire Hills Discovery Centre or Castle Bookshop in Ludlow.

Route alteration

For all distances, when you reach Hanway Common, due to the set up of the Soap Box Derby, please follow the hedge line along the bottom of the Common until you reach the road, as shown in pink on the map, and then head left up the hill until you reach the forest in the top corner. This will enable you to cross the common without being encumbered by obstacles.





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 savory snacks such as sweets, biscuits, crisps, cakes, salted peanuts etc will be available. 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 07950 573505 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.



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

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 - **07950 573505**
- 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.

Advisory Kit List - dependent on weather forecast

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



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 heat 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 4 hours for athletes to cover the 10 miles between manned checkpoints. If an athlete hasn't arrived within each four 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), the Byton 20 within eight hours (1700) and the Croft 10 within four hours (1400).

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

Both are available at HQ. There are very limited toilet facilities on the course. The loos at the Riverside Inn at Aymestrey will be available to use.



Race Day Information

Bags

There will be a secure area in the Rugby Club (race HQ) for athletes' bags. These can be left at race HQ, between 0630-0700 before making your way to the start point, or 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 official MMT Facebook event page, with a link to them in the congratulations email you will receive 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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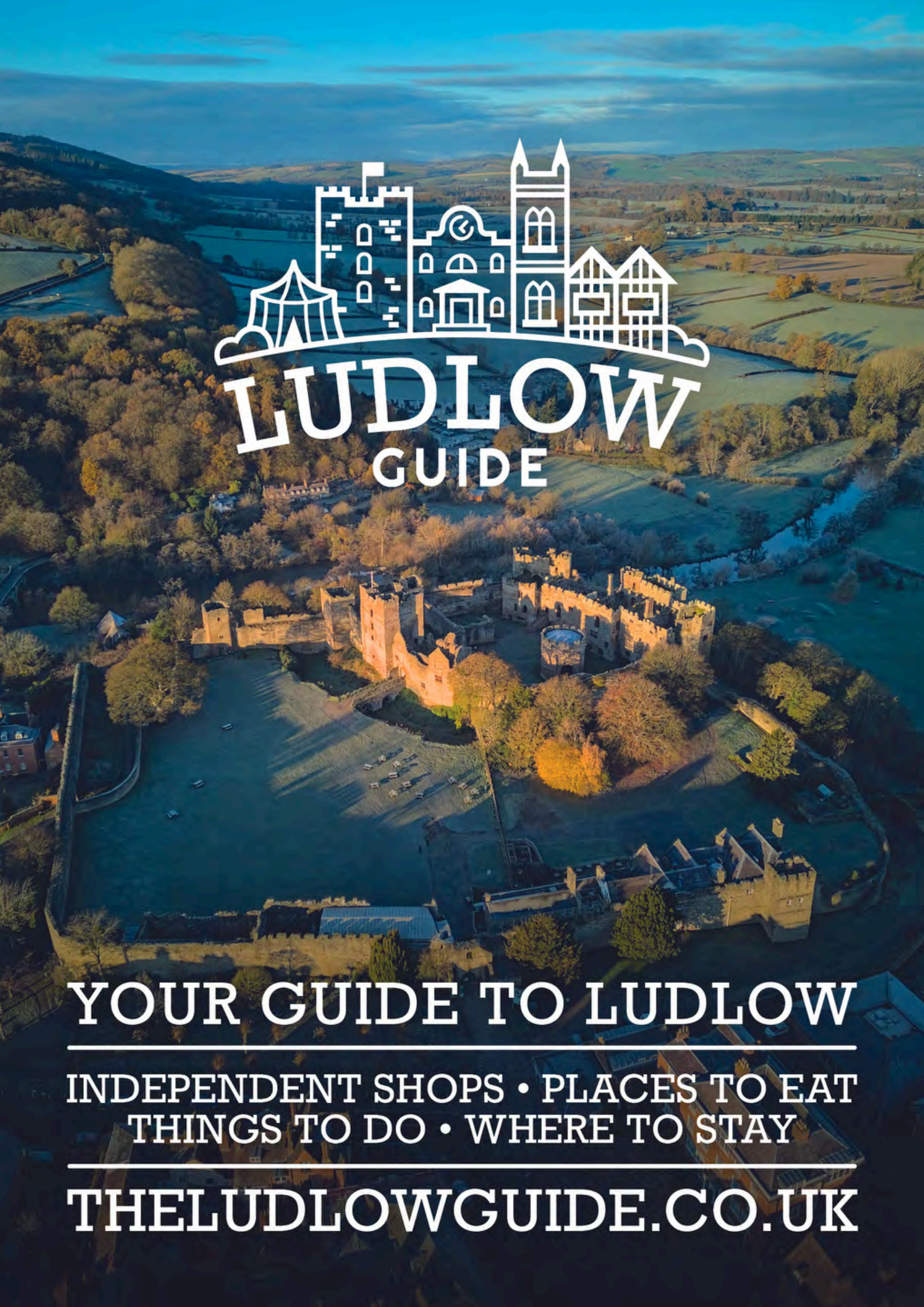
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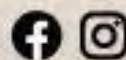
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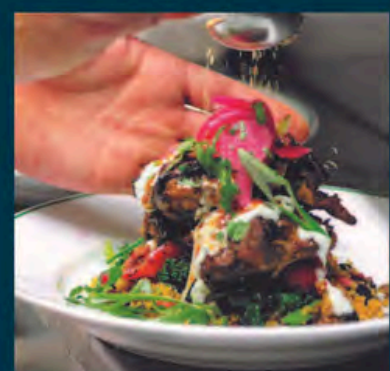
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The image displays a variety of design projects. On the left, a website for 'SOURDOUGH PIZZA BY CSONS' is shown on a desktop and mobile device. In the center, a laptop displays the '2023 Gift of the Year Awards' website. On the right, a large poster 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'.

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