RACE INFORMATION PACK

Mad Midge Midsummer Run

Monday 22nd June 2019, 7pm

Assynt Crofters Trust Office, Stoer, Assynt

 If you intend to compete in a race conducted under SHR insurance, you must follow the [SHR Generic Safety Rules](http://www.shr.uk.com/Download.aspx?Item=SHR%20Generic%20Safety%20Rules%20Issue%201%20010714.pdf) be aware of and adhere to [SHR Safety Guidelines](http://www.shr.uk.com/Download.aspx?Item=SHR%20Safety%20Guidelines%20Issue%202%20%20161014.pdf). This race is being run under SHR guidelines so please ensure you are fully aware of the rules by following these links. Some are also summarised below for simplicity:

**1 This Race**

 In addition, you must familiarise yourself with the safety guidelines given in this document. You enter the event understanding that you are responsible for your own safety. The philosophy of hill running is that for senior competitors you, the runner, are primarily responsible for your own safety whilst competing.

It is essential that competitors understand the RO’s rules regarding:

Minimum kit requirements

Retirement procedures

More details of the race can be found below

Race instructions that may be issued prior to or on race day.

The nature of the event and the RO’s requirements will be set out in this document PLEASE READ CAREFULLY updates will be issued on the day of the event. Competitors should not assume that the requirements placed on them are the same as another event and be aware the requirements for particular events may change from year to year.

**2. EXPERIENCE**

You must make the judgement as to whether you are able and equipped to cope with the demands of the event.

You must ensure that you are fully aware of the event safety information provided by the RO, and only enter when you are confident that you have appropriate fitness and experience. This race is suitable for those new to hill running as it is short (approx.10km) and the hills are reasonably kind.

 Anyone who competes in SHR insured events must ensure that they have the necessary skills to cope with the navigational problems, terrain and weather which may occur. In most SHR insured events navigational skills with map and compass are essential. The acquisition of these navigation skills is the responsibility of the competitor. Competitors must be able find their own way around an unmarked route. Route marking will usually only exist where landowner constraints demand them. As well as navigating yourself around the route, an important factor to bear in mind is that if you are injured you may need to get yourself off the hill safely and quickly without the assistance of others Approx 1 mile of this race requires a degree of navigational skill. It is route marked with painted poles but the ground is boggy and it is up to competitors to pick their own route from pole to pole.

**If you see any other persons in need of assistance, you must help them, even if it means sacrificing your race. Lives may depend on this fundamental duty**

**3. SURVIVAL AND EQUIPMENT**

For Senior Events, all competitors including eligible juniors, should arrive at races prepared to carry all of the following equipment:

Adequate whole body cover to protect you against hypothermia or heat exhaustion/ dehydration in the severest conditions likely on the day. Minimum requirements for this race would be a hat, gloves and water proof shell plus water and thermal layer in case of wait to be rescued. You may also want to bring insect repellent to protect from the midges and cleggs

Map of the race route and compass, both suitable for navigating the course.

Whistle.

Emergency food and/ or fluids as needed for the conditions.

Any items specific to the individual competitor’s needs.

Competitors found not following the ROs minimum kit requirements will be disqualified.

Hypothermia is dangerous. Competitors should be aware that if circumstances cause a runner to stop or slow to a walking pace then body heat is lost quickly. In cold, wet or windy weather the onset of hypothermia can be very rapid unless sufficient warm clothing is worn. The RO rules are a minimum requirement. Ultimate responsibility for what equipment is carried lies with the competitor.

Heat exhaustion/ dehydration is also dangerous and you should be aware of the risk and precautions you should take.

**4. IDENTIFICATION**

 All competitors must wear and display their numbers from the start to the finish of the race.

**5. RETIREMENT PROCEDURES**

If a competitor decides to retire (including not starting after collecting race identification at registration) they must advise a member of staff in the Marquee so that they are removed officially from the race. Failure to do this could result in lengthy searches for a none finisher who has probably gone home.

**6. JUNIORS**

Minimum age for entry in this race is 18 years as it slightly over the 10km length.

**THE RACE**

**Date:** Monday 22nd June, 7pm, £5/entry

**Location**(for start) : Assynt Crofters’ Trust Office, Stoer, Assynt.

**Parking:** Available close to the start. But is limited, please car share if possible.

**Registration:** Registration and race number collection will be in the Assynt Crofters’ Trust Office in Stoer at any time from 12noon til 2pm on the day of the race, or from the Assynt Crofters’ Office in Stoer from 6-6.45pm on the evening of the race. Collection can be arranged at other times by contacting Leigh on 07881511935. Late entries will be allowed up to 6.45pm on the day of the race but will be at a higher cost of £7.50. Entrants can get their numbers posted by sending an sae with their entry form.

**Marshalling:** There will be no marshalls on the course – but a steward will stop the traffic for the start and the run to the first peat road.

**Dogs:** No dogs are permitted in the race

**Bags;** Bags can be left in the Assynt Crofters’ Trust office

**First aid:** First aid will be available in the office

**Map for route** – Ordnance survey Landranger 15 Loch Assynt – Lochinver and Kylesku

**Route:** Start at Stoer Assynt Crofters’ Office, (Grid ref NC297 042) Up the B869 to Stoer, left along the Old Stoer Peat Road (track) (grid ref NC295 040), this part of the route is track but there are several gates to negotiate – please leave all gates closed and do not climb over them. The route may be boggy and there are loose livestock. At a small loch the track splits (grid ref NC291 069) take the right hand route over stepping stones across the loch. For the next approx. mile the route is waymarked by flags and poles. This section is rough ground and can be very boggy indeed. You are heading for grid ref NC282 073 where you will pick up the Clachtoll peat road. Turn right on this track. Again the track is old and can be boggy and rough. As before leave the gates you pass closed and please do not climb over them. You rejoin the B869 at NC 270 045 and head right back along the road up Stoer hill and then a downhill finish at the Village Hall at NC282 039. Water and refreshments will be available at the finish.

**Injuries/Accidents**: Please report all injuries to the registration desk, and first aid will be received.

**Lost runners:** Any runners not back to the finish within 3 hours will be looked for and collected. So please be aware if you have a serious injury you may be sat on the course for at least 2 hours before being found

**Finish: A wee dram and homemade cake will be available at the end to all entrants**.

**Prizes**:The first male and female home will win an Assynt Crofters’ tshirt, colour and size of their choice.

We hope the sun shines, the breeze blows so that the mad midge does not make an appearance and you all have a fantastic run through the beautiful Assynt scenery!