



*** FINAL INSTRUCTIONS ***

There are just 7 days until the final race of the 2019 Skyrunner UK & Ireland National Series, our very own Garmin Mournes Skyline Mountain-Trail Race. In total, athletes from 16 countries will battle it out for top honours in the majestic Mournes Mountains next Saturday, the 19th October 2019.

Below are the 'Final Race Day Instructions' - Please note that your mandatory kit will be checked at registration (so please bring it with you when you're collecting your race pack).

This email includes ESSENTIAL Final Instructions for the event. These will also be made available (with course maps and checkpoint details) in the 'Final Race Day Instructions' article at www.mourneskylinemtr.com/latest-news - Please ensure that you have a read through the instructions below thoroughly.

IMPORTANT - If you have entered a friend or family member in the race, please ensure that you pass on these instructions as they are extremely important.

Garmin Mournes Skyline Mountain-Trail Race

Skyrunner UK & Ireland National Series

Saturday 19th October 2019 (9am)

35k – 3,370m of ascent

The 6th annual Garmin Mournes Skyline Mountain-Trail Race is just one week away! We hope that your training has gone well and that you are looking forward to the event as much as we are!

To ensure that registration and race day operations run as smoothly as possible, we have included some important final instructions for competitors.

Please read on...

RUNNER INSTRUCTIONS:

Registration:

Registration for the Garmin Mourne Skyline MTR takes place on Saturday 19th October 2019 at the Newcastle Baptist Church (17 Bryansford Road, Newcastle, BT33 0DU), between the hours of 7am and 8.30am.

We would encourage those who are able to do so, to register as early as possible as this will help reduce congestion closer to the race start time. Race HQ and Registration will close STRICTLY at 8.30am, with absolutely NO exceptions. Car Parking for the event will be available in Donard Car Park, approximately a two minute walk from the Race HQ (where Registration will take place). Please do NOT park at Race HQ. The start line (on the Promenade close to Newcastle Tourist Information Centre) is approximately 400 metres away from Race HQ, and the race finish is within Donard Park.

At registration you will be given your race pack, this will include your race number, a course map and also a SportIdent 'dibber' device and athlete 'tracker' – The SportIdent 'dibber' device should be placed and secured on your finger/wrist immediately (we will have a team available to assist you with this) and used at applicable checkpoints throughout the race. Failure to wear a SportIdent 'dibber' will mean your result cannot be ratified. The 'tracker' will be secured to your race vest/belt in which you carry your mandatory kit, so please bring this with you to Race HQ.

Please Note: Your mandatory kit (listed within these instructions) will be checked at registration, so please bring it with you as we cannot hand over your race pack without checking your kit.

Kit Check:

The main mandatory kit check will take place at registration, so please have your kit AND whatever you are carrying it in, with you.

Our race team will also be carrying out spot checks on the start line prior to the race getting underway and random checks will take place at some Aid Stations - at least one male and one female athlete will be randomly selected on the course; they will be asked quickly to show their mandatory kit.

Mandatory Kit:

Given the nature of the event and course, and in the interests of YOUR safety, we have put together a list of mandatory kit that you MUST bring with you to the kit check. This kit is listed below:

- Waterproof Jacket with Hood (must have taped seams)
- Waterproof Trousers
- Hat or Buff
- Gloves
- Whistle
- Space / Foil Blanket
- Emergency Food (Energy Bar will be provided at registration)
- Container Capable of Carrying 330ml of Water
- Course Map (this will be provided alongside your race number)
- Compass
- Head Torch (with Spare Batteries)
- Fully charged Mobile Phone (see below)

We are also insisting that every runner carries a mobile phone, with the following emergency numbers programmed into it:

- Ryan Maxwell, Race Director – 07754 718 760
- Justin Maxwell, Course Director – 07739 960 393
- Ricky Cowan, Assistant Race Director – 07803 136 002

In the event of an emergency, Ryan should be the first point of contact. He will then liaise with ProParamedics or other emergency services as appropriate. If contact cannot be made with Ryan, please call Justin next and then Ricky.

Please Note: In case of risk to life emergency, there is also an SOS button on your tracking device. This will alert the Primal Tracking Team that you need URGENT assistance.

IMPORTANT: The above mandatory kit list is provisional and understandably, may be subject to change because of extreme or unexpected weather conditions. A final mandatory kit list will be available at Race HQ during registration. You will NOT be asked to carry any item which is not listed above.

Hiking/Racing Poles:

Hiking/Racing Poles may be used during the event but will not be permitted during the mass start; this is for the safety of all competitors. We would also ask anyone using hiking/racing poles to be aware of people around them whilst using poles. If you start with poles, you must finish with them. You must not leave, or collect, poles from an checkpoint or person on the course.

Compulsory Race Briefing:

The compulsory race briefing will take place on race morning, close to the start line at 8.55am. This briefing will include important weather, safety and course information, including any changes to the proposed route, so attendance is essential.

Race Numbers:

Your race number MUST be clearly visible at all times! Please place your race number on the front of your vest/t-shirt/jacket etc. Do NOT fold it, this is not clearly visible! If circumstances arise, where you have to put on or take off clothing, which means that your race number is covered, please make it visible as you approach each Checkpoint and the finish line.

Race Start:

The race will start at exactly 9am on Saturday 19th October 2019. The start line is on the Promenade close to Newcastle Tourist Information Centre. Anyone who misses the Kit Check and/or Race Briefing will not be permitted to start for safety reasons.

Bag Drop (Kit Bag and Aid Station Drop Bag):

- Kit Bags: Once you have registered and are ready for the race, please leave your personal kit bag at the Donard Park Pavilion on your way to the start line (it is approximately 400m from start line). This will mean you have access to your belongings as soon as you finish, there will also be toilets and showers available within the Pavilion. It is essential that NO kit is left at Race HQ – anything left will be removed.

- Aid Station Drop Bag: In addition to the Aid Stations on the course (full details below), we will also allow competitors to leave ONE bag of nutritional items at Race HQ/Registration – place your sealed drop bag in the area provided - these will be taken from Race HQ to Check Point 3 (Fofanny Dam Water Service Works at Slievenaman Road). Your drop bag MUST be clearly marked with your race number – this is in your best interests, as it will be your responsibility to locate it at the Aid Station.

Please Note: This facility is provided for you to collect specific nutritional items, you must NOT drop clothing at Check Point 3 – Any items left at this checkpoint will be deemed as rubbish and disposed of accordingly. Please do not ask any marshall to bring items back to Donard Park.

Aid Station/Checkpoints and Summit Checkpoints:

Each runner is required to pass a number of Aid Stations/Checkpoints throughout the race - Aid Stations/Checkpoints 1 and 3 will also have a SPORTident Timing Box at them, where you will be expected to 'clock in'.

- Aid Station/Check Point 1 (7k): Slieve Donard/Commedagh Col (outward)
- Aid Station/Check Point 2 (11k): Hares Gap (outward)
- Aid Station/Check Point 3 (15k): Water Service Treatment Works at Slievenaman Road
- Aid Station/Check Point 4 (24k): Hares Gap (return)
- Aid Station/Check Point 5 (28k): Slieve Donard/Commedagh Col (return)

Essentially, the event is a self-sufficient race – however, at Aid Stations/Checkpoints 1, 2, 3, 4 and 5 runners will be able to collect water. At Aid Station/Checkpoint 3, water and emergency food (eg jellies, cake) will be available BUT more importantly, as will any personal 'drop bag' (please see above for drop bag information).

Please Note: Since 2018, we no longer use plastic cups at any aid station. You must use your own water container (listed in your mandatory kit).

The five listed Aid Stations/Check Points will be the only official re-fuelling points on the course and runners are therefore advised to ensure that they have collected enough fluid/food to get them to the next Aid Station. *Please note that there are four summits between Aid Station/Checkpoint 3 and Aid Station/Checkpoint 4, meaning there could be a significant amount of time between these points (please re-stock your supplies sufficiently).*

There are several *Non Aid-Station Checkpoints* (which we will refer to as Summit Checkpoints), where competitors must use the SPORTident Timing System to show that they have reached that specific point. It is important to note that not all 'Summit Checkpoints' will be manned, but the Checkpoint (SPORTident) Timing Box will be in a significant position and you will not have to deviate off the course to locate them. The SPORTident Timing Box's will be marked with an orange/white orienteering flag. These Summit Checkpoints are located in the following places (and marked in PINK on our course map):

- **Summit Checkpoint:** Slieve Bearnagh (outward)
- **Summit Checkpoint:** Slieve Meelmore (outward)
- **Summit Checkpoint:** Slieve Loughshannagh (return)
- **Summit Checkpoint:** Slieve Meelbeg (return)
- **Summit Checkpoint:** Slieve Meelmore (return)
- **Summit Checkpoint:** Slieve Bearnagh (return)
- **Summit Checkpoint:** Slieve Commedagh (return) [*SPORTident Timing Station will be located South of the Slieve Commedagh Summit, in line with the course and close to the Mourne Wall and Commedagh Tower*]
- **Summit Checkpoint:** Slieve Donard (return)

In all, each participant, will have a total of 12 stamps/split times on their finish line printout

after taking into consideration the two Aid Station Checkpoints (1 and 3), the stand alone Summit Checkpoints listed above and the start and finish.

Electronic Timing:

As mentioned above, you will be issued with a SPORTident Timing Card (also referred to as an SI-Card or 'Dibber') at registration. This is worn on your finger. Please take care not to lose this card.

Using your SPORTident Card, you MUST 'check/clock in' at Aid Stations/Checkpoints 1 and 3, plus the previously mentioned points at Slieve Bearnagh (outward), Slieve Meelmore (outward), Slieve Loughshannagh (outward), Slieve Meelbeg (return), Slieve Meelmore (return), Slieve Bearnagh (return), Slieve Commedagh (return) and Slieve Donard (return) – The station will beep or flash to show that it has recorded your information. This indicates that a time-stamp has been recorded on your card. This procedure is an essential requirement of the race and any missed points may lead to disqualification. As you cross the finish line you will be directed towards our SPORTident official, who will ensure that your Timing Card is registered for the final time. You will be given a small printout showing your split times through each checkpoint on the route.

Each time you register your SPORTident Card at a checkpoint, data is uploaded into SPORTident Timing Station, which will ensure that we can provide timing splits between checkpoints.

VERY IMPORTANT: Should you need to retire during the event, wherever possible please hand in your SPORTident Card at a checkpoint on your route, or at the finish. If you are collected by a support vehicle, please ensure that you deliver your SPORTident Card to the finish, but more importantly... **MAKE SURE YOU TELL THE RACE DIRECTOR YOU HAVE WITHDRAWN AND ARE SAFE** via phone call or in person.

Until each SPORTident Card has reached the finish line or been handed in at a checkpoint, the event organisers will assume that you are still on the course. Failure to hand in your SPORTident Card at the event may cause an unnecessary deployment of search and rescue teams. You will be charged £30 if you lose your SPORTident Card.

Athlete Tracking:

Each athlete will also be issued with a SportIdent Tracking Device. This will allow the Race Team and any friends/family to track your movements throughout the race. A link to the athlete tracking page will be published in the days leading up to the race. Please check our website and social media pages for this link.

Cut Offs:

Entrants must complete the course in 8 hours to guarantee a finisher's medal. We MUST be strict on this. This is not in any way an 'elitist' approach/view; it is to ensure that our marshalls are also safe, as many will have been on the mountain for 10 hours, please remember this when you deal with them and respect their decisions. A 'hello and thank you' would also be nice... :o)

In addition to this and with the safety of everyone in mind, there will also be a STRICT cut off at the furthestmost point of the course, anyone who does not reach Checkpoint 3 (NI Water Service Treatment Works/Fofanny Dam) at Slievenaman Road, Newcastle (15k) by 12.15pm will be withdrawn by a Race Official. By entering the race, all participants are agreeing to the cut-off times; anyone who fails to listen to any Race Official will be immediately disqualified.

Warning: In previous years, at the Checkpoint 3 cut-off, athletes have argued with officials that the race started 1-2 minutes late, hence they should be allowed up to 12:16pm/12:17pm accordingly – this is NOT the case. The cut off is 12:15pm; believe us when we tell you that if you are arguing over 1-2 minutes at this point, you will not make the 8 hour finish line cut-off!

The only exception to this is where a runner has stopped to help another runner in trouble and this has caused him/her to miss a cut-off; in that case the runner will be referred to Ryan Maxwell (Race Director), whose decision will be final.

The Race Director/Medical Officer/Race Official reserve the right to withdraw ANY competitor who they feel will have to spend a significant time on the course beyond the eight hour cut-off.

Medical Arrangements:

These are under the supervision of our Medical Officials, ProParamedics. ProParamedics are a very well respected independent medical provider with a high level of experience in the sports industry. They'll be patrolling the course, and an ambulance is on standby throughout the race. You're reminded that YOU should ensure that you're in good health on the day of the race. Please be aware that you compete at your own risk. Please don't forget to include your 'in case of emergency' information on the back of your running number – this is for your benefit as well as ours.

Ongoing Medical Observations:

If a marshal/race official is concerned about the condition of any runner at Checkpoint 3 (NI Water Service Treatment Works/Fofanny Dam) they will be referred to our highly trained medical team (ProParamedics), Ryan Maxwell (Race Director) or Justin Maxwell (Course Director). The Medics and/or Ryan or Justin will determine what action, if any, needs to be taken: this could include a variety of measures including, if considered appropriate, instructing withdrawal from the race. Such an instruction would only be given where it was considered necessary for your own safety, and would not be taken lightly. However it is a condition of entry that any such instruction must be followed, and the decision of the Race Officials, Official Medics or Race Director is final. Remember, any decision we make is with YOUR best interests at heart (although you may not see that at the time).

Litter and General Behaviour:

The Garmin Mourne Skyline MTR course is a route of outstanding beauty, and we have worked hard to try to ensure our race is well regarded by local agencies and bodies, such as the Mourne Heritage Trust, Forestry Service, NI Water Service, NIMRA and by those living near the route, as well as others who use the Mourne Mountains.

To this end please make sure you do not drop any litter anywhere on the route, but that you carry it with you to the next checkpoint. From this year (2018) onwards, we will NOT be using plastic cups at the Aid Stations.

We strongly believe that the '**LEAVE NO TRACE**' policy should be adhered to at all times – Anyone found intentionally dropping litter will be disqualified. Please also show consideration for walkers and other users, and DO NOT run on top of/along the Mourne Wall at any stage!

Course Marking:

As per International Skyrunning Federation (ISF) and Skyrunning UK & Ireland rules, the Garmin Mourne Skyline MTR course will be marked with temporary signage which will be removed immediately after the race. This will predominately take the form of florescent orange flags and florescent orange tape and in FULL visibility (where the course/path is not obvious), these will be within sight of each other. In the interests of fairness, all competitors MUST stay close (within 20 metres) to course markers and must NOT 'find the quickest way to the Summit' if it defers from the course route. If a race official/referee reports that any participant has chosen their own route to any summit it will be investigated by the Race Director and Race Officials – This may result in the disqualification of a participant. The Race Directors decision is final.

Some advice for those unfamiliar with the Mourne Mountains: Even though the course will be marked as best as possible, you MUST carry a map and compass (part of your mandatory kit). YOU may not be able to navigate, but if you get lost, a fellow competitor or race official (or even a member of the public) with more knowledge of the area may be able to assist you by using the map and compass.

Race Finish:

The race finish is in Donard Park, Newcastle. As you cross the line, you will be directed towards our SportIdent official who will ask you to place your SportIdent Card into the finish line box – You will then receive a print out of your time, including split times from Checkpoints. After handing in your SportIdent Card, please take your SportIdent print out to our finish line officials, who will ensure that you have reached all required checkpoints and verify your result.

Showering facilities will be available at the Donard Park Pavilion, (where you left your bag before the race). Tea/Coffee and light refreshments will be available for all finishers at Race HQ from 1pm and available throughout the day.

Prize-Giving:

The prize-giving will take place at Race HQ at 5.30pm – This will include the prizes for podium placed athletes as well as category prize-winners. Everyone is encouraged to attend the prize-giving and celebrate the achievements of fellow competitors.

On the evening of the race, some of the race team intend to have an informal gathering in O'Hares Bar, which is a two minute walk from Race HQ and within sight of the Finish area. Everyone is very welcome!

MP3 Players:

There is one section of the course where headphones and/or music is forbidden – this is when you leave Checkpoint 3 at NI Water Treatment Works / Fofanny Dam. Do NOT wear headphones whilst running on the Slievenaman Road up to Ott Car Park. If you are observed wearing headphones on this section of the course, you WILL be disqualified. Whilst off-road and on the mountain-trail, although we would not recommend it, it is your choice as to whether you decide to wear an MP3 player or not. However, if you do choose to use one, please ensure that the volume is low enough that you can hear instructions from Race Officials or indeed, from your fellow competitors, who may be warning you in relation to danger.

Dogs:

Despite our love for our four legged friends, dogs (or any other pets) are NOT permitted on the course with any participant. Failure to comply with this will result in immediate disqualification.

Further Information:

If you have any questions or would like to ask or clarify anything, please do not hesitate to contact Race Director, Ryan Maxwell on 07754 718 760 or by email at mourneskylinemtr@gmail.com