



*** FINAL INSTRUCTIONS ***

There is just a few days until our Mourne Skyline Mountain-Trail Race.

In total, athletes from 14 countries will battle it out for top honours in the majestic Mourne Mountains next Saturday, the 17th October 2020.

Below are the 'Final Race Day Instructions'...

This email includes ESSENTIAL Final Instructions for the event. These will also be made available (with course maps) 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.

Mourne Skyline Mountain-Trail Race
Skyrunner UK & Ireland National Series
Saturday 17th October 2020 (Race Start: 9am)
35k – 3,370m of ascent

The 7th annual Mourne Skyline Mountain-Trail Race is just a few days 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:

Race HQ:

PLEASE NOTE NEW RACE HQ LOCATION FOR 2020

Race HQ, race start, and race finish will be in GREENHILL YMCA, Donard Park, Newcastle BT33 0GR. Check out their website [HERE](#).

There is **NO CAR PARKING AT RACE HQ**. Car Parking is at Donard Car Park, which is approximately 800m from Greenhill YMCA. YELLOW 'RUN ROUTE' SIGNS with 'TO RACE HQ' written on them will mark out the route from Donard Car Park up to Greenhill YMCA.

As per our COVID-19 Operational Delivery Plan, your temperature will be checked before you enter Race HQ and you will be handed a surgical mask to wear. Please also use the hand sanitiser just inside the entrance.

At Race HQ you will be expected to wait OUTSIDE, so please dress appropriately in case you have to wait. No gatherings inside ANY buildings, or confined spaces will be permitted.

Toilets / Showers / Changing:

Public toilets are available in Donard Car Park, where CAR PARKING is located. There will also be toilets in the TOILET BLOCK at Race HQ, Greenhill YMCA.

There will be NO showering facilities available.

There will be NO changing facilities available. Participants should come to the race ready to compete, and then have enough warm clothing with them to put on until they can get a warm shower and get changed.

Registration:

Registration will be within the Dining Hall in Greenhill YMCA. It is ESSENTIAL that participants follow the ONE WAY SYSTEM and do not gather within the Hall at any time. This will NOT be permitted, in-line with our COVID-19 Risk Assessment.

Registration for the Mourne Skyline MTR will take place during the following times:

Friday 16th October 2020: 5pm to 8pm

Saturday 17th October 2020: 7am to 8:30am

Race HQ, which includes RACE REGISTRATION will be located within the GREENHILL YMCA, in Newcastle, County Down.

We would encourage those who are able to do so, to register on Friday 16th October 2020 to 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 800m from the Race HQ (where Registration will take place). The walk from Donard Park Car Park to Race HQ will be marked with YELLOW 'RUN ROUTE' SIGNS with 'TO RACE HQ' written on them,

This year (2020) in-line with our COVID-19 Operational Delivery Plan and Risk Assessment, the start line will be within the GREENHILL YMCA site.

At registration you will be given your race pack, this will include your race number and a course map. Please take the race number to the next table, which is the PRIMAL TRACKING TEAM, who will scan your number and allocate you a 'tracker'. The tracker will then be secured to your race vest/belt in which you carry your mandatory kit, so please bring this with you to Race HQ.

Kit Check:

In-line with our COVID-19 Risk Assessment, we will not physically check your mandatory kit (listed within these instructions) at registration, however, you will be formally asked if you have it. It is then your responsibility to have the listed kit should you need it.

Our race team, with appropriate PPE, will also be carrying out spot checks on the start line prior to the race getting underway. Random checks will take place on the course and at the finish line.

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:

- Face Covering (will be issued at race HQ for interactions with race team, and at start / finish)
- 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/s Capable of Carrying 1.5 litres 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 must not be open and used within the Start/Finish Area; 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 any place or person on the course.

Race Briefing:

In-line with our COVID-19 risk assessment, a race briefing will be emailed to all competitors and published on our social media pages and official website on Friday 16th October 2020. This briefing will include important weather, safety and course information, including any changes to the proposed route. It is essential that ALL participants read this.

Any late changes will be published on our social media pages so please keep looking at these in the run up to the event.

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 marshal and the finish line.

Race Start:

The race will start at exactly 9am on Saturday 17th October 2020.

In-line with our COVID-19 risk assessment, athletes will be set off INDIVIDUALLY in a time trial format, with Coronavirus Regulations being adhered to at all times.

The start line is within the GREENHILL YMCA site, where Race HQ is located. It is essential that participants arrive for 8:50am and wait within the marked 'Holding Areas' at Race HQ (inc Start / Finish area) until they are called to the start in small groups, which will adhere to NI Executive regulations. Whilst in the Holding Areas (see Greenhill YMCA Site Map), all participants should listen to loudspeaker instructions, or instructions from a member of our race team.

Please queue individually, 2 METRES APART, in the queue leading you towards the start line. It is essential that we maintain social distancing at all times.

You may have to queue for up to 15mins before you cross the line, so please dress appropriately.

Aid Stations:

In line with our COVID-19 risk assessment, there will be **NO AID STATIONS** on the course. There will be **NO BAG DROP** at Foffany Dam.

Effectively, this makes the event a Self-Sufficient Race. Participants **MUST** carry any nutritional items they need to get around the entire course.

There will be an emergency water station at Fofanny Dam. This is for emergencies only and participants must not rely on this, because interaction with the Race Team will be deemed as 'close contact' in terms of COVID-19. In order to mitigate this risk, our team will wear appropriate PPE.

Summit Checkpoints:

For the safety of participants, there will be marshal points on the following summits:

- **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)
- **Summit Checkpoint:** Slieve Donard (return)

Electronic Timing / Athlete Tracking:

There will be no SportIdent Dibbing Points in 2020.

In-line with our COVID-19 risk assessment and concerns around 'multiple touching of items', there will be no requirement to 'dib' anywhere on the course.

Our Tracking System, operated by PRIMAL TRACKING, will be able to produce split times and final results. This will be the primary timing system for this year's event. It will also be used as a health and safety measure and can track an athlete's location.

VERY IMPORTANT: Should you need to retire during the event, wherever possible please hand in your Athlete Tracker to a member of our Race Team on the route, or at the finish.

MAKE SURE YOU TELL THE RACE DIRECTOR YOU HAVE WITHDRAWN AND ARE SAFE via phone call or in person.

Friends / Family following the race:

In-line with our COVID-19 risk assessment, friends/family can 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 the NI Water Service Treatment Works / Fofanny Dam at Slievenaman Road, Newcastle (15k) by 12:30pm; this has been extended by 15mins to facilitate the 'time-trial' style start.

Warning: In previous years, at the Fofanny Dam cut-off, athletes have argued with officials that the race started 1-2 minutes late, hence they should be allowed additional time to pass the cut-off point – this is NOT the case. The cut off is 12:30pm; believe us when we tell you that if you are arguing over 2-3 minutes at this point, you will not make the 8 hour finish line cut-off!

If you do not make the cut-off, or you are withdrawn here for medical reasons, please make sure that you give your athlete number and trackers to our race team.

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 at ANY time who they feel will have to spend a significant time on the course beyond the eight hour cut-off.

Transportation back to Donard Park WILL be provided for those athletes who do not make the cut-off. It is important to note that this transport is for athletes who do not make the cut-off, it is NOT for competitors who make the decision to 'start and see how it goes' or plan to only do half. If you plan to 'just do half', you should not be on the start line. These persons should arrange their own transport as it is likely they will have to wait for a significant amount of time in the cold.

Face coverings MUST be worn on this transport. The transport will arrive at approximately 12:15pm and leave at approximately 1pm. Please use the clothing in your mandatory kit to ensure that you stay warm if you have to wait.

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 any point on the course 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 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.

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 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:

On completing the course, participants will arrive back into the COVID-19 secure area where Race HQ, the race start and the race finish is located.

Only race participants and Race Team members will be permitted into this area. This MUST be strictly adhered to at all times, for everyone's safety.

On crossing the finish line, participants will be politely asked to use their face covering. They will then have their race number scanned and tracker removed by the PRIMAL TRACKING team. They will then be directed towards a table where they can collect their well-deserved race medal, water and a Mars bar. Hand sanitiser must be used before touching anything on the table and after touching anything on the table.

Unfortunately, medals cannot be placed around a participant's neck. They will be in individual plastic wrappers.

After collecting these items, participants must make their way out of Race HQ via the one-way system.

In-line with our COVID-19 risk assessment, showering facilities will NOT be available.

Unfortunately, our famous refreshments at Race HQ will be unavailable this year. In-line with our COVID-19 risk assessment and to avoid a large gathering, there will be no refreshments at Race HQ (other than the items at the finish line).

Results & Prize-Giving:

In-line with our COVID-19 risk assessment, there will be no prize-giving on race day.

Results will be produced and published on the official event website at www.mourneskylinemtr.com as soon as possible after the event. Please understand that this will take longer than usual due to the time-trial format being used.

Individual progress and times will be available on the tracking website (link will be shared ahead of race day) throughout the day.

Prizes will be posted out to participants as soon as possible after the event. For 2020, the prize structure will be as follows:

1st Male / Female: Custom made medal from The Steensons, £150 and Voucher Code for FREE entry in 2021

2nd Male / Female: £100 and Voucher Code for FREE entry in 2021

3rd Male/Female: £50 and Voucher Code for FREE entry in 2021

4th Male /Female: Voucher Code for FREE entry in 2021 (via Email)

5th Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1st Vet 35 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1st Vet 40 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1st Vet 45 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1st Vet 50 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1st Vet 55 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1st Vet 60 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1st Vet 65 Male / Female: Voucher Code for FREE entry in 2021 (via Email)

1st Vet 70+ Male / Female: Voucher Code for FREE entry in 2021 (via Email)

MP3 Players:

'In-Ear' headphones must not be worn on the course for health and safety reasons.

This will ensure 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.

A reminder of our COVID-19 procedures (as per our COVID-19 Operational Delivery Plan):

Anyone participating in the Mourne Skyline MTR must agree to abide by our COVID-19 procedures, as laid out in our COVID-19 Operational Delivery Plan (previously emailed to all participants).

COVID-19 Symptoms:

No person associated with the event, including Race Team and Participants, should attend if they have any COVID-19 symptoms. The main symptoms of Coronavirus (COVID-19) are:

- high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature);

- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual);
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal;

Further advice can be obtained from the NHS website [HERE](#).

Self-Isolation:

No person associated with the event, including Race Team and Participants, should attend if they are meant to be in self-isolation.

Travel Quarantine:

No person associated with the event, including Race Team and Participants, should attend if they are meant to be in quarantine having travelled to Northern Ireland from any country on the UK quarantine list.

Local Restrictions:

No person associated with the event, including Race Team and Participants, should breach local restrictions in their area in order to attend the event.

Tested Positive for COVID-19:

Under no circumstances should anyone who has tested positive for COVID-19 within the last 10 days attend the Mourne Skyline MTR. Remember that you must also have been fever free for 48 hours if this was one of your symptoms.

Awaiting COVID-19 Test Results or Due to attend Test Centre:

If you are awaiting a COVID-19 test or the results of a test you have taken, you should NOT attend the Mourne Skyline MTR in any capacity.

If someone you live with has COVID-19 symptoms...

If someone you live with has COVID-19 symptoms, you must not attend the event. PHA guidance states that if someone in the household has COVID-19 symptoms, everyone must self-isolate.

Further Information:

Please ensure that you read our COVID-19 Operational Delivery Plan alongside these final race day instructions.

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