

## **2021 Isaac's Tea Trail Ultra Marathon**

### **START / REGISTRATION**

You can enter Allendale Village Hall between 4- 10pm on the 6<sup>th</sup> August and 7.30am- 9.30am on the 7<sup>th</sup> August. The Village Hall will be race HQ for this event, where you can register for the event, collect your race number, route guidebook, and have your race tracker attached. You will also have access to toilets and refreshments before and after the race.

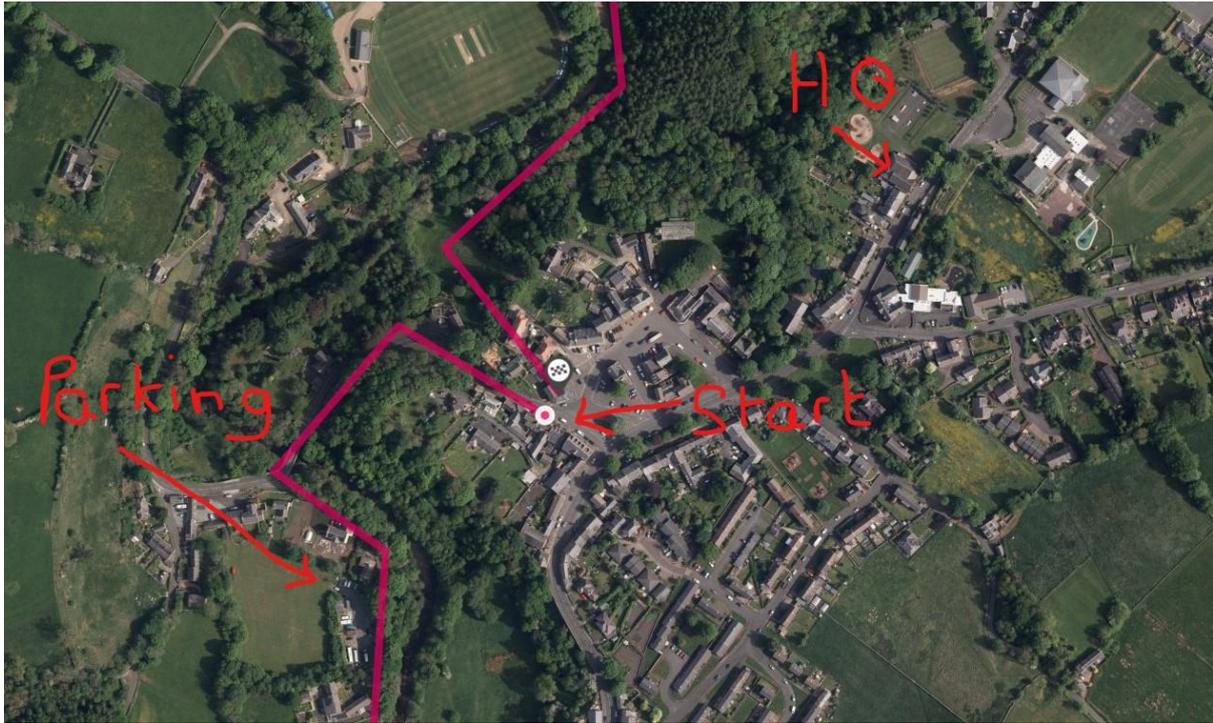
The race will start in the village square to avoid road crossings whilst there is a large group of runners. This is just a short walk along the main street in Allendale from the village hall. Marshals will be on hand to show you the way, but it will be clear where to go.

On Saturday morning you can leave a bag at the village hall with things you need at the end of the race, as your car will not be directly next to the finish (see below). There is no private changing and there is limited space in the hall so please be reasonable about the size of your bag! Bags must be clearly labelled with your race number – a list of race numbers will be shared next week.

Drop bags can be left on Saturday morning too – will be taken to Nenthead and Ninebanks YHA checkpoints. These must be no bigger than a sandwich bag size and again must be clearly labelled with your number. Don't put valuables etc in the drop bags as these will not be returned to you. They may not be able to be under shelter at the checkpoints so make sure they are well-sealed to keep your provisions dry!

### **PARKING.**

Due to a change in the availability of the school, parking will now be located at Baynes Travel, **NE47 9NE**, again this is a short walk from the village hall and race start. You must park here (map below) then make your way to the registration and the race start. You can of course return to your car once you have registered but must be at the starting area ready to run at 10am.



### **ISAAC'S TEA TRAIL ROUTE.**

The race route follows a permanently marked trail starting and ending in Allendale, it is roughly circular in nature. The route has a variety of way markers, and a few examples are below. Whilst it has directional markers to help you navigate the route, this race is considered a self-navigating challenge. You should ensure you are capable of finding your way around the entire route by using the existing way markings. We will have marshals at regular intervals along the course where the route crosses roads or in areas which we feel may be very tricky. You should carry a map of the route and aim to be self-reliant in terms of navigation. A map of the route is on our website in PDF.



The race route follows Isaac's Tea Trail, a 37-mile loop from Allendale, via Nenthead, Alston and Ninebanks before returning to Allendale. The run route is completely within the North Pennines, an Area of Outstanding Natural Beauty (AONB) and a UNESCO Global Geopark. The North Pennines is a stunning landscape of open heather moors and peatlands, attractive dales and hay meadows, tumbling upland rivers, wonderful woods, welcoming communities, intriguing imprints of a mining and industrial past, distinctive birds, animals and plants and much, much more.

## **KIT.**

It is very important that you carry kit appropriate to the conditions. Whilst the trail is not mountainous, it does cross exposed areas of open moorland where temperatures can be significantly colder than in the towns and valleys. The kit list below is required as a minimum and you are expected to make your own decisions on whether you need to carry more than suggested.

Even the fastest runners move slowly or stop with broken limbs, so you must ensure you are at least carrying kit which could save your own life or that of someone else:

Minimum of 1 litre of water-sports drink.

Minimum of 250kcal of emergency food.

Foil Blanket/Bivvy bag

Spare base layer.

Route Map

Mobile phone (the one which we have the number of)

Waterproof jacket with taped seams.

Your own cup if you'd like a cuppa at checkpoints.

You should expect a random kit check at Nenthead for one item from the above list. You must co-operate with the marshals and if you cannot produce the items, you will receive a time penalty or be disqualified.

## **CREW/SUPPORT**

You are only permitted to have crew or support at Nenthead and Alston. Runners found to have crew elsewhere on the course will face a time penalty or be disqualified. The local villages and roads are not suitable for hundreds of cars, which is why we simply cannot allow it.

Crews can meet you in the town of Alston, however this is not the race checkpoint. Your crew must park considerately and safely if stopping in Alston.

Both Nenthead and Alston have shops and cafes where you can buy food or drink.

## **RELAY RUNNERS**

If you are taking part as a relay, one of your team will need to go through the registration process as above as if an individual runner and collect the team tracker. You don't all need to come to race registration prior to the start of the race, although you are welcome to do so if you choose. It is your team's responsibility to organise transport in regards to the changeover at checkpoints. You are only permitted to do your changeover at the race checkpoints at Nenthead and Ninebanks. You must hand your tracker and race number over to the next person in your relay team until you arrive at the finish in Allendale. Relay cars are the ONLY cars permitted at Ninebanks Youth Hostel, there is very limited parking, and you must make sure that your car is not obstructing other road users or members of the public.

## **COVID**

Events still need to be slightly modified to make it safe for competitors, staff and the public. Things will be a little different from usual, but we are confident that you will still have a lot of fun!

Please follow all relevant government guidance at all times. Now that lateral flow tests are widely available, we encourage you to take advantage of this. You must not attend the race if you have a positive test result or are displaying symptoms of COVID.

Please bring with you a face mask, you do not need to wear it when running, but we ask you to wear it when in close proximity to other participants or event staff and in the village hall if regulations require it at the time. People have differing attitudes to the relaxing restrictions so please be considerate to each other but always make sure you are abiding by the government guidance.

There will be hand sanitiser located outside of, and inside the toilets at the starting area, and anywhere you will come into contact with food/water. Please use them!

## **FINISH / PRIZES**

Prize presentation will take place at 5.30pm Prizes will be awarded for the the following categories:

M1, M2, M3

F1, F2, F3

MV40-49, FV40-49

MV50-59, FV50-59

MV60+, FV60+

1<sup>st</sup> Relay team.

## **TOILETS**

There are toilets located at the start/finish area within the village hall, and there are also public toilets in Allendale, Nenthead and Alston. You are also able to use the toilet facilities in Ninebanks Youth Hostel.

Please be respectful of the land in which the event takes place and use the toilets provided.

## **CONTACTS**

If there is a real emergency during the event, please dial 999. There is good phone signal on most of the course.

Please add these numbers to your mobile telephones prior to the event and use them if there is a problem:

Mark Marchant: RD 07428 071 115

Hazel Marchant: RD 07951 723 049

Andrew Pennington: Course Manager 07894 869 361

Medics phone number: 07774199855

If there is a real emergency dial 999!

### **MARSHALS**

Marshals have given up their time to help out at this event, some their whole weekend. If you are feeling a bit grumpy try to remain pleasant and thank the marshals. Any bad treatment, abusive language etc given to a Marshal will result in that competitor being disqualified from the race. Of course, if you are in real distress, let a marshal know and we will do our best to help you.

### **TIMING**

This event will be timed by individual trackers as well as manual timing. Your friends and family will be able to follow your dot as you complete your adventure, the links for this service will be shared on social media the day before the event.

We will also be updating our social channels as often as possible so direct your supporters to our Facebook page and to follow us on Twitter (@GreenerMiles), as we will be doing Facebook lives and tweets as often as possible.

### **EVENT PROVIDED AID AND FOOD.**

The event team will be available to help you in any way we can, we will have gels, flapjack, cereal bars, fresh fruit, crisps, nuts as well as hot drinks, mountain fuel energy drink and water at Nenthead and Ninebanks. Water/ flapjacks (or similar) available approximately every 5 miles or so. There will be a hot meal and cake provided once you have completed the race, including options suitable for vegetarians or vegans.

Although beautiful, many of the streams and rivers on the route carry the legacy of the area's lead mining history and are not safe to drink from. Please ensure you fill up your bottles at the race checkpoints!

### **RACE RULES –**

The race passes through small villages and local communities. Road access is not brilliant therefore you are not permitted to have support at any areas other than Nenthead and Alston. There will be plenty of fluid and sustenance to get you around the course without support.

1. The course is approximately 37 miles long with 5500 ft of elevation.
2. You must observe the countryside code and close all gates after you.
3. Participants must be in the start line to hear the race brief. The race will start at 10am with or without you.
4. You must always carry the mandatory kit.

5. Competitors may have crew, but they can only visit the race checkpoint-at Nenthead. You may also be assisted at Alston should you wish.
6. Relay changeover points are at Nenthead and Ninebanks, nowhere else. You must hand over your team tracker to your teammate taking over from you. If you don't, we won't be able to track you and therefore your teams effort can't be included in results.
7. Marshals and medics' instructions must be followed at all times. If they tell you to stop, they're doing so for your own good. Please do as they ask.
8. Livestock- it is likely that you will come into contact with cows, sheep, horses, lamas and maybe an odd bull. Don't panic and just **walk** through the field that they are in, give them as much room as possible and they will not bother you. If they are directly on the trail, walk around them.
9. Slower runners must allow passes; faster runners must pass considerately.
10. If you are caught littering, you will be immediately disqualified from the event.
11. Abusive behaviour to others will also result in disqualification

### **DROP BAGS AT NENTHEAD AND NINEBANKS 11.4 miles and 27 miles.**

You can hand over drop bags at the start if you want to make sure you have particular items available to you. Drop bags must be kept to a small size (ideally a freezer/sandwich bag size – no holdalls!). Drop bags will not be returned to you after the race so do not include any valuables!

### **CHECKPOINTS/WATER STATIONS**

**Black way-** 4.41 miles- Water, Chia Charge flap jacks and Mountain Fuel Jellies.

**Whetstonemea-** 8.28 miles- Water, Chia Charge flap jacks and Mountain Fuel Jellies.

**Nenthead check point-**11.44 miles- Water, Tea, Chia Charge flap jacks, Mountain Fuel Jellies, crisps, sweets, fresh fruit. CREWS ALLOWED HERE

**Blagill-**14.77 miles- Water, Chia Charge flap jacks and Mountain Fuel Jellies.

The market town of Alston is at about 17 miles. You may meet your crews here, but please park responsibly.

**Whitley Castle-** 20.44 miles- Water, Chia Charge flap jacks and Mountain Fuel Jellies.

**Ninebanks Youth Hostel check point-**27.36 miles- Water, Tea, Chia Charge flap jacks, Mountain Fuel Jellies, crisps, sweets, fresh fruit. NO CREWS HERE

**Keenley Well House-**34.06 miles- Water, Chia Charge flap jacks and Mountain Fuel Jellies.

**Allendale Village Hall-** Finish- 37.99- Water, Tea, Chia Charge flap jacks, Mountain Fuel Jellies, crisps, sweets, fresh fruit, cake and a hot meal.

There are a number of road crossings and we will endeavour to have marshals at most of them. However, it is your responsibility to use your common sense and be aware of traffic and other road users. You must not have earphones in when on a public road. In particular, at Nenthead you must cross safely at the road crossing, and you must not go directly across the main road to the checkpoint. This is a blind bend on a main road and we cannot stop traffic so you must follow the marshals' instructions and cross via the crossing.