



FINAL INFORMATION

TOLLYMORE TRAIL MARATHON

10TH NOVEMBER 2018

26extreme.com

The preparations for the 2018 Tollymore Trail Events on Saturday 10th November are well under way and with only a few days to go to the start we hope that all competitors have the miles in their legs and are looking forward to the event.

ARRIVAL & CAR PARKING

Please allow plenty of time to get to the event registration location in Tollymore Forest Park. If you arrive late for registration or near the end of registration time expect to stand in a queue for a short time.

PLEASE CAR POOL IF YOU CAN

Car parking is free in Tollymore Forest on the day of the event - covered by your event entry fee and all you have to do upon arrival is advise the forester on duty that you are taking part in the event. Do not move any cones to park your vehicle. Please do not obstruct any gates / entrances exits with your vehicle when choosing a parking space.

The event parking is a 2 minute walk from the registration area.

Pay careful attention on approach to the parking / registration as there may be events starting / finishing as you approach

TRAIL CONDITIONS

The trail is predominately well surfaced forest paths. After a recent route reccy and in light of past weather conditions some of the route may be wet and slippery. Extreme caution must be exercised on these sections.

RESULTS, TIMES AND PLACINGS

There is NO text message service, as this produces an administration problem should late entries or swaps not be administered by the time the event finishes - we will be uploading the results to 26Extreme Website once they have been verified by Race Referee and all edits have been made. Results are not available on the day.

THE WEATHER

Currently the weather for this week is a mixture of wet, cool and sunny spells. As always we urge you to check the weather closer to the event and dress appropriately for the conditions. Currently there is a less than 15% chance of rain but we all know this is changable.



PACK COLLECTION

Pack Collection for **ALL** events is in Tollymore Forest Park on the morning of the race. At Pack Collection you will receive your race number and timing chip for your event. If you intend returning to your vehicle with these items prior to the event please allow plenty of time to get back for your event start as all events will start on time. You will be given the T-shirt on your entry form. We can only exchange sizes once all races are under way.

Please note, transfers to shorter distance races can only be performed if you arrive to registration to collect your race pack for the race you ENTERED ONLINE ie - if you wish to change from halfmarathon to 10k, please ensure you collect your race pack before half marathon registration closes. If you do not collect your pack before registration closes, your pack will be recycled.

KIT & EQUIPMENT

Please refer to the Tollymore Trail events section on the 26 Extreme website for **RECOMMENDED** equipment requirements for each event.

In light of the prevailing weather conditions and the exposed nature of the route we suggest that you use common sense when dressing for, and preparing for, this event.

THIS NOT A ROAD EVENT WHERE THERE IS A MARSHAL / MEMBER OF THE PUBLIC AT EVERY CORNER. A SUBSTANTIAL PART OF THIS EVENT IS IN A REMOTE LOCATION IN ONE OF THE BIGGEST FORESTS IN NORTHERN IRELAND.

We will also have 26 Extreme and other event merchandise on sale at the registration area.

RACE SPECIFIC INFORMATION

PACK COLLECTION

Pack collection will be signposted.

ULTRA MARATHON

Pack Collection -

Saturday 10th November - OPENS @ 7:15am - CLOSSES @ 7.45am

Event Start 8.00am

Start Location - Follow Signs to Start Area

Please arrive early and allow plenty of time for registration

MARATHON

Pack Collection -

Saturday 10th November - CLOSSES @ 9.30am

Event Start 10.00am

Start Location - Follow Signs to Start Area

Please arrive early and allow plenty of time for registration

HALF MARATHON

Pack Collection -

Saturday 10th November - CLOSSES @ 11.30am

Event Start 12.00pm

Start location - Follow Signs to Start Area

Please arrive early and allow plenty of time for registration. There are a large number of entrants in this event and expect to stand in a queue if you arrive late.

10K

Pack Collection -

Saturday 10th November - CLOSSES @ 1.30pm

Race Start 2.00pm

Start location - Follow Signs to Start Area

Please arrive early and allow plenty of time for registration.



EVENT CUT OFF TIMES

Please note cut off times will be strictly enforced and they are there for competitors safety, and the safety of our fantastic crew along the route.

Ultra Marathon - 13 miles - 10.30am, 26 miles - 2pm

Marathon - 13 miles - 1.00pm

Half Marathon - NONE

10k - NONE

WATER, FEED STATIONS & TOILETS

Ultra Marathon - There will be feed stations located at approximately 4, 7, 9, 13, 18, 20, 23, 26, 31, 33 and 36 mile distances.

All participants in the Ultra Marathon can leave a "DROP BAG" with event organisers upon registration. You will see your drop bag at mile 13 and at mile 26. You can place bars, gels, spare socks, etc in the box - whatever makes you happy! Please make sure you clearly identify your drop bag. If you think that you will take 9 hours or longer for the ultra, please take a head torch and carry it with you on your final lap. PLEASE COLLECT YOUR DROP BAG AFTER THE EVENT!!!

- **Marathon** - There will be feed stations located at approximately 4, 7, 9, 13, 18, 20 and 23mile distances.
- **Half Marathon** - there will be feed stations at approximately 4, 7 and 9 mile distances
- **10k** - there will be a feed station at approximately 6k
- There will be water available in cups, bananas and cake available at these points
- Please do not litter the trail. Please place all rubbish in bins at feed stations.
- Anyone found littering the trail will be given a DNF.
- We operate a Leave No Trace Policy and would ask that everyone adheres to this.
- There are toilets at the start/finish area which will be signposted.

SAFETY ALONG THE ROUTE

We will have several marshals and warning signs along the route and we would ask that every competitor adheres to the marshal's instructions and warning signs.

If you are being approached by a competitor who is clearly running faster than you please let them past without any undue delay.

The main drive in Tollymore is open to traffic and we would ask that all participants stay to the left when running along it.

EVENT SOCIAL MEDIA

Join in with the event build up and watch as it unfolds.



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We hope that everyone has a safe journey to the event and we look forward to welcoming each of you to Tollymore.

If anyone has any queries between now and the event please contact us on the following email info@26extreme.com

Cheers,
All the Team

26eXtreme.COM