Event Guide

Race 4 – Harvest Moon Half Marathon

Saturday 4th February

DURTY EVENTS

WELCOME

Thank you for your entry to the Foxtrail Winter Series.

We're now nearing the end of our Foxtrail series with the next event taking place on Saturday 4th February. This document is full of useful information, please read it carefully as it will answer all if not most of your questions.

This document includes information on the following:

- Race Timings
- Race Logistics (inc. Starts and Bag Drop)
- Transport
- Registration and Race Timing
- Course Description
- On Course Nutrition
- Race Rules
- Accommodation

We look forward to welcoming you to the race.

See you on 4th February.

RACE TIMINGS AND LOGISTICS

Location

The race venue will be Harvest Moon Holidays, Lochhouses Farm, Tyninghame, East Lothian EH42 1XP (Race Registration & Finish Line). Follow the signs for the Marquee Field for Parking and Registration.

How to get there

Public transport may be a viable way of getting to the race. Edinburgh, Dunbar and Berwick are all on the East Coast Rail mainline. Please see: www.scotrail.co.uk and www.lothianbuses.com for more info.

Parking

There is plenty of parking at Harvest Moon. However, think of the planet and car share/take public transport if you can. Please follow signage and marshals instructions on arrival. Please follow signage to the Marquee Field where Registration, Start and Finish will be located.

Schedule

Critical race day times are below:

Saturday 4th February

0830	Registration for all Events Opens
0940	**Registration Closes**
0945	Race Briefing for all races
0950	Mass Warm Up from No Weak Fast Runners
1000	Full Distance Race Start
1005	5k Race Start
1115	5k Prizegiving (Approximate Time)
1230	Prize Giving Half Marathon (Approximate Time)

Please pay particular attention to registration timings, if you're not registered on time you can't race! 😊

NB. If you have entered the full series, you will keep the same number for use at each event, but you will still need to come to registration to collect your timing chip.

Bag Drop

There will be an unmanned bag drop facility on site. Bags will be left at owner's risk.

Please don't leave valuables in bags. We do not accept any responsibility for lost or stolen items.

Facilities at the Start & Finish Line

Race HQ at Harvest Moon will have portable toilets. This will be the start and finish area for this event.

REGISTRATION, TIMING AND FINISH

Registration

You'll receive your timing chip (Sport Ident 'dibber' type) and one race number at registration. The race number goes on you**, please pin the number on your front**, please **do not fold this number or pin it to your leg** it makes it very difficult for marshals to read. The timing chip goes on your wrist you will need to use it on the finish line.

Please make sure you **return your dibber** at the finish line or you will not be given a result and will incur a replacement charge of £35. Not returning your chip may also result in us sending out a search party for you, please don't make us come looking!

Finish + Prize-Giving

Prize-Giving will be held near the Finish line as soon as possible after the event. Relax, have a cuppa and claim your prize (or cheer on those that did win a prize!).

Prizes will be awarded to 1st, 2nd and 3rd male and female on both the full event and the 5k event.

Race results will be available at www.durtyevents.com/results.
Race Photographs will be published on our social media channels as soon as possible after the event.

ROUTE INFORMATION

Course Description:
The course will be fully way-marked and marshalled. Due to complications with fallen trees, you may find that the 5km is slightly long (maybe an extra 1km) think of it as value for money. 😉

The course is entirely off road and can be muddy in places. You are likely to encounter other users and members of the public, please be courteous – they have the same rights as you to be there. 'Race Head' will not be an acceptable excuse for being nasty!

Surfaces vary from rough rooted paths, to muddy trails and sandy coastal paths. There are some rougher sections of footpath alongside the beach in places – please take extreme care. A bit of everything, just what you'd expect from a trail race!

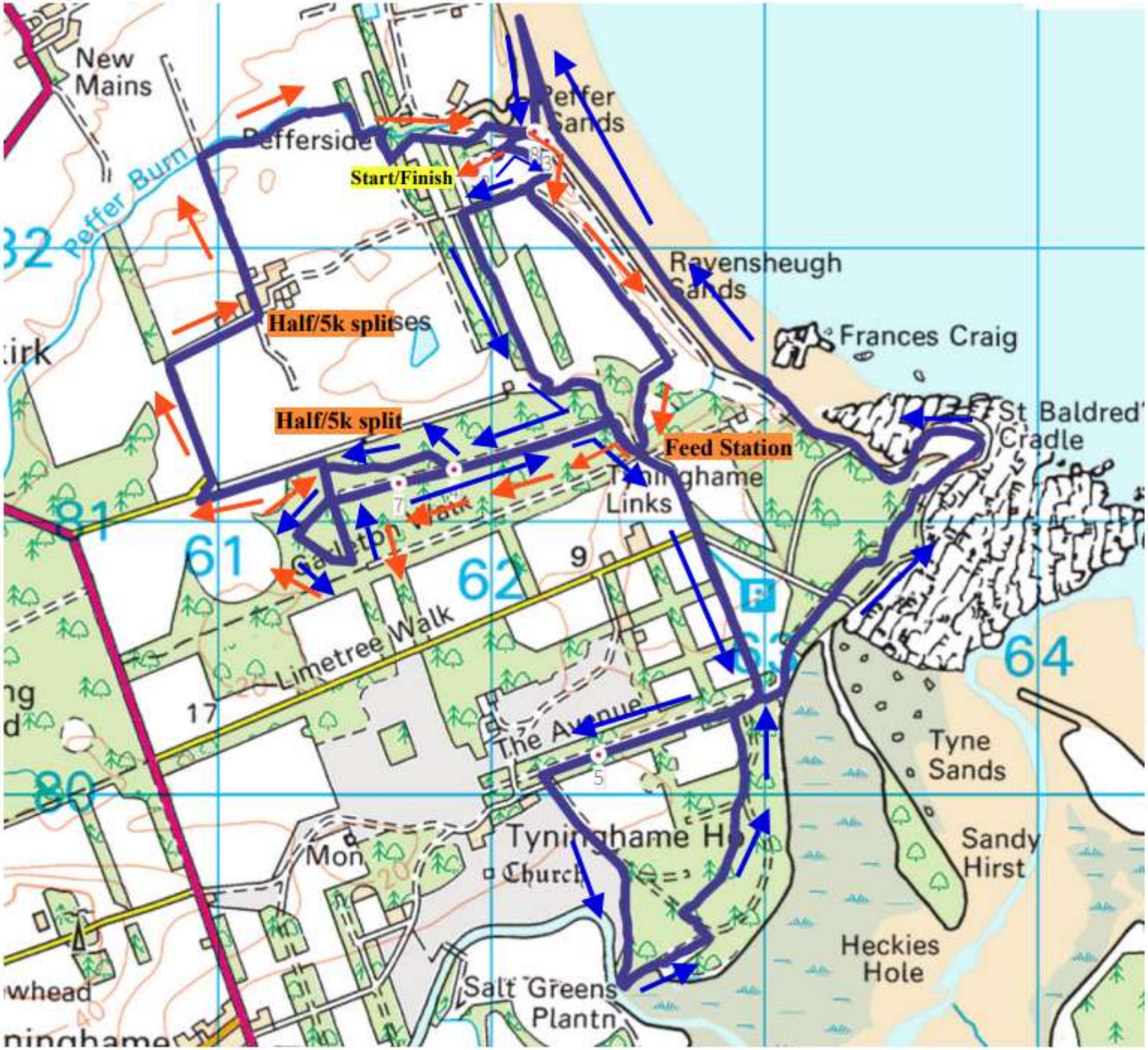
The course distance is approximate and intended as a guideline for you to estimate the nature of the event. We're not interested in what your Garmin says 😉.

Footwear: We suggest that trail running shoes will be the sensible choice, road flats are not recommended. Whilst the course is generally on good surfaces, there are sections that are less good and a little more challenging.

Aid Stations
There will be an aid station on both the 5k at approx. 2.5km and Half Marathon route, for the half marathon you will pass this point on 3 occasions, at approximately 2.5km, 5km, and 15km.

A Greener Foxtrails!
Feed station cups are our biggest source of waste. So, we're stopping using them. **Completely**. There will be no cups at feed stations. **You need to bring your own** or, if you don't have one, we'll provide you with a re-usable soft folding cup, just ask for one at registration. You will need to carry this with you and use it on the course if you wish to use feed stations.

Golden Rules
No Litter. Anywhere. Full Stop. This includes the car parks. It specifically includes gel wrappers, banana skins, cups etc. If you've got any of these, either bring back to the finish with you, hand to a marshal or use one of the bins at the Aid Station. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!



FOXTrail Winter Running Series

Race 3 - Half Marathon
Harvest Moon

Follow Blue Arrows loop 1 and then Red Arrows for loop 2

Elevation

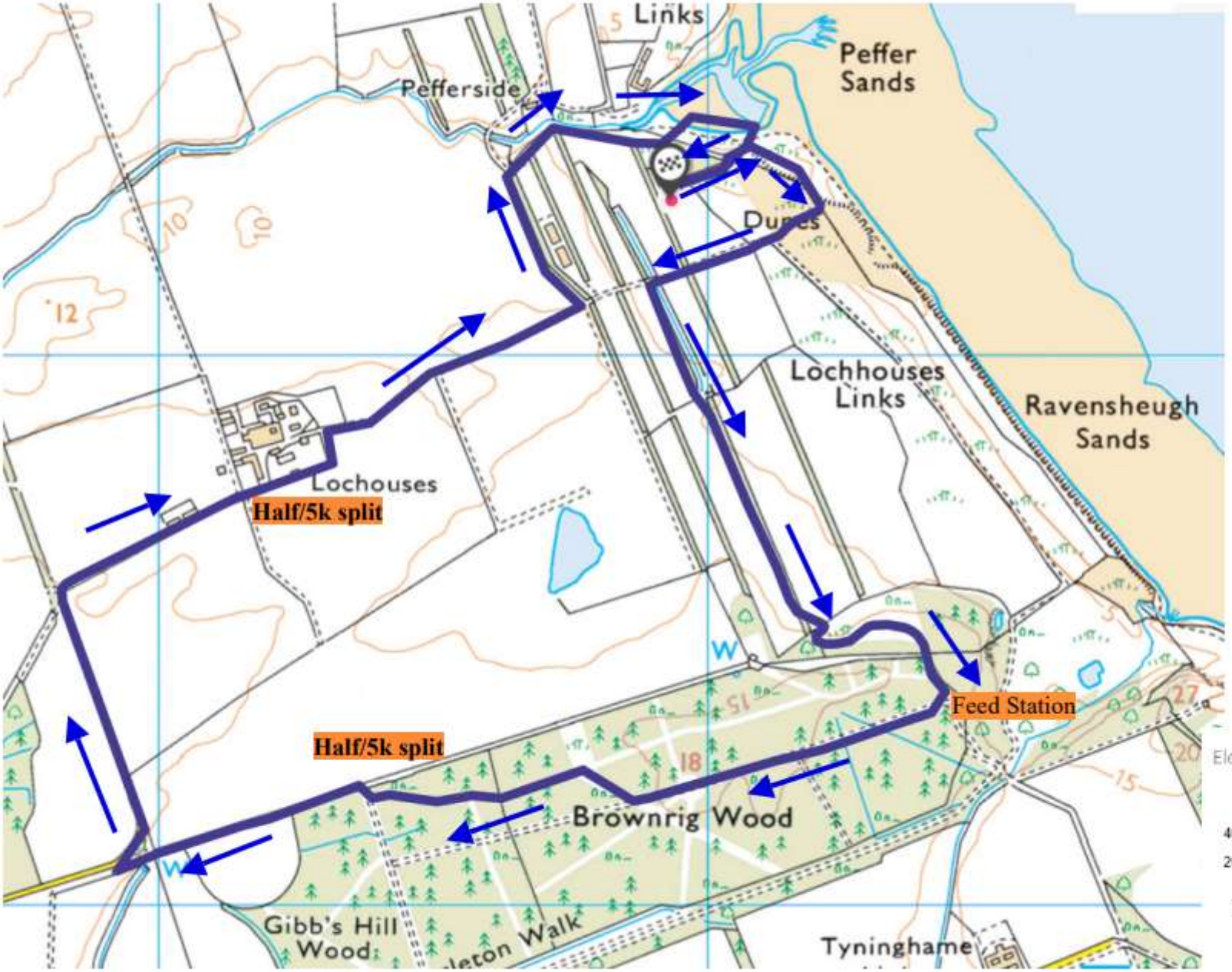
Lowest -2m Highest 18m

Total ascent 153m

THERE ARE NO WEAK FAST RUNNERS
RUNNING CLINIC
SUNDAY 29TH JANUARY 2023
ALISON@GOTRAINEASTROCKS.COM

FOXTrail 5K
Winter Running Series

Race 3 -
Harvest Moon 5k



And finally

Volunteers – (Help Needed)

This event requires a small number of folks to make it happen – course marshals, aid station teams, registration and finish crew etc.

Do you have friends, family or clubmates that fancy coming along to help make this event happen? Volunteering will give them a unique view of the course and enable them to shout abuse (oops! I meant 'encouragement' 😊) at you along the way. If so… **we need them!** Please email info@durtyevents.com if you think you can help.

In exchange for their help we offer a whole heap of fun with like-minded people, our deep appreciation, and a warm fuzzy glow of being an essential part of making it happen. If you can bring a group of people (e.g. club, community organisation etc.) we can also make a donation to your cause.

Accommodation

For accommodation options, this is a good starting point:
https://www.visitscotland.com/accommodation

Harvest Moon Holidays are perfectly located for our events at Foxlake Adventures Dunbar and are the venue for our Harvest Moon Half Marathon. Check out their accommodation at www.harvestmoonholidays.com

Coldingham Bay – If you are looking to stay over at Coldingham check out Scoutscroft Leisure Park. They have camping pods and static caravans for hire and are located conveniently are Race HQ.

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WWW.DURTYEVENTS.COM

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