

# THE ISLE OF JURA FELL RACE: SATURDAY 25TH MAY 2019

The last thing you want on the start line is a long briefing from me when all you want to do is start running. So please read this email carefully as it will contain everything you need to know, leaving me with very little to say!

## 1. TRAVEL

- **Calmac Ferry to Islay:** If travelling by bike or foot there is no need to book, Calmac will fit you on and will be expecting lots bikes.
- **Port Askaig to Feolin ferry:** No need to book. It is a short crossing and will run until everyone is across.
- **Jura Passenger Ferry: Tayvallich to Craighouse:**
  - Friday 24<sup>th</sup>: 10:00, 12:30, 15:00 & 18:00, if enough people 20:00 also.
  - Saturday 25<sup>th</sup>: 07:30, 10:00 & 16:30.
  - To book, call or text Nicol on 07768 450000.
  - Parking at Tayvallich: Please park your car across from Tayvallich Village Hall and where indicated in the 'overflow' car park which may incur a small parking fee. Please do not leave your car where it could potentially cause an obstruction.
- **Bikes:** The only road on Jura is single-track. Cyclists please be considerate to island traffic and pull over to let vehicles pass. Be aware that the Jura road condition has seriously deteriorated; watch out for potholes, especially from the ferry to Craighouse.

**2. CRAIGHOUSE:** For newcomers, the following are all situated at Craighouse: camping field, showers, toilets, bar, hotel, distillery, cooperage, community shop, Antlers, passenger ferry landing jetty, kayak and dingy landing zone, public car park (not campervans), and public toilets with campervan zone.

## 3. ACCOMMODATION

- **Jura Hotel Camping:** This is a great camping field with lovely sea views. Please register to camp from the shack in the field.
  - Small tent - £5 per night.
  - 3-4 person tent - £10/night
  - 5-6 person tent - £15/night
- **Campervans and mobile homes:** There may be room by the Craighouse pier for your campervan or mobile home. The only other place to stop is Corran Sands. Please do not park up anywhere else in the village, especially not in front of people's houses or in the Craighouse car park by the village hall.
- **Wild Camping:** There is a good wild camping spot at Corran Sands. Please adhere to the principle of 'Leave no Trace'.

## 4. FOOD

- **Jura Hotel:**
  - Takeaway breakfast rolls until 9.30am
  - Lunches daily 12.00 noon-2.30pm
  - Afternoon tea until 5.00pm
  - Dinners 6.30pm-9.00pm.
- **Jura Hotel Shack in Camping Field:**
  - Friday - Coffee and snacks

- Saturday and Sunday Breakfast - filled rolls, coffee, granola, hot drinks, fruit juice.
- **Antlers Bistro:** The Antlers Bistro provides food to sit in or takeaway meals all day. Booking might be necessary in the evenings.
- **Jura Community Store:** There is a well-stocked Community shop in Craighouse.
- **Tea at Inverlussa Bay:** At Jura's wild north end, you will find a glorious sandy beach at Inverlussa. You can enjoy tea and cakes right on the beach. If you are making a special journey, phone ahead to check opening 01496 820321 (opening hours are flexible and sometimes subject to change at short notice). Advance notice required for groups larger than six.
- **Race Day Charity Stall in Cooperage:** In addition to the post-race food for runners there will also be a charity food stall in the cooperage.
- **Runners Post Race Food:** There will be sandwiches, cake and a hot drink for every runner after the race.

**5. MEDICAL WHILST ON JURA:** There will be no doctors on call on the island from 18:00 Friday to 09:00 Monday morning. If you require medical attention outwith the race, then you must use the island system and call NHS111 This will potentially involve travelling to Islay. This is a change from previous years.

**6. REGISTRATION:** Saturday morning from 8.00 - 9:45am in the distillery cooperage. You will be issued your timing chip and race number, and go through the kit-check.

- **Kit Check:** you **MUST** carry the following:
  - Map of race route
  - Whistle
  - Compass
  - Waterproof jacket and trousers with taped seams (windproof - not acceptable).
  - Hat and gloves
  - Emergency food and/or fluids as required for the conditions
- Additional kit requirements in bad weather:
  - Spare warm layer
  - Survival bag
  - Mobile phone - recommended.
- Random kit checks may take place at any stage of the race, including the finish. Anyone found racing without the relevant kit without good reason after having passed the initial kit check will be disqualified. Tiny bum-bags will be viewed as suspicious.

## 7. THE COURSE

- As I am sure you already know and have been training hard for 28 brutal, lung busting kilometres, with 2370m of climbing just to make sure you are completely finished by the time you get to the end.
- The route is not marked, you may choose your own line between checkpoints.
- The mountain terrain crossed by the race is potentially dangerous. Take care, especially on the descents. If you dislodge a boulder shout '**BELOW**' as a warning to runners beneath you.

## 8. ROUTE SAFETY INFORMATION

- **CP4 'Beinn a'Chaolais':** The direct bearing towards CP5 will take you over a precipice. The safe route is to descend via the East ridge then North to the bealach.

You WILL dislodge rocks as you descend the eroding scree on the upper section. Remember the 'BELOW' warning, to runners beneath you.

- **CP6 'Beinn Shiantaidh':** High cliffs and loose talus to the North and North East of the summit. The direct bearing towards CP7 is very dangerous. Avoid this side of the mountain for the safety of yourself and others. The safe route is to head South East down scree and heather slopes to the right of the South East ridge, then bear North East below the danger area towards Lochanan Tana and the final ascent.

## 9. THE RACE

- 10:00 enter race pen (the start line is on the only road through the village, this stops runners blocking the road, please make sure you are in the pen by 10:15)
- 10:20 Race Briefing
- 10:30 Race Start
- **At each Check Point:** Shout your number to the marshal as you approach, display your number and make sure you dib your timing chip as you pass.
- Obey marshals' instructions.
- **First Aid:** Please help any runner in need. All check points have first aid kits and there is first aid at the finish.
- **Mountain Rescue:** Arrochar and Oban Mountain Rescue Teams will be providing cover for the duration of the race.
- **Emergencies:** Call 999 for Mountain Rescue. All CPs have radio contact with Mountain Rescue.
- **Race Communications:** Glasgow and Clyde Raynet provide the invaluable radio communications network.
- **Water:** In prolonged dry weather do not rely on being able to collect water on the course.
- **Leave no Trace:** No excuse, if you drop something pick it up.

## 10. RETIREES

- If you are unable to carry on, or are retired by a marshal, please report your number to either a Check Point Team or Mountain Rescue Team.
- Return to Craighouse by the most direct/safe route.
- **On return to Craighouse:** Please follow the signs to race control, inform a member of the race organising team that you have retired and hand in your timing chip.
- Do not rely on a fellow runner to pass on information that you have retired – it is your responsibility to inform us.
- Mountain rescue will search for any runners not accounted for. We do not want the MRT looking for runners unnecessarily.

**Marshals:** Marshals are co-ordinated by Donald Ewen Darroch. The marshal, MRT and communications briefing is at 19:30 on Friday in the Fire Station, by the hotel.

**T-shirts:** Every runner will receive a race t-shirt sponsored by the Jura distillery.

**Prize giving:** Will take place around 6:30 outside, or in the cooperage in bad weather.

**John Dare Shield:** John Dare suffered a fatal heart attack on his way up to marshal at Checkpoint 4 in 2012. He was well known and liked on the island and was also involved with the Scottish Islands Peaks Race. 2019 will mark the 6<sup>th</sup> award of the 'John Dare Shield' for an outstanding achievement in both races back to back. The winner(s) will be chosen by runners who have competed in both races this year.

**Children's races:** There will be junior races are organised by 'Jura Juniors' this year. They will start around 11:00. Jura Juniors would welcome any help so please let me know if you would like to help.

**Ceilidh:** There will be a ceilidh in the village hall on Saturday evening, all welcome.

**Race withdrawals:** Please let me know (via email) if you are injured or unable to run for any reason. Right up to the day before the race.

**Changes to entry details:** Please let me know of any changes (i.e. to your club) by midday on Thursday 23<sup>rd</sup>.

**Helpers welcome:** If you or someone with you is available to help then please get in touch.

**Contacting me before the race:** I travel to Jura with my family on Saturday, 18<sup>th</sup> May. We will be staying at Feolin Farm. You are very welcome to pop in and say hello. If you need to get in touch email first, [emily@isleofjurafellrace.co.uk](mailto:emily@isleofjurafellrace.co.uk). My phone has an intermittent signal on Jura, 07525 787784.

**Midges:** Have the ability to ruin a stunning sunset. Bring insect repellent and a head net, they were horrendous last year.

**Ticks:** A tick remover and a close friend are useful.

**Adders:** Common on Jura, I saw one at the bottom of Beinn a'Chaolais last year. They are more frightened of humans than the other way around.

**Medical advice:** It is recommended that you avoid the use of Ibuprofen, Naproxen and Diclofenac before, during and after hard prolonged exercise as there is a potential for kidney damage.

**Race maps:** Race maps will be available to purchase at registration.

**Toilets:** The hall toilets will be open for use from 08:30 – 18:00, Fri – Sun.

This incredible race belongs to Jura; as organiser I am merely the facilitator. But it is not me alone, so many people are involved in helping to make it happen, the Jura Distillery (race sponsors), the marshals, their families and other islanders, the runners, ex-runners and families who help enthusiastically over the weekend. Everyone comes together to make it a really special weekend.

2020 will be the 40<sup>th</sup> anniversary race – just saying!

I look forward to watching you run hard over the Paps, and if you have enough energy, enjoying the craic afterwards!

Emily