



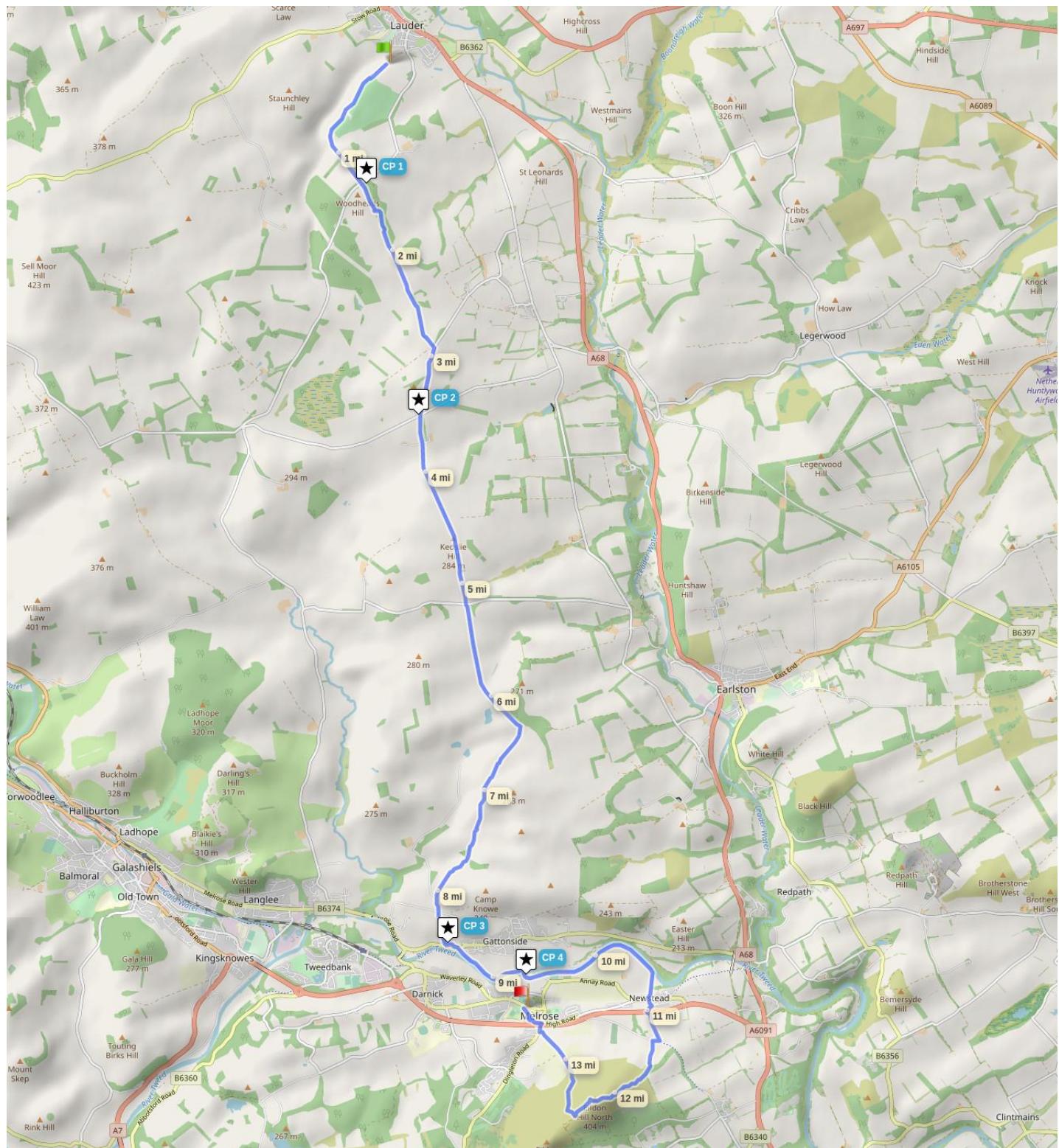
# THE DEVIL'S FOOT HALF MARATHON

In association with:



RACE INFORMATION	RACE START	RACE REGISTRATION
<p>Please read the pre-race information carefully.</p> <p>If you have any questions about the race, then please email.</p> <p>This is the first running of the devil's foot half marathon and we hope you will enjoy it.</p> <p>Most important of all, please bring with you a smile and adventurous trail spirit. After all we do this for fun :)</p> <p><b>RACE PARKING</b></p> <p>There is some parking at the race HQ at Melrose rugby club and some on street parking on the street beside. Please park sensibly as to allow other vehicles to be able to park Think Asda carpark gaps and we will be able to park you all ☺</p> <p><b>BEFORE THE RACE</b></p> <p>Consider taking out personal insurance against accident or injury whilst participating in sporting activities UKA and TRA membership include insurance.</p> <p>Please wear appropriate footwear. Light trail shoes would be our recommendation.</p> <p>Mandatory Kit is published on the race website.</p> <p><b>CHECKPOINTS</b></p> <p>There will be 2 water / sweet stations on route at mile 3 and 7. There will also be water, sweets and fizzy drinks at the end.</p> <p>There will be a 3 hour cut off at the chain bridge as you enter Melrose. Which is at approximately 9.25 miles.</p> <p><b>POLITE REMINDER</b></p> <p>No headphones to be used or dogs to run during the event. This is in line with our UKA Athletics insurance and must be adhered to.</p>	<p><b>Buses leave Melrose 09:15</b></p> <p><b>Race Briefing 09:55 hrs</b></p> <p><b>Race Start 10:00 hrs</b></p> <p><b>Awards 12:30 hrs</b></p> <p><b>Race Finish 14:00 hrs</b></p> <p><b>RACE FINISH</b></p> <p>The race finishes in a park across the road from the rugby club.</p> <p>Upon getting to the finish, you need to have your timing band read by our timing system. We will have volunteers on hand to advise and show you how to do this upon finishing. Please ensure you get your band scanned, as if you don't you will fail to appear on the online results.</p> <p>You will then be able to collect your race medal and your race Tech T-shirt.</p> <p><b>RACE ROUTE</b></p> <p>Please make sure you are familiar with the route, as shown on the attached map. The route will be fully signed with flags, signs and numerous marshals on route, but as with any trail running event navigating the route is the runner's responsibility.</p> <p>A map of route is attached below at the bottom of this document.</p> <p><b>GATES AND STYLES.</b></p> <p>The race route takes you through fields which may have livestock in them at this time of year please use the styles to get over the walls and fences or if you open a gate, then please close it securely.</p> <p><b>MUDDY SNEAKS</b></p> <p>No doubt you will get some mud on your sneakers on the course, after all it's a trail run. But when you finish and collect your medal etc, please either take your sneakers off, or change them before you head into the Melrose rugby club to grab some food / coffee or go to the toilet.</p>	<p>Will open 08:00 close 09:10. Melrose Rugby Club, Greenyards, High Street , Melrose. TD6 9SA</p> <p><b>RACE NUMBERS / WRIST BANDS</b></p> <p><b>PLEASE NOTE PHOTOGRAPHIC ID</b> is required when picking up your race number. This could be work pass, driving license, etc.</p> <p>Please note that race numbers and wrist bands will be given out at race registration on the day of the race.</p> <p><b>MEDICAL / FIRST AID</b></p> <p>First Aid cover at the event is being provided by border search and rescue unit.</p> <p>There will be First Aid responders and located at the event finish area should anyone require first aid / medical assistance at the event.</p> <p>Should you get into difficulty on the course please alert another runner or marshal who will be able to pass on any information and alert us for help.</p> <p><b>PRE ORDERED FOOD</b></p> <p>If you pre ordered food as part of entering the race then you will be able to get this after the race.</p> <p><b>RACE DAY SHOP</b></p> <p>The Urban Trail League shop will be located at race registration should you wish purchase extra merchandise Trail Outlaws Hoodies, long sleeve tops, buffs and many other items.</p> <p>All 2018 will be getting sold off at £5, so bring along some cash you could also grab yourself a bargain.</p>
<b>FINALLY</b>	<p>We are really looking forward to meeting you all at Melrose rugby club. There is always a great atmosphere at trail races, which is often greatly enhanced by our race marshals/volunteers. The marshals are there to cheer you on and stop you going the wrong way. So please thank the marshals and give them a high five on the way round. Come rain or shine bring your trail spirit and smile with you.</p>	

# THE DEVIL'S FOOT HALF MARATHON ROUTE



# TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £30



TRAIL OUTLAWS T-SHIRT £10



TRAIL OUTLAWS LONG SLEEVE £15

NEW for 2019!



## **UPCOMING RACES**

**PENSHAW HALF MARATHON** [www.urbantrails.co.uk/penshaw-hm](http://www.urbantrails.co.uk/penshaw-hm)

**SAINT CUTHBERTS WAY UTSA** [stcuthbertsultra.com/](http://stcuthbertsultra.com/)

**BRANCHES & BAYS 10K** [www.urbantrails.co.uk/branches-and-bays](http://www.urbantrails.co.uk/branches-and-bays)

**PENSHAW 10K** [www.urbantrails.co.uk/penshaw-10k](http://www.urbantrails.co.uk/penshaw-10k)

## **RACE INFORMATION**

**RACE ENTRIES/RESULTS** [devilsfoot.co.uk/devils-foot-results-2019.php](http://devilsfoot.co.uk/devils-foot-results-2019.php)

**RACE RULES** [devilsfoot.co.uk/devils-foot](http://devilsfoot.co.uk/devils-foot)

**TERMS AND CONDITIONS** [www.trailoutlaws.com/tandc](http://www.trailoutlaws.com/tandc)

**DEVILS FOOT HM WEBSITE** [devilsfoot.co.uk](http://devilsfoot.co.uk)

**TRAIL OUTLAWS WEBSITE** [www.trailoutlaws.com](http://www.trailoutlaws.com)