



Highland Fling ultramarathon 2022 Race Handbook

A huge thanks to our sponsors:



Race Date: Saturday 23rd April 2022

Start time: 06:00am

RACE NUMBERS ARE NOW AVAILABLE ON THE RACE WEBSITE AND FACEBOOK GROUP



2022 Race Information & FAQs

ALL RUNNERS MUST PROVIDE EVIDENCE OF A NEGATIVE COVID TEST IN ORDER TO TAKE PART

Friday Registration: 5:00pm - 9:00pm in the Burnbrae Inn, Milngavie, G61 3DQ

Saturday Registration: 4:30am - 5:45am in Milngavie Station car park, G62 8BX

Race Start: 6:00am in Milngavie Station car park

Once more, we are hosting a collection for East Dunbartonshire community foodbank and would like to ask ALL RUNNERS to please bring some canned or packaged food items to registration. See page 8 for further info.

The Race Rules:

Do what the marshals tell you. Always. At all times. Absolutely no arguing with them!

Race numbers must be worn on your front, and must be visible to marshals at all times

Fitted wristbands must not be removed until after the race

All runners must carry foil blanket, waterproof jacket/smock, charged/switched on mobile phone

No external support allowed. No support runners/pacers. No support crews.

No running poles. No dogs accompanying runners. No littering.

Limited earphone use allowed: please see explanation of earphone rules on page 5

If a marshal signals you to remove earphones, you must do so immediately

If you decide to withdraw from the race, you must let us know about it before going home

Please note one more very important rule from the Highland Fling Medical Team:

The casual race-day use of ibuprofen, diclofenac, naproxen, or any other non-steroidal anti-inflammatory drug (NSAID) is forbidden. You must not use any of these drugs as a race-day painkiller. If we become aware that you are doing so, you will be disqualified. Please note that if you have an ongoing prescription for any of these medications, you should continue to take your usual dose but you must inform us about it in advance via email and you must be able to show us an in-date prescription packet if requested. Thank you.

IF ANYTHING ABOUT THESE RULES OR ANYTHING ELSE IN THE RACE HANDBOOK IS NOT 100% CLEAR, PLEASE CONTACT US IMMEDIATELY FOR FURTHER EXPLANATION, AS IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE RACE RULES WELL IN ADVANCE OF THE EVENT.

PLEASE NOTE THAT THE RACE DIRECTOR'S DECISION ON ANY MATTER REGARDING RUNNER SAFETY, UNSPORTING CONDUCT, AND/OR RACE RULES IS ABSOLUTELY FINAL.

Email address for all enquiries: team@highlandflingrace.org



Covid-19 Precautions **(New for 2022)**

Covid rates in Scotland remain high, with hospital numbers recently reaching a new peak. We are determined to do as much as we can to keep everyone at the event as safe as possible, and we will take all measures that we deem to be reasonable and practical in order to reduce everyone's risk of being exposed to Covid. One such measure is a requirement for all runners and marshals to take a lateral flow test (LFT) before attending the event.

All runners must provide evidence of a recent negative Lateral Flow Test (LFT) at race registration.

UK based runners: Please take a LFT on Friday before arriving at race registration. Report your test result online (www.nhsinform.scot or www.gov.uk/report-covid19-result) and show us your confirmation email/text.

Overseas runners: We will ask you to take a LFT (provided by us) at race registration - please allow time for this.

We will try to have a small number of spare LFTs available at registration. UK based runners: please do not rely on this as your planned method of testing. Please source your own LFT well in advance of the event.

All runners must wear face masks or other face coverings while indoors at race registration, while running through checkpoints, and while standing or moving around inside any of the finishline marquees. If at any point during the event you develop symptoms of Covid or start to feel unwell, you should report to a marshal as soon as possible. If you arrive at the finishline showing symptoms of Covid, we will ask you to isolate in a designated quarantine area until you can be assessed by our medical team.

Race Weekend Schedule

Friday 22nd

5:00pm - 9:00pm: Race Registration, Burnbrae Inn, Milngavie, G61 3DQ

Saturday 23rd

3:45am: Coach leaves from the Green Welly Stop in Tyndrum, FK20 8RY, going to the race start in Milngavie

4:30am: Coach leaves from Kelvingrove Museum and Art Gallery, G3 8AG, going to the race start in Milngavie

4:30am - 5:45am: Race registration at race start, Milngavie Station car park, G62 8BX

4:30am - 5:45am: Bring drop bags to race start and put into checkpoint vehicles

4:30am - 5:45am: Bring kit bags (for finish at Tyndrum) to race start and put into large truck

5:45am: Race Director's race briefing for all runners

5:50am: Runners enter the starting pens

6:00am: Race start. Run 53 miles to Tyndrum

-

6:00pm: Coach leaves Tyndrum for Milngavie

8:00pm: Coach leaves Tyndrum for Milngavie

10:00pm: Last Saturday night coach leaves Tyndrum for Milngavie

Night owls: For anyone wanting a nightcap, the Tyndrum Inn is open until 1:00am

Sunday 24th

10:00am: Final coach leaves Tyndrum for Milngavie

10:00am: The 2022 Highland Fling Closing Ceremony (our fancy description for the marquee deconstruction and packup kerfuffle) takes place at the race finish. If you're still in Tyndrum, please do come along and help us out :-)

All coaches must be booked in advance, via Si Entries, by midnight on Friday 15th April.



Race Registration

Friday 22nd, 5:00pm - 9:00pm: The Burnbrae Inn, Glasgow Rd, Milngavie, G61 3DQ, or

Saturday 23rd, 4:30am - 5:45am: Milngavie Station car park, G62 8BX.

Please note you only need to come to one registration session, not both. (Someone always asks...)

At registration you will pick up your race number, which must be worn on your FRONT and your timing chip, which must be worn on your WRIST. **You must show photographic ID to collect your race number, and you will be fitted with a non-transferable Highland Fling wristband which must not be removed until after the race.** If you have recently changed your name and your ID is still in your old name, please email us beforehand just to let us know.

If arriving on Friday, please **DO NOT** park in Milngavie station car park overnight. This includes camper vans! Overnight parking is available at the West of Scotland Rugby Football Club's car park: Glasgow Rd, G62 6AQ.

Race Day Morning

If registering on Saturday morning, please allow plenty of time to arrive and get yourself organised, as registration will close at 5:45am sharp. If arriving by car, please DO NOT attempt to drive into the station car park. **There will be traffic marshals controlling access to the car park and you will not under any circumstance be allowed to bring your car in.** For short-term parking i.e. dropping off, please follow marshals' directions and use the Tesco car park, postcode G62 6NB, beside the station. Please note that cars must not be left here all day. For all-day or overnight parking, please use the nearby West of Scotland Rugby Football Club's car park: Glasgow Rd, Milngavie, G62 6AQ.

Race Briefing

5:45am: Race Briefing for all runners, at the race start. We will have a PA system set up so you should be able to hear the briefing all across the car park. We realise that you'll probably be in the portalo queue at this point, but please try to listen in case there is any important last minute information that you really need to know.

Compulsory equipment **(New for 2022)**

The following items must be carried by all runners at all times:

1. An emergency foil blanket (minimum size 200cm x 100cm) OR a bivvy bag
2. A fully charged and switched on mobile phone
3. **A waterproof jacket/smock with taped seams and hood**

Kit checks WILL be carried out. Please just carry what we tell you to. We don't want to disqualify anyone, but we will if we have to. And please note that this is the minimum safety equipment that we insist on. Check the weather forecast and think about what other kit you might need. Use your common sense. It's Scotland, and it's April. In bad or changeable weather, we would strongly recommend you carry full waterproofs and extra clothing.

Event Medical Cover

The Highland Fling Medical Team will be covering the entire event. Race medics will be at the finish line to assist any runners who require medical attention. Outdoor First Aid marshals will be present at all checkpoints to deal with minor injuries and other mid-race problems. However, in the event of a life-threatening emergency out on the trail, please call 999 first (ask for **POLICE** then **MOUNTAIN RESCUE**), and then call Race Control (this phone number will be printed on your race number).



Distances and cut-offs (New for 2022)

Checkpoints, distances and cut-offs are as follows:

| | | | | |
|-------------------|--------------|------|----------------|-------------------------------------------|
| Drymen | 12.6 miles | 20km | No cut-off | - |
| Balmaha | 19.8 miles | 32km | No cut-off | - |
| Rowardennan | 27.2 miles | 44km | 6 hrs 45 mins | 12:45pm* |
| Inversnaid | 34.5 miles | 55km | 8 hrs 45 mins | 2:45pm* |
| Beinglas | 40.9 miles | 66km | 11 hrs 15 mins | 5:15pm* |
| Bogle Glen | 47.1 miles | 76km | No cut-off | - |
| A82 road crossing | 50-ish miles | 80km | 14 hrs 15 mins | 8:15pm* |

*We note the race time when the last runner crosses the start line (usually about 5 minutes) and add this to each cut-off time

These cut-offs are in place for runner safety and will be strictly enforced. In addition, if at any point during the race our marshals or race medics think you are unwell or unfit to continue, they may withdraw you from the race. In reality this rarely happens, so don't worry about it. However, if it does happen to you, no grumbling. Marshals are only concerned for your safety and have given up their day to look after you, so be nice to them!

Drop bags (New for 2022)

Runners can have drop bags at **Balmaha**, **Inversnaid**, and **Beinglas**. No drop bags at Rowardennan this year. Drop bags should be clearly labelled with name, race number and checkpoint. We are transporting 400+ drop bags to each checkpoint, so please remember this is 'only' a 53 mile race, i.e. drop bags should be small, and must not contain spare shoes or full changes of clothing. Please do not bring your drop bags to Friday registration, as we won't be accepting them then. Please just bring them to the race start on Saturday morning.

Route markers and Navigation

The race route follows the West Highland Way footpath. It is waymarked with wooden marker posts and is very easy to follow. In addition to these marker posts there will be extra route markings at points where we think some folk might get confused, and also a marshal pointing the way at the High Road/Low Road split a mile and a bit after Rowardennan, where the race route will be taking the High Road. You don't need to be able to navigate and we don't ask you to carry a map and compass. On race day there will be 400+ other runners sharing the route with you, so it's very unlikely you'll get lost. If you're a navigational fud, you can download the gpx file of the route from the race website. If you prefer a proper map, the Harvey's West Highland Way one covers the full race route.

The Earphone Rules

Earphones may be used, but **MUST** be taken out of ears completely at certain points along the race route:

- when you're approaching a road crossing
- when you're approaching a checkpoint
- if you see a marshal in hi-viz anywhere along the race route
- on any section of trail narrow enough that you're running single file

We think these rules are very clear. Hopefully you do too, because we will be enforcing them very strictly.

If you forget about your earphones, and a marshal signals you to remove them, you must do so immediately. If you try to argue the point about your music being turned off, your earphones may be confiscated from you until the race finish, and you also risk being removed from the race for your own safety, i.e. disqualified.

Also, please do not use speakers that play music out loud, as they tend to really annoy other people.



Road Crossings

The race route crosses A-roads in several places. At each A-road crossing, marshals will be present and assisting runners to safely cross the road. **You MUST remove earphones at these points** and obey marshals' instructions. Marshals DO NOT have the power to stop traffic and you are at all times responsible for your own safety. Please note that if you disobey marshals' instructions or if you in any way endanger yourself, other runners, our marshals, or any other road users, you will be removed from the race for your own safety, i.e. disqualified. **Just turning your music off at road crossings is not enough. Your earphones MUST be completely removed from your ears. This is so that our marshals and other road users can clearly see that you should be able to hear them.**

N.B. Deaf/hard-of-hearing runners: If you use in-ear hearing aids, obviously you do not have to remove them at any point in the race. You may want to wear a sign of some sort to let marshals know, but we leave that up to you.

No Race Crews or External Support Permitted

Please note this important change from previous years - **race support is no longer allowed**. Runners cannot have support crews and must not accept any external assistance during the event, i.e. your friends/family are not allowed to feed and water you or give you fresh clothing/shoes at any point in the event. It is your responsibility to make sure anyone coming along to watch you is aware of this rule and sticks to it. Spectators/friends/family are still very welcome to come along and cheer the runners on in various locations, please read on for more details.

Withdrawal from the Race

If you decide to withdraw from the race you **MUST** inform one of the race marshals **OR** call (don't text!) the phone number for DNF runners (this will be printed on your race number). We really don't want to be sending out Search & Rescue teams to go hunting for you, especially if you're already at home with your feet up, so please **DO NOT** exit the race without informing a checkpoint marshal or other race official, and handing over your timing chip.

Spectator Information

We recommend **Balmaha** checkpoint and **Bogle Glen** near Crianlarich as the best places to spectate, as both locations have suitable parking facilities. Before Balmaha checkpoint, spectators and their vehicles are welcome anywhere along the race route that they can access safely and park legally without causing disruption to anyone. After Balmaha checkpoint, spectators who want to see more of the race should head straight for the public car park in Crianlarich, and walk from there up to Bogle Glen. Note: This is a short uphill hike along a signposted trail. After leaving Crianlarich, spectators should then head directly to Tyndrum. (Spectators are also welcome at Inversnaid checkpoint but we don't expect many will choose to go there as it's a very loooong drive in and out.)

Please note: ABSOLUTELY NO SPECTATOR PARKING AT THE FOLLOWING LOCATIONS:

- 1. Anywhere at all along the road between Balmaha and Rowardennan (inc. Salloch Bay & Milarrochy Bay)**
- 2. Rowardennan hotel carpark, Ben Lomond carpark, and Rowardennan checkpoint itself (27 miles)**
- 3. The Drovers Inn carpark, Beinglas Farm campsite, and Beinglas checkpoint itself (41 miles)**
- 4. Anywhere along the A82 south of Crianlarich (inc. all lay-bys, access roads, gateways, & public car parks)**
- 5. The A82 road crossing (50 miles) between Crianlarich and Tyndrum.**

We are imposing these restrictions on spectator access/parking for road safety reasons, and also to help keep local businesses and local residents happy and supportive of the event. Please inform any friends/family who may be coming along to cheer you on, and do ask them to drive safely, park sensibly, and stick to our instructions.



The Race Finish

We hope you will like our race finish. We really roll out the red carpet for our runners. Literally. As well as your medal, race t-shirt (optional) and goody bag, the following treats are available FREE of charge for all runners:

Homemade soup and rolls - courtesy of The Real Food Café (there will be vegan/gluten free options)

Ice cream - courtesy of Mackies and The Real Food Café

Unlimited tea and freshly brewed coffee for all runners. There might even be beer too!

Hot showers - remember to bring your own towel and toiletries

Post-race massage - please shower first!

Heated marquees to relax in

There will be first aid/medical assistance available at the finish for any runner who requires it.

Race sponsors Beta Running and Lyon Outdoors will have stalls at the finish with the latest gear from Ultimate Direction, Injinji, La Sportiva and Petzl available to try out.

Fling Bling

And don't forget to visit the onsite Fling Emporium (our blue merchandise tent), where you can purchase a variety of our top quality and highly admired race hoodies, t-shirts, buffs, cowbells etc. Please remember your cash as we can't accept credit/debit cards, sorry. There is a cash machine inside the Green Welly if required.

Trophies and Prizes:

There won't be a big prizegiving ceremony this year, as we don't really want large numbers of people congregating in close proximity around the finish area and having to wait to receive their trophy. Instead, we are aiming to give trophies out as and when the winners arrive at the finish line, and we will post out trophies to anyone that we miss.

Trophies will be awarded to:

1st, 2nd and 3rd overall in each gender category

1st, 2nd, and 3rd Vet 40 in each gender category

1st, 2nd, and 3rd Vet 50 in each gender category

1st, 2nd, and 3rd Vet 60 in each gender category

1st, 2nd, and 3rd Vet 70 in each gender category

The three lucky winners of our **Balmaha Drop Bag competition** will each receive a fantastic bundle of goodies from our lovely race sponsors - a UD running pack, a Petzl headtorch, La Sportiva shoes and Injinji socks. Wowiee!

Saturday Evening

We usually host an afterparty in the main finishline marquee but this year we are going for a more low-key atmosphere. We will continue to serve tea, coffee, and soup until about 9:30pm, and the marquee will remain open until about 11pm. Please remember that masks or other face coverings must be worn when standing or moving around inside the marquee. Runners are more than welcome to use the marquee until we close down for the night, but there will be no live music and no donation bar. Sorry, but we are implementing these precautions to reduce the risk of Covid transmission at the event.



Lost property

We will do our best to reunite any lost property with its rightful owner, however we can't guarantee this. Any items found at checkpoints will be taken to the finish after the checkpoints have closed. For items left behind at Beinglas this will be well after 7:00pm so please don't pester our marshals about lost property before then. If you can't wait until that time to get it back, please just try to make sure you don't leave it behind in the first place.

At the race finish, any lost property items will be put under a 'LOST PROPERTY' sign beside all the kit bags. (High value items will be looked after by a member of the Fling Race Team - please come and ask at the big blue merchandise tent.) Anything not claimed by the end of race day will be taken back to Fling HQ so email team@highlandflingrace.org if you realise later that you lost something important at the race. Please note that we do not class pants and socks as 'something important', especially grubby ones left behind on the shower floor.

Last Minute Information

Please make sure that the email address you provided on your Si Entries account is correct, and can be accessed right up until the night before the race. Please also join the Highland Fling Race Facebook group. Any unforeseen last minute changes we need to make will be posted in the group as well as emailed out to all runners.

Our foodbank collection:

At race registration we will once again be hosting a collection for East Dunbartonshire Community Foodbank based in Kirkintilloch, and we would be very grateful if all runners could bring along a few items of food to donate. We have specifically been asked to mention that dried pasta, beans and tins of soup are currently NOT required.

Here's the wish list that we've been given: UHT milk, fruit juice (long life carton), tinned sweetcorn, tinned carrots, tinned meat, tinned fish, tinned fruit, tinned rice pudding, jam. Also toiletries - toilet paper, shower gel, shampoo, deodorant, tampons, sanitary towels, disposable razors, shaving gel, toothbrushes, toothpaste etc.

Thank you very much in advance for any donations you make.

And Finally...

Accessibility and inclusivity: We think it's important. We hope you do too. We want as many people as possible to be able to take part in our event, and for everyone to feel welcome and at ease. To that end, all event portaloos are non-gendered, and our changing facilities at the race finish cater for female, male, and nonbinary runners. Our two main female and male changing tents are communal changing spaces with no curtains or dividers inside, however we also provide private non-gendered one-person changing tents for any runner who wants to use them. Our event showers are a mobile block comprising six individual non-gendered fully enclosed single cubicles, each with its own lock. There is a very spacious properly-wheelchair-accessible-with-enough-room-for-assistants toilet and shower at the finish area too, in ByTheWay's own permanent toilet/shower block. If there is anything we can do to make you or any of your friends or family feel more welcome, if you have any questions about any of our toilet/shower/changing facilities, or if you have any suggestions you would like to make in this regard, please just email us and we will do our absolute best to help you out: team@highlandflingrace.org. **We are proud signatories of the Scottish LGBT Sports Charter and are fully committed to upholding all of its principles.**



FAQs

General Stuff:

Can I have some basic information about the race please?

The Fling started (almost accidentally) in 2006 when original organiser Murdo McDonald put on a low key training run for local runner Ellen McVey's West Highland Way race. That first year fewer than 20 runners took part, but the event quickly grew. 1000 entrants is the norm, but this year (the 15th edition) due to Covid, there will be a reduced field of approximately 450 taking part. The race starts in Milngavie, on the outskirts of Glasgow, and rapidly heads out into the countryside. The route goes through Drymen, over Conic Hill to Balmaha, and follows the east side of Loch Lomond up past Rowardennan, skirting Ben Lomond, the southernmost of Scotland's Munros. Further up the lochside is the remote Inversnaid Hotel, then the path carries on beyond the head of the loch and upwards along the 'rollercoaster' above Crianlarich to eventually finish in the pretty Highland village of Tyndrum.

Who organises the event?

The race is organised by John Duncan, better known as Johnny Fling (or Fanny Fling to some!) and it is a non-profit event. John gets a lot of help from other people too. On race day, there will be around 150 Fling Team marshals and lots of other volunteers who have all given their time to help out. Many of our marshals will be 'on duty' from before 4:00am until well after 10:00pm so please remember to thank them as you run past.

Who are the race sponsors?

The Highland Fling is sponsored and supported by a number of organisations and companies who all contribute to and help the event a lot. Race sponsors are Beta Running, Lyon Outdoors, Ultimate Direction, Injinji, La Sportiva, Petzl, and the Real Food Café. Supporters of the race weekend are By The Way Hostel and Campsite, Mackies, Loch Lomond Brewery, the Burnbrae Inn, Strathfillan Community Trust, Land and Forestry Scotland, Police Scotland, Loch Lomond and The Trossachs National Park, East Dunbartonshire Council, and Stirling Council.

What is the terrain like?

The route is 90% off-road with just a few short sections on tarmac. The off-road sections are a mixture of wide landrover tracks, flat railway lines, tough uphill slogs, manicured paths, shingle beaches, rough stone steps, pretty forest trails and fairly demanding technical scrambles. The race route includes approx 2300m (7500 ft) of ascent.

Should I be planning to wear road shoes or trail shoes?

Either would be okay. Most of the paths are pretty good and unless it's been raining nonstop all week, it shouldn't be too muddy underfoot. ~~Apart from Cow Poo Alley, where you could sink knee deep at any time.~~ Please note that The Alley Formerly Known As Cow Poo was upgraded a couple of years ago and is now a ~~being old~~ clean and tidy path. With no cows. Or poos. Bah!!! Oh yes. Shoes? Hmmm. Whatever you normally run off-road in will be fine.

Does the Fling have ITRA/UTMB points?

Yes. The Highland Fling has been classed as a three point qualifier for entry into the 2023-2025 UTMB races.

Pre Race Stuff:

Is anything sent out to me by post?

No. All pre-race communications are sent via email. Race numbers etc. are collected at race registration.



What should I do if any of my details have changed since I entered?

You should already have checked all your entry details. If you haven't, please do so now. If you need to change any of your information, you should email us directly: team@highlandflingrace.org. **Please ensure we have correct fully up-to-date medical information and emergency contact details.** Also please make sure that the mobile phone number you have given us is definitely that of the mobile phone you will be carrying during the race!

I'm a newbie to ultras, what are these drop bags all about?

Drop bags allow runners to take part in long races without the need for support crews and without having to carry supplies the whole way. A drop bag is a SMALL secure parcel with food/drink in it and a waterproof label with your name, race number, and the checkpoint that you want it taken to stuck on the outside. At the start of the race there are vehicles with the names of each checkpoint on them that you put your drop bags in, and they are transported to the checkpoints for you to collect when you arrive there. As well as food and drink, you might want to include blister plasters, sun cream (fingers crossed!), or fresh socks. Drop bags are not for anything of value or anything you really need to get back, as they do occasionally (very rarely) go missing.

Did I hear something about a drop bag competition?

Yes, you certainly did! This is a competition held at Balmaha checkpoint, for the most fabulously designed and decorated drop bag. You can be as inventive as you like, but please remember to put your name and race number on your creation. Size guideline: your drop bag should be no larger than a shoebox. There are three fantastic prize bundles on offer from our lovely race sponsors, so get to work on your masterpiece!

I asked a question on the Facebook group; why didn't I get an answer yet?

Sorry about that! The Facebook group is really mostly intended for Fling runners to share information with each other. Important questions will often get lost in amongst all the chit-chat and gossip. If you want to ask anything 'official', again, please email the Fling team directly: team@highlandflingrace.org

Can my friends and family follow my progress online?

Yes. There will be live tracking available via the race website, and runners can opt to have text message updates sent to up to three nominated mobile phone numbers. Full details will be emailed out to all runners very shortly.

Can a friend register for me?

No. All runners MUST pick up their own race number. No exceptions. **Please note that all runners will be required to show photographic ID to collect their race number.** If you have recently changed your name and your ID is still in your old name, please email us beforehand and let us know. It'll save you having to explain it to us at registration.

Parking and Transport Stuff:

Where do the coaches to the race start leave from?

The 3:45am Tyndrum coach leaves from the Green Welly Stop car park: FK20 8RY

The 4:30am Glasgow coach leaves from the front of Kelvingrove Museum and Art Gallery, on Argyle St: G3 8AG

Whereabouts can I park in Tyndrum?

If you are catching the 3:45am coach from Tyndrum, please use the Green Welly Stop's overflow carpark, at the rear right hand corner of the main car park. This will be clearly signposted. If at all possible, please try to car-share, as parking in Tyndrum is always in short supply and this is an ongoing issue for the event.



Whereabouts can I park in Milngavie?

Please **DO NOT** plan to park in Milngavie train station car park on either Friday night or Saturday morning. This includes campervans - overnighting here on Friday night is not allowed! There will be traffic marshals controlling access to the car park and you will not under any circumstance be allowed to bring your vehicle in.

For dropping off at the race start and short term parking (i.e. friends/family), please use the Tesco car park right beside Milngavie train station. Please note that vehicles must not be parked here either all day or overnight.

For free long term parking over the weekend please use the West of Scotland Rugby Football Club's car park: Glasgow Rd, Milngavie, G62 6AQ. Campervans are welcome here on Friday night. It's about a 10 minute walk from here to the race start. Vehicles parked here are not the responsibility of the West of Scotland RFC and are left entirely at the owner's risk. If you do not accept this disclaimer, please park elsewhere. All vehicles parked here must be collected by 2:00pm on Sunday.

Can I have a bag transported from the start to the finish?

Yes. In the car park at the start of the race there will be a large truck taking kitbags to the finish. Please attach the provided tear off baggage label (on the bottom of your race number) to your bag. Reasonable size rucksacks or kitbags only please, no huge suitcases. If you withdraw from the race for any reason and can't come to the race finish to collect your bag, we will get it returned to you, but this could take up to a week. **If your car is parked in Milngavie, you should carry your key with you rather than putting it in your bag for the race finish. If you withdraw from the race early on, you don't want your key to be on its way to Tyndrum if you are already back in Milngavie!**

Where can spectators park in Tyndrum?

Spectators should use the Green Welly Stop overflow car park, at the rear right hand corner of the main car park. This will be clearly signposted. **Please note there is NO vehicle access to ByTheWay Hostel and Campsite, other than for marshals returning equipment.** Vehicle access to the whole of Lower Station Rd will be controlled by traffic marshals throughout the day. Please follow event signage and obey marshals' instructions at all times.

Additional parking is available at Dalrigh car park (postcode FK20 8RX) approximately one mile south of the race finish, just off the A82. The scenic walk to the finish follows the race route along the West Highland Way.

Spectators parking in Tyndrum for the afternoon, please **DO NOT** park in the car parks of the Real Food Café, TJ's Diner, the Tyndrum Inn, Brodie's Store, or in the car parks of any other local businesses or campsites. This is very important, as complaints from local business owners and residents will cause us major hassle.

Is there public transport back to Glasgow?

Buses for Glasgow depart from just opposite the Pine Trees campsite at 3:30pm and 8:25pm. Advance booking with Citylink is advised. Tickets are £19.90. Trains for Glasgow depart Tyndrum Lower station just after 5:15pm, Upper Tyndrum just after 7:10pm, and Tyndrum Lower just after 9:30pm. This is the last public transport available. Advance booking with ScotRail is advised. As is checking you're at the correct station. Tickets are £23.70.

Where will the coaches leave from at the finish?

All coaches will leave from the end of Lower Station Road (walk out of ByTheWay campsite and head for the A82 main road). Marshals with lists of names will be checking runners on to each coach.

Can I pay on the day for a coach seat?

Yes, if there are any available. Priority is obviously given to those with advance bookings but if your travel plans have changed unexpectedly we'll do our best to find a seat for you. On-the-day price will be £15. Cash only, please.



Can I swap my coach booking on the day?

If you finish earlier or later than you expected and you would like to travel on a different coach than the one you have booked, this may be possible but cannot be guaranteed. For enquiries about changing your coach booking, please come to the big blue merchandise tent at the race finish and ask one of the marshals on duty there. If we can confirm a change for you, we will. If we can't, we will ask you to go and speak nicely to the marshals who are checking runners on to the coaches. Chances are there will be a spare seat and we'll be able to squeeze you on, but you'll be asked to wait until all the runners with confirmed bookings have boarded.

Race Stuff:

What exactly happens at the race start?

To avoid congestion on the trail in the first couple of miles we will be setting runners off in waves. If you've ever run a big city marathon you'll know how it works, but if not, basically we'll be asking you all to estimate your finish times and assemble in pens based on those times: sub 10hrs, 10-12hrs and 12+hrs, and we'll be setting you off in waves a few minutes apart. Don't worry about the extra time taken to cross the start line; our timing system will allocate you a start time dependent on which wave you set off in. For the overall winners we will be using first wave gun time, so if you're expecting to be super speedy, make sure you set off in the first wave. **Female runners expecting a sub 10hr finish should also make sure to set off in the first wave.**

So how do I estimate my finishing time?

If you've trained properly for the distance and the terrain, we reckon roughly 3 x your current road marathon time. This is just a rough estimate and it won't be accurate for everybody, but it works fairly well for a lot of people.

Why are there new cut-off times at Rowardennan and Inversnaid?

The cut-offs are based on previous years' results and split times, which showed very clearly that no runner behind these times was able to reach Beinglas before the 5:15pm cut-off there. By putting in place earlier cut-offs that are more representative of the pace required, we hope we will actually help more runners to avoid being timed out!

What is provided at checkpoints?

We provide water at all checkpoints, also Coke at Beinglas and Bogle Glen. Proper full-fat 'It's the real thing!' Coke. We will not be providing any drinks in cups this year so please carry your own reuseable cup or drinks bottle. We do not provide any solid food however unopened items left over from the drop bags of faster runners will be spread out on tables at Balmaha, Inversnaid, and Beinglas. There is usually a good selection of sweet and savoury nibbles available at these three checkpoints **however this should not be relied on.**

Along the race route, what all is available where?

| Location | Distance | Distance | Water | Dropbags | Toilets | Spectator Access |
|-------------|----------|----------|-------|----------|-------------|--------------------|
| Drymen | 12.6m | 20km | Yes | No | Portaloos | Yes |
| Balmaha | 19.8m | 32km | Yes | Yes | Portaloos | Yes |
| Rowardennan | 27.2m | 44km | Yes | No | Public loos | NOT ALLOWED |
| Inversnaid | 34.5m | 55km | Yes | Yes | Public loos | Yes* |
| Beinglas | 40.9m | 66km | Yes | Yes | Portaloos | NOT ALLOWED |
| Bogle Glen | 47.1 m | 76km | Yes | No | None | Yes |

*It is not advised for spectators to go to Inversnaid as it's a very narrow single track road and driving to/from it takes bloody ages.

Water is available at many other points along the race route - there are a variety of honesty shops, outside taps, and wild water sources that are safe to drink from (with the usual proviso of checking immediately upstream for rotting sheep carcasses...)



Are there toilets along the route?

Yes. There are either portaloos or public toilets at most checkpoints and there are also public toilets at Milarrochy Bay car park (22 miles) and Sallochy Bay car park (25 miles). If you need to go to the toilet elsewhere along the route, please move well off the trail and do your best to make sure no one can see you.

Will there be any massage services available at checkpoints?

No. This is a change from previous years. There will be no massage therapists at Rowardennan this year.

Will I get back any of the stuff from my drop bags?

No. When you leave a checkpoint, unused items of food and drink left behind will be put out for later runners to help themselves to. If you want to put fresh socks into a drop bag that's fine, but if you leave your sweaty ones behind they'll be binned. Basically, if you leave it at a checkpoint, you won't get it back, therefore please do not put a change of shoes in any drop bag. We will NOT transport grubby shoes to the race finish for you!

What should I do with my litter?

Carry it with you till you reach the next checkpoint! **You absolutely MUST NOT drop any litter on the trail!** Please dispose of all your litter at the recycling tables at checkpoints. If you see another runner dropping litter please ask them to pick it up. If you notice any race litter on the trail, e.g. gel wrappers, please pick it up yourself and dispose of it at the next checkpoint.

How does the checkpoint recycling work?

We will have special 'Green Team' marshals in charge of the recycling tables at each checkpoint. Hand over your rubbish to them, and they will sort it into different bins for paper, plastic, food waste, and general rubbish. Please try to help us out here. Think about what's going into your drop bags, and whether the packaging can be recycled. And please don't put bottled water in your drop bags - there is unlimited water available at all checkpoints!

Try not to pack lots of stuff you're probably not going to need, and try not to leave lots of stuff behind. The best way to be green isn't by recycling, it's by not using stuff in the first place!

Is the route open to the general public?

Yes, so please be friendly to everyone you pass, not just other runners. If you're trying to pass walkers on narrow sections of trail, ask them nicely. Say hello, and don't get annoyed if you have to slow down for big groups of people, or folk on bikes, or small children, or dogs. They all have absolutely as much right as you do to be there.

What are the rules about gates?

If you pass through an open gate, leave it open. If the gate is closed, please close it behind you. If another runner is coming up behind you, it's polite to wait a second and hold the gate open for them too.

Safety Stuff:

Why is there a ban on casual race-day use of ibuprofen and other NSAIDs?

This rule has been brought in at the insistence of our medical team. Ibuprofen and other NSAIDs are known to put stress on the kidneys and occasionally this can cause life-threatening problems for ultrarunners. Our medical team are highly experienced and highly competent ultra-medics, they know what they're talking about and we fully support them on this rule. If you are sceptical about this information, please google 'ibuprofen and ultrarunning' and read about the risks yourself. Please do not plan to use ibuprofen or any other NSAIDs as a raceday painkiller. If we become aware that you are doing so, you WILL be disqualified.



Do I really have to carry the compulsory kit?

Yes, you really do. It could save your - or someone else's - life in an emergency. You will be required to produce the compulsory kit at some point. And if you're not carrying it, you will be disqualified. **Please note that we have added a waterproof jacket/smock with taped seams and a hood to the compulsory kit list this year.**

Why is the Race Control phone number printed on my race number?

This is so you can contact the Race Control team in the event of a serious accident or a situation that requires our urgent attention. Please think of it as the equivalent of 999, and only use it in an emergency. Not because you've run out of gummy bears and you've got wet socks and you're feeling a wee bit fed up.

What should I do if I come across an injured runner?

You absolutely **MUST** stop and try to help. It's very important that you all look out for each other! If a runner is seriously injured then **please call 999 first (ask for POLICE then MOUNTAIN RESCUE)**, then call Race Control (this phone number will be on your race number.) If you have no phone signal please wait till another runner arrives to assist then run on until you get a signal. If the injured runner can't move and is getting cold please use your own and other runners' foil blankets to keep them warm. And do remember to keep yourself warm too!

What should I do if I get lost?

If you realise you have gone wrong somewhere, you should turn around and retrace your steps until you get back onto the race route. Once you're back at the point where you went wrong, you'll probably be able to see what the correct way actually is. If you become seriously lost and can't find your way back on to the race route, phone Race Control and we'll do our best to help you out. If you're worried that this might happen to you, **PLEASE** download our gpx file (available on the race website) and store it in your smartphone/watch just in case.

What happens if I'm timed out, or if I decide to withdraw from the race?

If you withdraw from the race at a checkpoint, let a marshal know you are stopping, and give them your name, race number, and timing chip. If you decide to withdraw from the race in between checkpoints, please try to get to the next checkpoint along the route. (Think carefully before turning round and heading back the way - if you return to a previous checkpoint after it has closed, there will be no one there!) If you are injured and can't walk, phone Race Control. If you decide to withdraw from the race between checkpoints and have a friend pick you up somewhere, please phone (don't text!) the number for DNF runners (this phone number will be on your race number) and let us know you're okay. **Please DO NOT simply exit the race and go home without telling anyone.**

If you withdraw from the race, sweeper vehicles at each checkpoint will be able to drive you on to the finish at Tyndrum, or back to the start at Milngavie. This may be some time after the checkpoint finally closes however, so you could have a wait of several hours. Please remember that marshals are **NOT** taxi drivers, so don't pester them about how long you've been waiting. There will be Outdoor First Aiders at every checkpoint, so make yourself known to them and they'll take care of you until the checkpoint closes. Make sure you don't get cold while you're waiting - put on any extra clothes you're carrying in your pack, ask nicely to sit inside a marshal's car and use your foil blanket/bivvy bag to keep warm if you have to.

A FULLER LIST OF FAQs IS AVAILABLE ON THE RACE WEBSITE SO IF YOU HAVEN'T FOUND THE ANSWERS TO ALL YOUR QUESTIONS HERE, PLEASE GO AND HAVE A LOOK THERE TOO...



And a note from our Medical Team:

The Highland Fling Medical Team do not sanction anyone as 'fit to run'; instead we want to be aware of our runners' history in order to be as well prepared for emergencies as possible. We provide first aid facilities only, in a remote environment, and we cannot cover all eventualities. All runners should consider their own fitness to participate and should, if they have any concerns, discuss with their GP or specialist before participating. We would like you to share those discussions with us prior to the event, so that we can be best prepared. Any information provided to us is treated with the utmost confidentiality, is not shared outside of the medical team and will be destroyed securely after the event.

It is very important that all runners provide us with fully accurate and up to date medical information. If you have asthma, high blood pressure, diabetes, epilepsy, any form of heart condition, any other condition you have been diagnosed with that might affect your ability to safely participate in the race, any condition you are currently taking medication for, then **WE NEED TO KNOW ABOUT IT!** We have already screened all medical information provided to us online via Si Entries, **however if you experience last minute changes to any medical conditions or prescribed medications, you must let us know via email before race day.**

Any runner who would like to discuss anything with our medical team before the event should contact team@highlandflingrace.org as soon as possible.

And please remember:

The casual race-day use of ibuprofen, diclofenac, naproxen, or any other non-steroidal anti-inflammatory drug (NSAID) is forbidden. You must not use any of these drugs as a race-day painkiller. If we become aware that you are doing so without our knowledge, you **WILL** be disqualified. Please note that if you have an ongoing prescription for any of these medications, you should continue to take your usual dose but you must inform us about it in advance and you must be able to show us an in-date prescription packet if requested.

You must also be aware that NSAID use during endurance events **ALWAYS** carries a risk.
Having an official prescription does not remove, alter, or minimise that risk in any way.

Not long now folks. See you all soon...

Ding Ding! 😊