Cotswold Way Century

Race Brief and Rules

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1. OVERVIEW

It's the Cotswold Way. Start in Chipping Campden at the Village Hall, stop in Bath at Bath Abbey, follow the signs marked "Cotswold Way". Although we may add occasional markings near check points or where the route has more than 1 option, please plan on the only route markings being the existing Cotswold Way markers (follow the acorn).
GPX – AVAILABLE TO DOWNLOAD FROM THE ENTRY LINK ON SIENTRIES
You'll have 32 hours, (11am start) to complete the event, with intermediate cut-offs along the way.

The Cotswold Way Century is a single-stage, approximately 102mi, trail running event that takes place along public rights of way. There are no road closures for these events so all participants and supporters must respect road regulations on those sections which are not on trails. Due to changing conditions, it is possible that official diversions will be in place that alter the overall distance of the Cotswold Way and any distances listed in our pre-race information.

2. EVENT SPECIFIC TERMS & CONDITIONS

Entry to the Cotswold Way Century is subject to participants meeting the qualifying criteria of the successful completion of an ultra of 40 miles or longer since January 1st, 2024. Evidence of which must be provided to us no later than 9th August 2026. We will not accept Strava runs; it has to be an official event results hyperlink with your race number for us to check. In the event of evidence not being provided by this date, entries will be deemed as cancelled.

Entries after 9th August 2026 will require the qualifying evidence upon entry confirmation.

If you will be completing a qualifying event between now and 9th August you can 'Edit' your entry later in SiEntries to add results.

Minimum age: 21 on race day.

3. PARTICIPANT CANCELLATION, DEFERRALS AND TRANSFERS

You have the option to purchase XCover.coms 'Booking Refund Protection' alongside your ticket purchase, as we will not be operating a refund option due to costs. See the link below for further details.
https://www.xcover.com/en/pds/booking-refund-protection-uk

We do not do deferrals.
Transfers / substitutions can be done by you via *your* SiEntries entry.

4. RACE INFORMATION

START TIME: 11am start for ALL runners

COURSE RECORDS (courtesy of Cotswold Running)

Female	Male
2017	2017
Holly Rush 20:17	Rob Forbes 17:34

ENTRY

Price from 01.10.2025 to 31.12.2025	Price from 01.01.2026 to 01.09.2026
£152.00 UKA / TRA Affiliated	£177.00 UKA / TRA Affiliated

The above price is subject to a £2.00 supplement for participants who are not affiliated to UK Athletics or members of the TRA.

ENTRY LINK https://www.sientries.co.uk/event.php?event_id=16356

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WHAT YOU GET
You will get a personal tracker for the event at registration and will be included in the live tracking for the race. In addition to drinks and food at the check points and loads of encouragement along the way, entrants will receive a memento at race registration.

Top 3 female/male finishers will receive a trophy relevant to their finish position.
ALL Finishers will receive a buckle to remind them of their achievement. Finishers who complete the race in under 24 hours will receive a Sub-24 version of the buckle.

ITRA POINTS

Mountain Level = 3

UTMB

5. RACE WEEKEND INFORMATION
Race Starts: Saturday, September 19, 2026 at 11am
Race Ends: Sunday, September 20, 2026 at 19:00 (or 32hrs after the official start time)

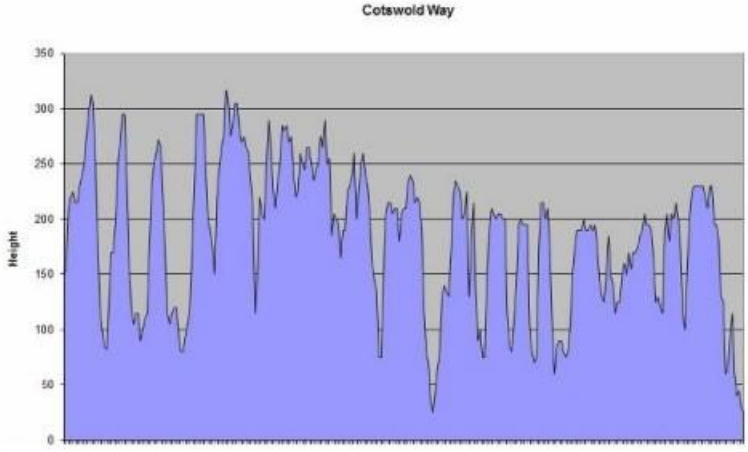
Race Entry Close: September 1, 2026 – NO on the day entry
Minimum Age: 21 on race day
Race Limit: 150

RACE REGISTRATION HQ **REGISTRATION OPENS: 08:30am**
Chipping Campden School
Cidermill Lane
Chipping Campden
GL55 6HU

PLEASE NOTE THAT THE CARPARK AT THE SCHOOL IS CHARGABLE
Parking is at your own risk - we take no responsibility for your vehicles or their contents.

Distance (approx.): 102miles
Total Ascent (approx.): 12,100ft

Elevation Profile:



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CUT OFF TIMES – APPLY TO ALL RUNNERS

The table below shows cut-off times for the race. If you reach a check-point after the cut-off or you have not left the checkpoint by the cut-off time then you will be required to stay at the CP until you can be transported back to the finish. You may arrange your own transport if you wish, but must notify check point staff so they are aware that you are leaving and **hand in your tracker to a member of race staff**. Runners should plan to finish well inside the 32-hour time limit.

Location	Approx Distance from Start	Cut-off Time
Aggs Hill Check Point	27 miles	18:30 Saturday
Birdlip Checkpoint	39 miles	21:45 Saturday
Painswick RFC	48 miles	01:00 Sunday
Wotton-under-Edge	71 miles	08:15 Sunday
Tormarton Checkpoint	87 miles	13:45 Sunday
Finish	102 miles	19:00 Sunday

DROP BAGS

We're happy to take your drop bags to the check points listed below. Please make them fairly compact (standard carrier-bag size, please, not your holiday luggage size. Drop bags will be returned to the race finish as soon as possible. If you forget it, we will take it home and contact you as long as you have put your tag on it! So, we recommend you treat the final bags as "disposable" if you don't want to hang around on Sunday waiting for them to come back.

FOOD

We generally put out a selection of sweet & savoury. Typical fare in the past has included flapjacks, peanut butter, marmite, chocolate spread, cheese, pickles, tinned fruit, rice pudding, crisps, nuts, pretzels, gummy sweets, jelly babies, ginger nuts, lightly salted roast potatoes(cold). A selection of these kinds of food is the minimum you should expect to find where the table shows "Yes" for food. We'll bias additional items more towards "food" at the early CPs, with things like cocktail sausages, cheese, and sandwiches, then gently migrate towards a bias of "sugary" and salty stuff towards the end. Vegan/Vegetarian alternatives will be available.

We will have a vegan chilli with/out rice (not spicy hot) or similar dish available at Painswick RFC, and bacon rolls at Tormarton. Other aid stations will have soup, bouillon, spaghetti hoops or other types of wet hot food. Vegan/Vegetarian alternatives will be available.

CUPLESS RACE – HOT & COLD DRINKS

Please note that this **IS** a cupless race, with the exception of Painswick. We will **NOT** provide any drinking vessels at checkpoints. You must therefore bring your own suitable vessel(s) for hot and cold drinks. Eg mug, collapsible cup, hard bottle.

We'll be breaking out the camp stoves & thermal flasks to make hot/warm drinks available at some of the check points. Tea, coffee, squash or soup will form the backbone of your re-warming delights.

Water and cola will be available at each checkpoint too. Be reminded, though, that it may take a couple of hours to get from one stop to the next, so participants must carry a drink throughout (see Race Rules). Runners will be able to leave drop bags for some check points, to avoid the need to carry an entire day's food from the start.

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CHECK POINTS
Check points will be placed at convenient intervals where the route is on or near a road.

Location	Approx. Mileage	OS Reference	Nearby Postcode	What 3 Words	Drop Bag	Food	Hot Drinks
Chipping Campden School	0-HQ	SP 154 396	GL55 6HU	rainwater.cookies.table	N/A	No	No
Stumps Cross	13	SP 075 303	GL54 5SB	undertook.elephant.slowness	No	Yes	No
Aggs Hill	27	SO 991 224	GL54 4ER	theme.silver.tulip	Yes	Yes	No
Birdlip **TBC** Dependant on rd closures	38.5		GL4 8JX	fluid.heightens.slicing	No	Yes	Yes
Painswick RFC (Indoors)	47.5	SO 860 093	GL5 6RS	barn.interval.grad	Yes	Yes	Yes
Car Park at Coaley Peak	58.5	SO 794 012	GL11 5AU	pile.photocopy.putty	No	Yes	Yes
Wooton- under – Edge (Indoor Toilets)	70.5	ST 759 933	GL12 7HF	removal.horns.tungsten	No	Yes	Yes
Horton Primary School	80	ST 762 843	BS37 6QP	surpasses.parties.zone	Yes	Yes	Yes
Tormarton (NOT VILLAGE)	87	ST 7604 7717	GL9 1JG	motored.spared.whirlwind	No	Yes	Yes
Cold Ashton Parish Hall (Indoor Toilets)	92	ST	SN14	trespass.sparks.stiletto	No	Yes	Yes
High Street, Weston *	99.5	ST 727 663	BA1 4BX	topped.sugar.polite	No	No	No
Finish – Bath Abbey	102	ST 751 648	BA1 1LT	lowest, mutual, catch	No	No	No

* Runners are welcome to have 1 non-participant (pacer) run along with them **from the final check point in Weston** to the finish. We know it's nice to finish off a big run with family/friends, so enjoy it. Non-participants may not carry anything for the runner or in any way impede other participants. Non-participants may not attempt to stop traffic for runners. Please keep group sizes down as you work through Bath - especially once it starts to get busy.

Pacers are not allowed on any other part of the course before Weston. If a runner is seen anywhere on the course to have a pacer, then they will be disqualified. Remember, we will have eyes all over the course and not just at checkpoints.

6. RACE RULES – IF YOU ENTER YOU WILL HAVE TICKED A BOX TO SAY YOU AGREE, SO READ THEM BEFORE ENTERING

OVERALL RULES
The race is run in accordance with UKA Rules. Unless something below takes precedent, UKA Rules apply.

- **Stay away if you are ill**: Participants must not attend the event if they are suffering from a fever or any flu-like symptoms such as persistent cough, fever, or loss of taste or smell.
- **Have a get-home plan in case you abandon / time out on Saturday/Sunday:** All participants must have someone available to collect them if they abandon during Saturday. We will still do our best to get people to a safe place to wait for collection, such as Painswick RFC or Wotton. However, we can not guarantee how long this would take.

TRACKERS AND PHONES
Each participant will be issued with a tracker at registration. The tracker must be turned on and with the participant at all times in the event. Passing the tracker to another person is not allowed. It will have an SOS function.
You must carry a mobile phone, our numbers will be made available to you to put in your phone, should you need assistance.

What3Words: Event officials and medics recommend every participant that carries a smartphone adds the What3Words app to their phone to aid rapid collection in case of emergency. This app is widely used and highly rated by emergency services for providing a precise location into the navigation app of the person who is coming to rescue you. What3Words location details are added to the checkpoint information to help participants and crews find them.

MEDICAL SUPPORT
Medical support will be available for the whole event, by Challenge First Aid, who specialise in these kinds of events. Their role will be to provide advice and deal with any major/significant issues.
You will be expected to utilise your own first aid kit, as it will be your responsibility for minor issues such as general footcare, dealing with blisters etc. In the event of a major medical emergency, if you can, you should set your SOS off on your tracker and if you are able, ring 999. The medical team will try to contact you and we will also send people out to find you in your location.

SHORT CUTS
Runners must follow the course. Any runner deemed to have gained advantage by taking a different route is subject to disqualification or a time penalty, at the discretion of the Race Directors. Runners who find themselves inadvertently off-course should make their way back to the last-known correct position and re-join the course from there.

PACERS
Supporters are not allowed to run along with the race until from Weston Checkpoint. Every year, someone always says, “It’s a public path, you can’t stop me running on it”. That is correct, we cannot stop people running on the path, but we can and will disqualify the runner if they are seen with a pacer accompanying them. We will have eyes on the course and not just at checkpoints.

CUT OFF TIMES

Cut-offs are in place for both safety and organisational purposes. These cut-off times are based on typical slowing patterns from previous events, and have been compared back from the slowest past participants at each point to have reached the final cut-off in time and the finish in under 30hours. From these previous times we have amended the cut-offs for the new 32hr race limit. The most aggressive timing is 10.75 hours for the first 39 miles, when runners are nice and fresh and have plenty of daylight. Prospective participants who do not expect to run significant portions of the event should reconsider and opt for a multi-day alternative or our Cotswold Half Way.

Runners who choose to ignore or dispute the cut-off decisions run the risk of continuing without aid stations and medical cover and will be invited to refrain from entering future Cotswold Trail Events Ltd events.

ABANDONING THE RACE

Should a runner need to abandon the race, please notify the Race Directors or check point staff. If you abandon at a check point, you will be transported eventually back to the finish, but this may take some time. You may arrange your own transport if you wish, but must notify check point staff so they are aware that you are leaving and **hand in your tracker to a member of race staff**. Obviously, if there is an emergency and you are collected by the emergency services, please make your best effort given the situation to let Race Directors know what has happened.

PHOTOS / VIDEOS

In some cases, photos/videos may be taken of participants, they will, eventually, be made available on the website….but give us time! You are welcome to take your own photos of your participation in the event. If you want to share the photos/videos please send them to info@cotswoldtrailevents.co.uk and we can add them to our socials with your reference or share on Cotswold Way Ultra Trail Community Facebook page.

By taking part in the race, you agree that we may take photos of you participating in the event, that these photos are the property of Cotswold Trail Events Ltd, and may be used for promotional purposes.

7. RULES OF THE ULTRA

- **Roads:** The roads are open to traffic. The roads, mostly, are typically quiet, but we cannot guarantee that you won't meet cars. You will cross the A46 several times – please take care, as it is a busy road. Marshals and runners cannot stop, slow, or interfere with the traffic. Where pavements are available through towns, especially Bath, please use the pavement rather than the road.
  We are not the only users of the trails and roads along the route. Everyone you meet during your run has a right to be there. Please treat them with respect. A smile from you will frequently result in a friendly word of encouragement in response.
- **Gates:** You will be running through a variety of fields, some of which will have livestock and some, where livestock must not go. Please close all gates as you pass through them. Remember, you are out to have fun, but the landowners and tenants on the farms rely on them for their livelihood. Respect their needs, and we will remain welcome to enjoy the trails.
- **Headphones:** Although we discourage them, runners may wear headphones, but should ensure they are able to hear other trail users nearby. Both headphones must be removed on all road sections.
- **Dogs:** Dogs are not allowed to accompany runners in this race. We love dogs, but this event is not for our four-legged friends. Please leave them with your supporters.

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Mandatory Kit IF YOU TURN UP WITHOUT THE MANDATORY KIT YOU WILL FORFEIT YOUR RACE. You ticked a box on entering to confirm you had read the Race Brief and rules which includes the Mandatory kit list.

ALL KIT WILL BE CHECKED AT REGISTRATION PRIOR TO YOU RECEIVING YOUR RACE NUMBER.
We will and have in the past, disqualify anyone who doesn't have the kit, even if it is 1 item missing.
There is **NO** excuse.

a. Water: at least 1.5 litres. During the 1st afternoon, we **suggest 2-2.5 litres (so many people run out if they skimp!)**.

- b. Waterproof jacket - full sleeved. We recommend full waterproofs if there's any rain forecast, but do not require waterproof leg coverings.
- d. A cup for use at aid stations suitable for both hot & cold drinks
- e. Emergency nutrition (gel, energy bar, sweets, etc.)
- f. Head covering (hat, multi-use covering, hood)
- g. Mobile phone, charged (we'll provide race official numbers on race day)
- h. Bivvy bag or survival bag – foil blankets are just not enough to keep you warm if it's wet.
- i. Whistle
- j. Your tracking device (you will get one at race registration).
- k. A spare long-sleeved top (tech, cotton, wool – it's up to you). This is not for your drop bag, it's to be carried on your person at all times during the race.
- l. torch **with** spare batteries (hand-held or head torch): **YOU MAY NOT PUT THIS IN YOUR DROP BAG or Give it to friends / supporters – HAVE IT WITH YOU AT THE START.** Too many of you put it in the wrong bag and end up running in the dark…
- a red light to be worn on your back / back pack / can be part of the head torch
- m. First aid kit, including

  i. tape (micropore, zinc oxide, flexible, or similar)

  ii. plasters

  iii. blister plasters

  iv. field dressing

- **Route Markings:** We will not be adding to the existing Cotswold Way route markings except in very few locations. Therefore, expect to follow markings bearing the "acorn" symbol and/or the words "Cotswold Way". If we add any markings, they will be marked "Cotswold Trail Events" or "CTE".
- **Horses:** Some of you may encounter riders on the course. Please treat the horses with caution and give them as much space as you can. A nervous horse can cope with one or two runners, but you may find a horse that's had enough of runners and gets quite skittish. If the space is cramped or if a rider is having difficulty controlling the horse, please stop for a few seconds and let the rider get back in control, and then continue at a walk until you have passed the horse. Remember, if you fall down, it hurts, but if a rider falls off a horse, then they are at risk of serious injury and a scared horse becomes uncontrolled. It's just not worth the risk for a few seconds.
- **Permit:** The race is held under UK Athletics Rules, permit granted by the TRA (applied for).
- **Littering:** If you pack it, you bin it. Please respect the area by taking your rubbish to the next check point. Runners seen to wilfully litter are subject to disqualification or time penalties, at the discretion of the Race Directors.
- **Running poles:** Allowed in this event. <u>They are to be stored inside/on your running pack or left outside indoor checkpoints to prevent injury to yourself, other runners and checkpoint staff.</u>

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SUPPORTERS / SPECTATORS

- We welcome supporters and spectators on most sections of the course. Please follow appropriate guidelines when using the trails and roads of the area. We especially request that dogs are kept on leads and that supporters following their runners along the course do not block roads, drives, or gates when parking at the side of the road.
- Please be aware during the night hours that your noise stands out more when the villages go quiet. Cowbells, shouting, cheering, horns honking, and other seemingly welcome encouragement for your runners can cause real problems for the locals and therefore our ability to keep the race going year on year. Therefore, please keep the dark hours quiet wherever possible.
- Supporters are allowed to provide food, drink, and support to runners along the route, while parked safely, but are not allowed to carry any of a runner's mandatory kit aside from: the runner's headtorch, which can be deposited in the final drop bag, may be carried by supporters **after** the final drop bag location. The headtorch may not be carried by supporters at any point before the final drop bag location or before the onset of daylight, whichever is later in the race.
- **Supporters are not welcome to park at the 1st aid station at Stumps Cross**, due to the nature of the road and the space available for parking. Please instead take the time to have a break and catch up with your runner somewhere you can safely park.
- Please, park with respect to residents and tourists in Chipping Campden. The town can be bustling on a Saturday, but there should be ample space for everyone to park at the school. **Please note School parking is now pay and display**.
- Please do not take cars/bicycles onto paths/tracks where they do not belong. Bicycles are allowed on bridleways, but not on other trails.
- **Pacers are not allowed before Weston**. While they have every right to be on the trails whenever they want to be, runners who are part of the race are not entitled to receive their assistance. So, while a supporter may enjoy a nice run, you will most likely cause the person you support to be disqualified. Walking in/out of aid stations for a few metres with a runner is not counted as pacing.
- 1 supporter may join a runner during the final miles through Bath (after the route leaves the trails at Weston). Supporters may not carry any items on behalf of the runner while accompanying the runner in these final few miles and may not attempt to stop traffic.
- Supporters must not impede any other race participants.

As well as the check point locations, supporters may also appreciate stopping off at Broadway Tower, Winchcombe, Cleeve Hill, Leckhampton Hill, Painswick, Dursley, North Nibley, Wotton-under-Edge, and the handy layby near Bath Race Course on Freezinghill Lane.