

# Cotswold Trail Events

Effort – Emotion – Euphoria

## Race Brief and Rules - Cotswold Way Century

### OVERVIEW

Simply put, 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). THIS MEANS YOU NEED TO BE ABLE TO READ A MAP! You'll have 30 hours, competitive (12pm start) / 32 hours, non-competitive (10am 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.

The route really is very hilly, because the people who created it wanted you to see every beautiful viewpoint on the top and every chocolate-box village at the bottom, and the only way to do that is to keep going up and down. There are a few road sections, a lot of hard stone tracks, plenty of green and grassy paths, and a fair number of ploughed fields along your route.

### EVENT SPECIFIC TERMS & CONDITIONS FOR THE COTSWOLD WAY CENTURY 2022

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, 2019 (extended back further than usual for the 2022 edition due to the havoc Covid-19 has caused on the racing calendar). Evidence of which (hyperlink to official results) must be provided to us no later than 17<sup>th</sup> August 2022. In the event of evidence not being provided by this date entries will be deemed as cancelled and be subject to the cancellation policy stated below. Entries after 17<sup>th</sup> August 2022 will require the qualifying evidence immediately.

Minimum age: 21 on race day.

#### Participant Cancellation

If you cancel your entry before midnight on the 17<sup>th</sup> July 2022 you will be eligible for a refund of 70% of the fee received by us for the entry.

If you cancel your entry after the 17<sup>th</sup> July 2022, no refund will be given.

#### Deferrals

Deferrals to other events are not permitted.

#### Transfer to another participant

You are permitted to transfer your entry that you have purchased to another person. The deadline for transfers is midnight 3rd September 2022, the details of the replacement participants qualifying event must be provided as part of the transfer process. Transfers are done through the Race Director Entry system, with the new participant paying the entry fee to the system, and the original participant being refunded their fee less a £10 transfer fee. No other method of transfer is supported.

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## NOTE TO RUNNERS ABOUT DRIVING RESPONSIBILITY POST-RACE

We've done ultras. We have driven home after long, hard races. We know it's not the smart thing to do. So please, if you can, stay the night in Bath, use public transport, or have someone else drive you home after the race. If you can't do any of those sensible things, please feel free to have a kip on the floor in the YMCA post-race HQ for a bit before you get in the car, or if you finish late and we're closing up HQ, have a sleep in your car for a bit. Whatever, remember that from Saturday morning until you finish, you won't have had any sleep, and if that's late on Sunday, you will be in no state to drive a car around other people, so please do not plan to do so.

## START TIMES

The 10am start is **strictly** for **NON-COMPETITIVE** runners.

**Competitive runners** please do not enter the 10am start as checkpoints may not be set up ready and your Dropbags may not be available. This is also to stop potential nuisance in Bath in the early hours of Sunday morning.

## COURSE RECORDS

Courtesy of Cotswold Running

Female

2017

Holly Rush 20:17

Male

2017

Rob Forbes 17:34

## ENTRY

Price

£130 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

Enter Online at <https://racedirector.co.uk/events/the-cotswold-way-century-2022>

## 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.

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 = 5**

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## RACE WEEKEND DETAILS

**Race Starts:** Saturday, September 17, 2022 First Wave for non-competitive runners 10am Second Wave for competitive runners 12pm

**Race Ends:** Sunday, September 18, 2022 at 18:00 (or 32:00:00hrs for non-competitive / 30:00:00hrs for competitive after the start if we run a couple of minutes late)

**Race Entry & Transfers Close:** September 3, 2022 – No on-the-day entry

**Minimum Age:** 21 on race day

**Race Limit:** 150

## Race HQ

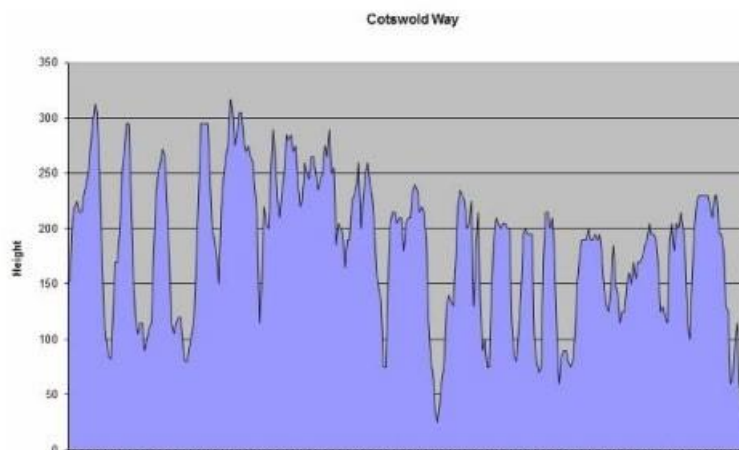
Chipping Campden School  
Cidermill Lane  
Chipping Campden  
GL55 6HU

## GETTING THERE

There will be a coach on Saturday morning from Bath to Chipping Campden **for the 12pm start ONLY**. You can purchase a seat as part of the registration process. The coach will leave Bath's Landsdown Park & Ride car park BA1 9BJ at approximately 09:00 and take you to Chipping Campden, where registration takes place in Chipping Campden School.

Parking at the Park & Ride is at your own risk - we take no responsibility for your vehicles or their contents. The bus stop for the Park & Ride is very near post-race HQ, with frequent service and free parking. For those runners who plan to finish near the 30/32hr cut-off, you may wish to use a different location, as the final bus out is at 6pm, or you can always get a taxi. For more info about the car park, see <https://travelwest.info/parkride/bath>

## THE COURSE



No, really, it is this hilly. It's hard and hilly. In case nobody mentioned it - it's a bit hilly.

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## KEY TIMES, STATS AND MAPS

| Cotswold Way, Full Route |   |
|--------------------------|---|
| Start Time               | 10:00 / 12:00   |
| Distance (Approx)        | 102 miles   |
| Total Ascent (Approx)    | 12,100ft  |
| Route Data               | Please keep an eye on the National Trust website for route diversions if you're reconnoitring the route in advance <a href="#">Cotswold Way - National Trails</a> |
| Cut-offs                 | See the table below   |

## CUT-OFF TIMES

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 station 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. Runners should plan to finish well inside the 30-hour time limit. If you have not arrived at the finish within the time limit, you will not receive a finishing time or buckle.

**THESE CUT-OFF TIMES APPLY TO ALL RUNNERS – 10am START AND 12pm START**

| Location   | Approx Distance from Start | Cut-off Time                        |
|--|----------------------------|-------------------------------------|
| <b>Aggs Hill Check Point</b>                                     | 27 miles                   | 19:00 Saturday (9/7hrs elapsed)     |
| <b>Birdlip Checkpoint</b>  | 39 miles                   | 22:00 Saturday (12/10hrs elapsed)   |
| <b>Painswick RFC</b>   | 48 miles                   | 01:00 Sunday (15/13hrs elapsed)     |
| <b>Wotton-under-Edge</b>   | 71 miles                   | 08:15 Sunday (22 ¼/20 ¼hrs elapsed) |
| <b>Checkpoint near M4 J18<br/>On A46 (Tormarton Picnic Area)</b> | 87 miles                   | 13:15 Sunday (27 ¼/25 ¼hrs elapsed) |
| <b>Finish</b>  | 102 miles                  | 18:00 Sunday (32/30hrs elapsed)     |

## 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 unless you are in fact travelling to the race from a different country). Drop bags will be returned to the race base after the check point closes, but that may be well after you are ready to go to sleep. So, we recommend you treat the final bags as "disposable" if you don't want to hang around until Sunday mid-afternoon waiting for them to come back.

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## CHECK POINTS

Check points will be placed at convenient intervals where the route is on or near a road. Water and cola will be available at each check. A variety of sweet and savoury snacks will also be available at the check points. 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.

| Location                              | Approx. Mileage     | OS Reference | Nearby Postcode | What 3 Words                   | Drop Bag | Food | Hot Drinks |
|---------------------------------------|---------------------|--------------|-----------------|--------------------------------|----------|------|------------|
| Chipping Campden School               | 0-HQ                | SP 152 391   | 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         |
| Car Park at Birdlip                   | 38.5                | SO 931 153   | GL4 8JX         | headsets, speaks, nerve        | 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 Picnic Area (NOT VILLAGE)   | 87                  | ST 755 777   | BS37 6EJ        | plunge, shepherds, fixed       | No       | Yes  | Yes        |
| Greenway Lane Cold Ashton             | 92                  | ST 745 724   | SN14 8LA        | requested, sweetened, cuddling | 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         |
| Post-Race HQ YMCA (showers available) | 0.25 mi from finish |              | BA1 5LH         | rests, shells, quite           | Yes      | Yes  | Yes        |

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\* Runners are welcome to have 1 non-participant 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.

## FOOD

We generally put out a selection of sweets & savouries. 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, fig rolls, ginger nuts. 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, pork pies, cheese, and sandwiches, then gently migrate towards a bias of "sugary" and salty stuff towards the end. Vegan/Vegetarian alternatives will be available.

## HOT DRINKS

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

## HOT FOOD

We will have a vegan chili or similar dish available at Painswick RFC, and bacon rolls at Tormarton. Other aid stations will have soup, noodles, or other types of wet hot food. Vegan/Vegetarian alternatives will be available.

## CUPLESS RACE

All aid stations will only have cups available for hot drinks. You'll note a cup is now part of the mandatory kit list. Partly, we have introduced this to reduce the amount of waste (2 cups per competitor per aid station was a lot of avoidable trash), and partly to reduce the amount of space in volunteers' cars that could better be used to transport food.

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## 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.

### COVID – 19

Rules in place regarding Covid-19:

- 1. Late rule changes:** The event will follow governing body guidance and requirements in place at the time. Therefore, entrants must accept that Covid-19-related additional requirements to those above may be added and communicated to runners prior to race day.
- 2. Stay away if you are ill:** Participants must not attend the event if they are required to isolate or are suffering from a fever or any flu-like symptoms such as persistent cough, fever, or loss of taste or smell.
- 3. Have a get-home plan in case you abandon / time out on Saturday:** Unless guidance changes significantly prior to race day, 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, to minimize any virus transmission risks to participants and volunteers alike, we wish to avoid the chained transport we traditionally provide from one safe haven to another.

### TRACKERS AND POSITIONING APPLICATIONS

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.

What3Words: Event officials and medics recommend every participant who will carry 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 will also be added to the checkpoint information prior to race day 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.

### SHORT CUTS

Runners must follow the course. Any runner deemed to have gained advantage by taking a different route is subject to disqualification. 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 after 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 they are accompanying.

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## CUT-OFFS

Cut-offs are in place for both safety and organizational purposes. These cut-off times are based on typical slowing patterns from this and other 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 30 hours. The most aggressive timing is 10 hours for the first 40 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.

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

## ABANDONING THE RACE

Should a runner or team need to abandon the race, please notify the race HQ 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. When you abandon, please hand in your race number. 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 officials know what has happened.

## PHOTOS

In some cases, photos may be taken of participants and made available for purchase. You are welcome to take your own photos of your participation in the event.

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

## RULES OF THE TRAIL

- 1. Roads:** The roads are open to traffic. The roads are all 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.
- 2.** 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.
- 3. 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.
- 4. 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. Sorry about that – it's not our call.**
- 5. 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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**6. Mandatory Kit:** It's there for when things go wrong, not for when you have the perfect race. Spraining an ankle on a rainy day can be miserable, but doing it without appropriate clothes to hand could be extremely dangerous. We'll be doing spot checks and disqualifying anyone who doesn't have the kit. We may not have all items available for purchase on the day, so bring it with you!

- 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. Paper Map – you'll struggle at night without one. **If you can't read a map, it's best not to enter the race.** Anyone showing up with a single sheet of A4 will be refused entry – it's not funny, and frankly shows a distinct lack of respect for the other runners as well as the volunteers and medics looking after everyone during the race.
- c. **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
- 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 full-sized bin liner –foil blankets just are not enough to keep you warm if it's wet. ➤ 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. Why, you ask? Because we have seen too many runners stop in the night and go hypothermic because they don't have a dry top to put on until they get back to their finish line bag.
- 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...
- m. First aid kit, including i. tape (micropore, zinc oxide, flexible, or similar) ii. plasters iii. blister plasters iv. field dressing

**7. 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".

**8. 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.

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9. **Permit:** The race is held under UK Athletics Rules, permit granted by the TRA (applied for).
10. **Littering:** If you pack it, you bin it. Our races are designed to take you through beautiful, scenic locations, so please respect the area by taking your rubbish to the next check point. Runners seen to wilfully litter are subject to disqualification.
11. **Running poles:** These are allowed in this event. 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.

## SUPPORTERS / SPECTATORS

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. Please do not take cars/bicycles onto paths/tracks where they do not belong. Bicycles are allowed on bridleways, but not on other trails.
7. **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.
8. 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.
9. 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. Please be aware that Crickley Hill Country Park will close by 21:30.