

Tweed Valley Ultra Event Briefing Notes

Welcome to the Tweed Valley Ultra Run. We have a fantastic event venue with the start/finish, registration, parking all in one stunning location. To help make your day as enjoyable as possible, please read all this essential information, as well as checking the Event Page on our website and any Facebook updates.

Please Note: No entry transfers/deferments/swapping of entries, or other amendments can be made from now, whatever the reason. Your race number has now been allocated, this cannot be amended either prior to the event or on the day.

Registration is available both Saturday & Sunday. Numbers will be issued at registration. You will need to bring personal ID to registration so that we know it is you. Race numbers are to be collected in person.

Event Venue:	Glentress Peel Visitor Centre, nr Peebles, EH45 8NB.
Date:	Sunday 15th November 2026
Start Times:	0730-65k & 0800-50k

Schedule:	
Saturday 14th	**Registration open between 1500-1545 (Peel Café)**
Sunday 15th	
0615	**Event Parking Open**
0615-0745	**Registration open (Peel Café)**
0720	**65k Event Briefing at Start Area (Gateway Building)**
0730	**65k Start**
0750	**50k Event Briefing at Start Area (Gateway Building)**
0800	**50k Start**
1400 & 1500 (approx.)	**Presentation (Finish area) 50k 1400; 65k 1500**

Event Parking: Specific event parking is in the field adjacent to the lower overflow car park (see diagram below). Payment for parking at Glentress is now via ANPR (Automatic Number Plate Recognition) and a barrier system.

To access the event parking area, turn into the center from the A72. After approx.100m take the first left leading into the lower overflow car park. Drive through the lower overflow car park to the field entrance. Follow the signs and park as directed by the marshal.

Lower Overflow Car Park: Please do not park here unless instructed by the marshal. The upper main car park is not an allocated event parking area.

No overnight stays are permitted in any of the car parks. Campervan pitches are available at Glentress Forest Lodges.

Please ensure you allow yourself enough time for parking & registration. If we are unable to use the field due to inclement conditions, there will be additional parking available near to the Gateway Building.



If there are any issues with the parking barrier, there is a 'Press to Help' intercom button.

Further information here: **https://forestryandland.gov.scot/visit/forest-parks/tweed-valley-forest-park/glentress#ANPR**

Registration Procedure: Registration is at Peel Café on Saturday & Sunday. You will need to register when you arrive & collect your event number.

Saturday 14th between 1500-1545 in Peel Café
Sunday 15th between 0615-0745 in Peel Café



There will be signs to direct you to registration & the start area:







Registration Venue-Peel Café



Start/Finish area at the Gateway Building

The Start/Finish area is to be based at the Gateway Building up from the bike shop.

Drop Bags: These will be available at registration for any personal nutrition. You will need to attach the sticker provided & place these in the allocated box prior to the start.

Race Numbers: 50k: Blue 65k: Pink

If you register & decide not to start you MUST inform event HQ.

Retirements: If you retire early for whatever reason, you must inform event HQ or a marshal. This is an essential safety requirement for the event.

Briefing: There will be a compulsory event safety briefing at the start area 10 minutes before the start of each distance**.** Any essential updates will be explained at the race briefing. The start/finish procedure will be explained at the race briefing.





Timing Up North Electronic Timing: This will be used to record your overall time and let us know that you have started & finished the route. As you cross the start and finish line your time will be captured by the timing chip in your race number. It is important that your race number remains secured **horizontally** by the safety pins provided to ensure your time can be accurately recorded.

Your number must be clearly visible throughout the event. It's ok if you are wearing waterproofs over this, just unzip if a marshal asks for your number. Please add your ICE (In Case of Emergency) details & any medical conditions in the space provided on your event numbers. This is mandatory and an essential safety requirement of the event. Do not fold your number & ensure that it is fastened in the horizontal position as this can affect the timing chip. Any runners with folded numbers will incur a 1-hour time penalty.

Changing/Toilets/Showers: There will be portable toilets situated opposite the entrance to the parking field. Toilets are also at the Gateway building. You'll find changing rooms & lockers in the Gateway building. Lockers need £1 coin to operate (coin refunded when key returned).

Clothing/kit can be left at the High Terrain Events tent at the finish area but will not be secure.

There are toilets on the course at Buzzards car park, Cardrona (CP1)& Innerleithen (CP4) Forestry car parks. Please note that toilets are not available at CP2 Traquair.



Mandatory Kit & Checks: The course ascends to 520m on open moorland, so it is essential that you are prepared & equipped for weather conditions for the time of year. In the event of a medical emergency please be aware that it may take a while for any assistance to reach you.

Ensure you are carrying the specified mandatory kit as a minimum. There will be no kit inspections at registration. Random kit checks will be in place throughout the event including the start and finish.

Event Emergency Contact Numbers: Event First Aid 07957314413 Event HQ 07811184812

Please add these numbers to your mobile before the event. These numbers are only for emergency contact during the event & not for general enquiries.

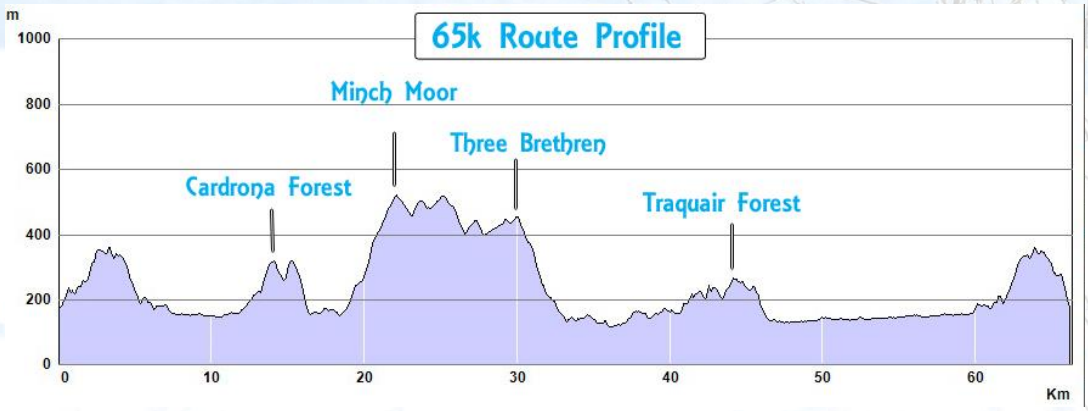
Weather forecast: www.metoffice.gov.uk

Maximum Time Limits: We want everyone to finish the race whilst enjoying this amazing area. However, for safety reasons, there is a maximum time allowance:

65k Time Limits & Checkpoints:11hrs for the full event. There will be four checkpoints on the route. These CPs are indicated on the event maps & must be visited in the order specified. Intermediate cut-off times will be established at these locations. These will be located at:



CONTROL	LOCATION	GRID REF (NT)	DISTANCE	TIME LIMIT(Hrs)	ACTUAL TIME
CP1	Cardrona FC Car Park	300 390	11.8k	1:45	0915
CP2	Traquair Village Hall	330 345	17.5km	3:00	1030
CP3	Glenkinnon FC Car Park	436 349	36.8k	6:00	1330
CP4	Innerleithen FC Car Park	335 358	51.6	8:30	1600

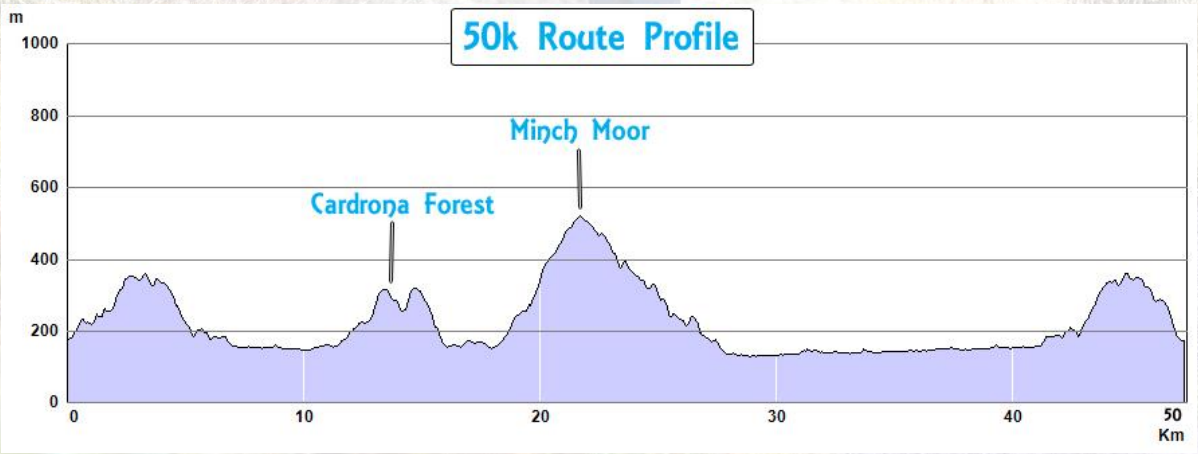


50k CP's & Time Limits: 9hrs for the full event

There will be three timing control checkpoints on the 50k route. Intermediate cut-off times will be established, these will be located at:



CONTROL	LOCATION	GRID REF (NT)	DISTANCE	TIME LIMIT(Hrs)	ACTUAL TIME
CP1	Cardrona FC Car Park	300 390	12.8k	1:45	0945
CP2	Traquair Village Hall	330 345	19.5k	3:30	1130
CP3	Innerleithen FC Car Park	335 358	35.4k	6:30	1430



Any participant continuing the course after the allocated time limit will be informed that they will not be covered by the event safety team.

Aid Stations: These will be located at the following control point locations:

Aid Station	LOCATION	GRID REF (NT)	65k CP	Drop Bags	50k CP	Drop Bags
CP2	Traquair Village Hall	330 345	Y		Y	
CP3	Glenkinnon FC Car Park	436 349	Y	Y		
CP4	Innerleithen FC Car Park	335 358	Y	Y	Y	Y

To help minimize waste you will need to either carry your own water bottle, bladder, cup, etc. Therefore, there will be no cups available at the hydration stations for cold drinks.

Drop Bags: If you'd like some of your favorite nutrition without having to carry it for the full duration & help minimize food handling at aid stations, resealable bags will be available for all participants at registration.



Drop Bag Procedure: This will need to be arranged at registration. You will need to attach the sticker provided & place these in the allocated box prior to the start.

If you would like to have any additional kit in your drop bag i.e. spare thermal/shoes, please ensure that you collect these before you leave the venue as we will not post anything after the event.

There will be two drop bags for the 65k runners. These will be transported to the aid stations at CP3 & CP4.

There will be one drop bag for 50k runners. These will be transported to the aid station at CP4.

Drop bags will be returned to the finish area when the CP closes. If you prefer, you can collect these earlier.

The aid station at Traquair Village Hall (CP2) will be situated outside the hall providing jellies, biscuits, bananas, water & juice. The toilets here will be closed.

Water, juice, and coke will be provided at CP's 3 & 4. Hot drinks (tea/coffee) will be provided at CP4.

There will be a selection of sweet & savory snacks, jellies, biscuits, chocolate, crackers, tortillas, and bananas.

Please be courteous to the marshals and if need be, pour your own drinks. Ensure you carry enough personal nutrition & drinks with you for the full route & do not rely on the aid stations as your only supply.

You are permitted to have your own supporters, friends and family meet you on any other part of the course. Please keep any external assistance to checkpoint/feed stations. There is public parking available at each of the CP locations (Limited space at CP2 Traquair).



All timing control checkpoints (CP) will be manned. These CPs are indicated on the event maps & must be visited in the order specified. The CP's will be indicated with a purple checkpoint sign at each location.





Signage: Both courses will be marked with pink directional signs with black arrows. Please be observant & don't rely on them as they can be removed or changed without our knowledge. If you come to a junction with no signage, double back to the last marked one. Please familiarise yourself with the course maps & route. The responsibility is on the competitor to follow the correct route. Course maps will be displayed at registration.

Points to Note:



Route Split Junction: The two routes deviate at Little Minch Moor (GR NT 368 332).

After leaving CP2 at Traquair village hall, the route follows a section of the Southern Upland Way climbing to Minch Moor, the high point of the route at 520m.

Soon after this point the two routes deviate, with the 50k descending through Traquair forest & the 65k continuing to follow the Southern Upland Way path.



This junction will be marked with this sign:Any 65k runners who decide to switch to the 50k route will need to do so at this location. Please ensure you inform the timing marshal at the Innerleithen CP (FC car park), then continue following the 50k route to the finish. You will receive an amended finish position for the 50k. However, you will not be eligible for any prize due to the different initial start sections.



65k: From CP2 at Traquair village hall the course follows the Southern Upland Way to Three Brethren Cairns (GR NT 432 319). In addition to any event signage, follow the way marked posts (see picture) on this section.

50k: From CP2 at Traquair village hall the course follows the Southern Upland Way to where the routes split. Again, in addition to any event signage, follow the way marked posts on this section.

At Three Brethren the 65k route deviates from the SUW onto the singletrack trail as illustrated below:



Return section through Cardrona Village: From CP4 the route follows the Tweed Valley Railway Path (Sustrans Route) to Cardrona village. Please pay particular attention as the route goes through the village housing estate before returning onto the surfaced path.

Route GPX Download: Updated GPX files are available to download the routes from the event website. We recommend that you download this if you have a suitable device.





Finish: Cross under the finish arch & collect your well-earned finishers medal. You will receive a text message of your finish time & position from Timing Up North who will be at the finish area.

COLLECT YOUR MEDAL HERE

Finisher's Medals: Participants are to collect these themselves at the finish line rather than being presented with them. Medals will be available to collect from an allocated stand.

Presentation: The presentation will take place at the finish area at 1400 for the 50k & 1500 for the 65k.

Just a friendly reminder that you'll need to attend the presentation to receive any prize you have won. We regret that prizes cannot be handed out early or posted out afterwards. This is not to be mean, we're just extremely busy both during & after the events (Just collecting in the course markers normally takes us a few days!). We have forty-eight prizes on offer in total over the weekend & don't want to be sending these out afterwards, along with leftover kit, drop bags, etc.

All you need to do when you finish is check your result & finish position. These will be available online immediately after you cross the finish line. Alternatively, just ask the timing marshal to see if you've won a prize before you leave & then you can attend the presentation.



Prize Categories: 1st – 3rd Male/Female overall across the finish line, 1st M/FV40, 1st M/FV50, 1st M/FV60+

If a V40/50/60+ finishes in the top three overall, they will be awarded a prize from this category. The prize for the 1st V40/50/60+ will then be awarded to the next finisher from that category.

Results/Tracking: Overall results will be available online at www.highterrainevents.co.uk immediately after the event. Intermediate times from CP's 3 & 4 will be available throughout the event.

Event Photography: This will be provided by Grand Day Out Photography. Pictures will be available to purchase online after the event. The link will be available on the High Terrain Events event website page. Please be patient for

the pictures to be uploaded.

Road Safety: There are several sections on public roads throughout the route. Great care must be taken throughout the entire course, be prepared to stop if necessary. Always follow the Highway Code and instructions from any marshals.

Practical Advice for Participants: Take great care when walking/running on public roads. Pavements or paths should be used if provided. If there is no pavement or path, keep on the right-hand side of the road so that you can see oncoming traffic. You should take extra care and be prepared to walk/run in single file, especially on narrow roads or in poor light, keep close to the side of the road. It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross back after the bend. Help other road users to see you. Wear or carry something light colored, bright or fluorescent in poor daylight conditions.

Shared Trails: The Tweed Valley Forest Park is a popular recreational area. Please be aware that there will be other trail users throughout the forest, including cyclists, walkers & horse riders.

Headphones: If you are running with headphones ensure the volume is at a level where you can hear instructions from any event safety marshals or any approaching traffic.

Trekking Poles are permitted.

Environmental Guidelines: Please respect the area that you are running in. It is important that you follow the marked routes & do not cut any corners. Taking short cuts will result in disqualification. Please ensure that you drop no litter on the course & be courteous to members of the public as they may be unaware of fast runners approaching. Please ensure you close all gates behind you. If you need to take energy bars, gels etc. make sure that you dispose of the wrappers appropriately.

Please ensure you have collected all your clothing/kit. We are unable to post out any leftover items. This includes finishers medals, etc.

Please check www.highterrainevents.co.uk & event registration for any last-minute updates.

Enjoy this beautiful area & a big thank you to Forestry & Land Scotland. Have a great event,
Ian Mulvey

All enquiries regarding entries for this event should be directed to email: info@highterrainevents.co.uk