

# Tweed Valley Ultra Route Checkpoints & Time Limits

**Start Time:** 0730 65K/ 0800 50k

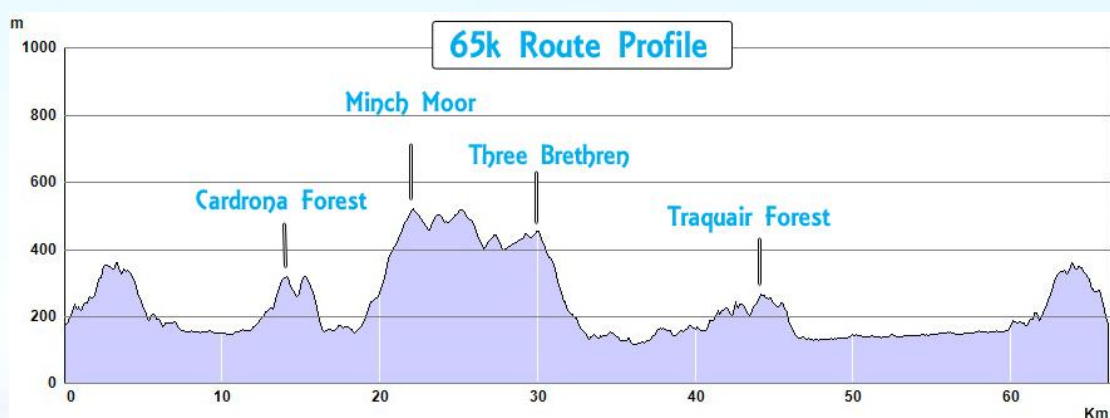
**Sunrise/Sunset:** 0755/1600

**Start/Finish Location:** Glentress Peel Visitor Centre, nr Peebles, EH45 8NB.

**65k Time Limits:** 65k 11hrs for the full event (Based on 6km/hr (3.7mph) approx.)

There will be four timing control checkpoints on the route. These CP's 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	Little Minch Moor	368 332	24k	4:00	1130
CP3	Glenkinnon FC Car Park	436 349	36.8k	6:00	1330
CP4	Innerleithen FC Car Park	335 358	51.6	8:30	1600

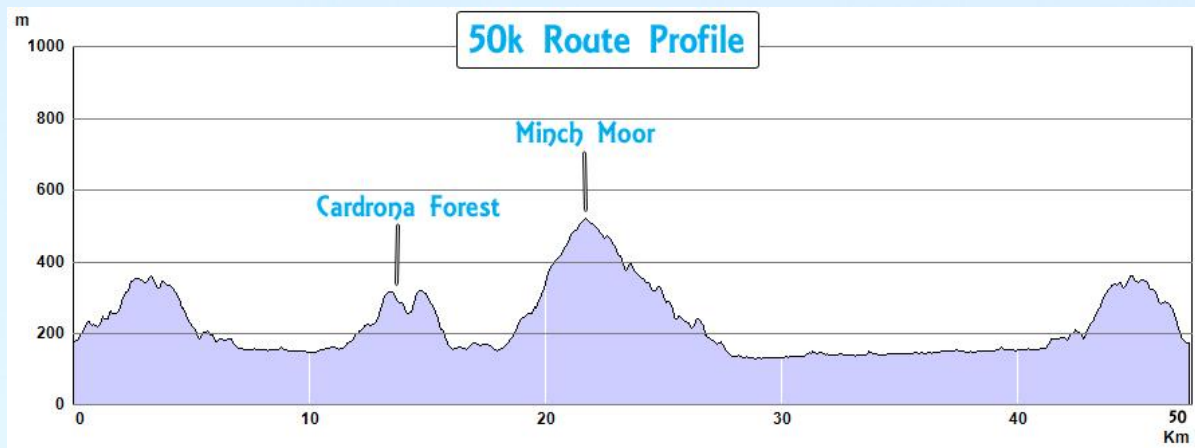


**50k:**

**Time Limits:** 9hrs for the full event (Based on 6km/hr (3.7mph) approx)

There will be three timing control checkpoints on the route. 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	12.8k	1:45	0945
CP2	Little Minch Moor	368 332	25k	4:00	1200
CP4	Innerleithen FC Car Park	335 358	35.4k	6:00	1400



Any participant not reaching these locations in the allocated time will not be permitted to continue on the event.

**Hydration/Feed Stations:** These will be located at the following control point locations:

Aid Station	LOCATION	GRID REF (NT)	DISTANCE	65k	50k
CP2	Little Minch Moor	368 332	14k	Y	Y
CP3	Glenkinnon FC Car Park	436 349	36k	Y	
CP4	Innerleithen FC Car Park	335 358	50k	Y	Y

Please Note: If conditions dictate, we may need to relocate the aid station at CP2.

### Mandatory Kit:

All items on the following list must be carried by the participant for the duration of the event as a minimum requirement:

Full WATERPROOF body cover with taped seams (windproof is not enough)
Hat & gloves
Emergency foil blanket or bivi bag, whistle
Mobile phone fully charged
First aid kit to include: blister plasters/1 large sterile wound dressing/bandage or tape to secure dressing as a minimum requirement
Water bottle/hydration bladder/Cup. <b>Reusable Eco Soft Cups will be provided</b>
Emergency food and fluid.
Head torch & spare batteries. To be carried from the start.

**Kit Checks:** Random kit checks will be in place throughout the event including the start and finish. Any participant not carrying the required mandatory equipment will be disqualified & withdrawn from the event.

### High Terrain Events