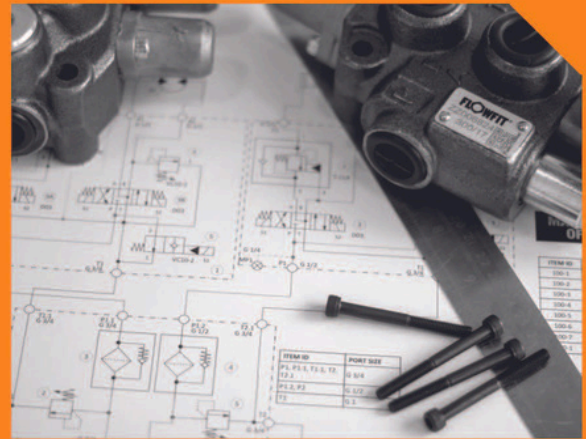




Athlete Guide 2025



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Welcome

Welcome to the 2025 Midsummer Mortimer Trail – back for its second summer! We're thrilled to welcome both returning runners and first-timers to this stunning stretch of countryside, and we're so grateful for your support.

This year's race includes a few key updates, including an additional aid station and fewer trail signs – so it's absolutely essential that you read the race guide before the day. It contains everything you need to navigate safely and enjoyably.

We hope you soak up the scenery, dig deep when the hills bite, and have a brilliant time out on the trail.

We'd also love to see your photos and read your race reports – please do share them with us by emailing andy@andalievents.com.

Thank you again for being part of the Midsummer Mortimer Race – and good luck out there!

See you soon!

Andy and Harriet



ANDALI EVENTS

Midsummer Mortimer Trail is promoted by Andali Events. All information correct at time of going to press. The organisers reserve the right to change any aspect of the event if necessary, due to unforeseen circumstances.





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Pre-Race Information

At a Glance: Key Information

Race HQ

Ludlow Castle, Ludlow, SY8 1AY

**Car Park and
Minibus Pick Up**

Ludlow Rugby Club, The Linney, Ludlow, SY8 1EE

Race Director

Andy Silvey - 07950 573 505

Race Start

**Ultra: Burton Hotel, Mill St, Kington, HR5 3BQ
Croft 10 - The Riverside Inn, Aymestrey, Leominster HR6 9ST**

Race Finish

Ludlow Castle, Ludlow, SY8 1AY





FAST LIGHT NATURAL



Pre-Race Information

Timeline of Race Day: Saturday 21 June

TIME	EVENT	LOCATION
0545	Car park opens	Ludlow Rugby Club
0600	Pre-booked minibus transfer departs (Ultra only)	Ludlow Rugby Club
0700	Ultra registration opens	Burton Hotel, Kington
0745	Pre-booked minibus transfer departs (Croft15 only)	Ludlow Rugby Club
0750	Ultra safety briefing	Burton Hotel, Kington
0800	Ultra starts	Kington Market Place
0830	Croft15 registration	Riverside Inn, Aymestry
0850	Croft15 safety briefing	Riverside Inn, Aymestry
0900	Croft15 race starts	Riverside Inn, Aymestry
1115	Croft15 first athletes finish	Ludlow Castle
1230	Ultra first athletes finish	Ludlow Castle
2000	Final athletes finish	Ludlow Castle

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Race Day Information

Registration

Both race distances have their own registration, race brief and race start, as follows:

- Ultra - Burton Hotel, Mill St, Kington, HR5 3BQ
- Croft 15 - The Riverside Inn, Aymestrey, Leominster HR6 9ST

All participants **MUST** register at their respective start point before the race starts

Report your name to registration staff, where you will be given the following:

- Race tally - this will include your race number. Your race tally is to be clipped at the manned and unmanned checkpoints (see below).
- Course map showing checkpoints.

Please have your mobile phone available at registration to show the registration team that you have the Race Director's phone number saved in your contacts.

Event Timing

Timing will be recorded in-house, with a marshal at the end of the course at the Castle recording your finish time.

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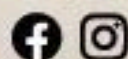
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Race Day Information

Car Parking

Free event car parking is available at Ludlow Rugby Club (The Linney, Ludlow, SY8 1EE) and optional pre-booked minibus transport to your respective start point will leave from here at **0600 sharp** for the Ultra and **0745** for the Croft15. This IS NOT included in your entry. The optional transport from the Rugby Club car park to your start point was a cost option when you signed up. If you didn't opt for the transport, initially, but now need it please email Andy at andy@andalievents.com as soon as possible. This will be on a first come first served basis as additional spaces are limited. The cost for this transport is £15 per athlete.

If you are being dropped off at or you are making your own way to your respective start point there is 'pay and display' parking 200m further west of the Market Hall on Mill Street (Ultra), and drop off only at The Riverside Inn, Aymestrey (Croft15).

WHEN DROPPING OFF PLEASE DO NOT HINDER THE SAFE PASSAGE OF OTHER ROAD USERS ON THE PUBLIC HIGHWAYS OR PRIVATE LAND.

Race Start / Finish

The start line of each race will be marked by a start flag. Please ensure you are on the start line between these two flags in good time. A verbal countdown and foghorn will be used to start the race.

The official finish is in the Chapter 66 Cafe, located in Ludlow Castle, where there will be hot and cold drinks and snacks available, and where you can collect your complimentary tea or coffee, and cake.

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Race Day Information

Checkpoints

All checkpoints will have an orienteering clipper for you to use on the tally that you will be given at the start of the race. Please leave all tally clippers as you find them.

Your respective start point will not serve as a checkpoint for you but will do for any athletes running further distances. The checkpoints are approximately every five miles and will be highlighted on the map you receive at the race start, and alternate between manned and unmanned as follows:

1. **Titley crossroads:** unmanned checkpoint for Ultra
2. **Court House Farm:** manned checkpoint for Ultra
3. **Upper Lye:** unmanned checkpoint for Ultra
4. **Riverside Inn, Aymestrey:** Croft 15 start point and manned checkpoint for Ultra
5. **The Goggin:** manned checkpoint for the Ultra and Croft15
6. **High Vinnals:** unmanned checkpoint for Ultra and Croft 15
7. **Ludlow Castle:** Finish Line for Ultra and Croft15

Your tally must have all the relevant checkpoints marked in order to be deemed as complete.

At each of the manned checkpoints, please ensure that you give your name and race number to the marshal so that we can account for your whereabouts.



Race Day Information

Courses

The courses are a mixture of roads, forest tracks, trails and public footpaths. Please be considerate to the local residents, wildlife, farm animals, other walkers / cyclists and vehicles.

The course is signed using official permanent Mortimer Trail signposts only. There is no additional directional signage on the course.

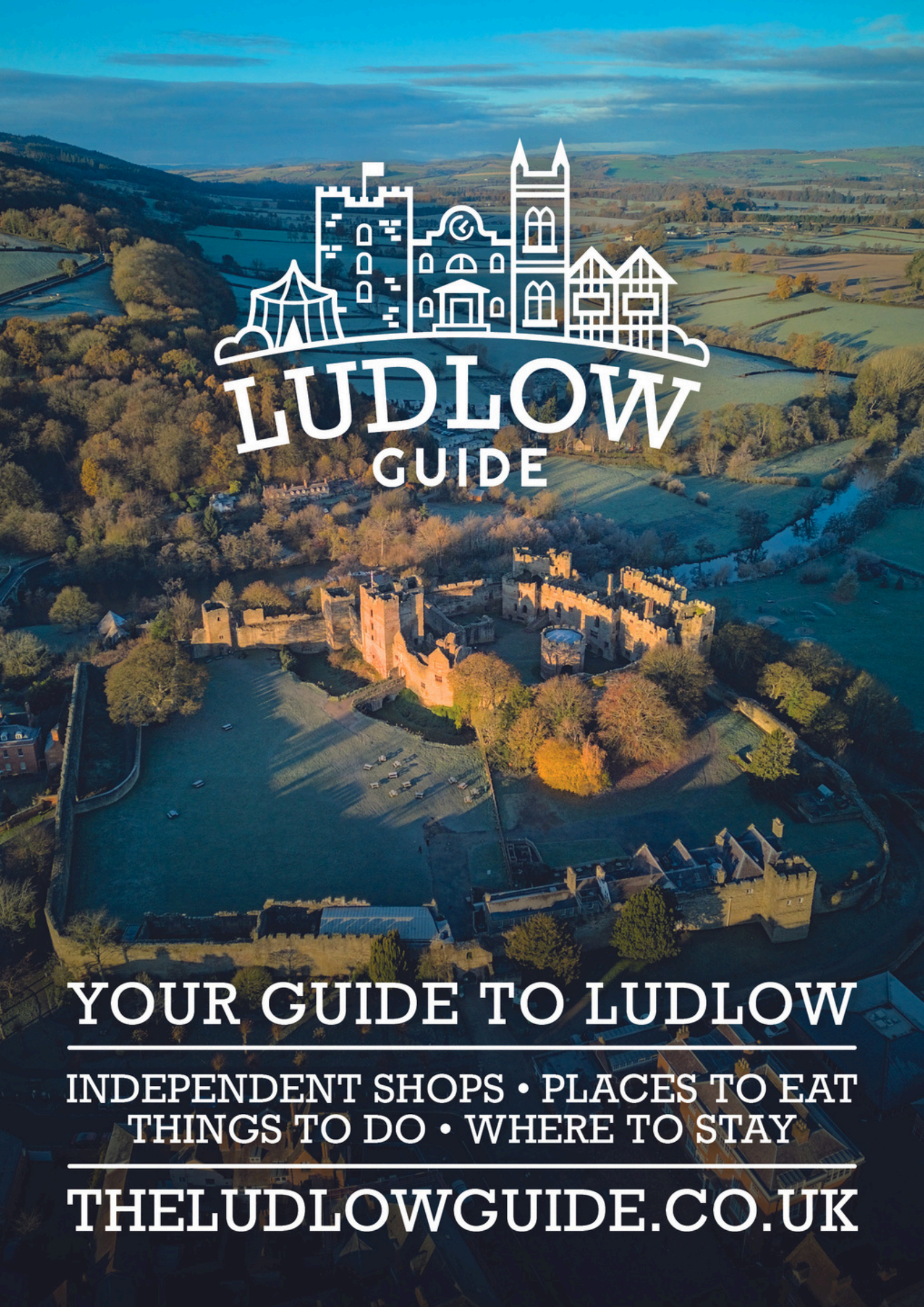
The entire route for both courses can be found here:

<https://explore.osmaps.com/route/21497052/midsummer-mortimer-trail--ultra?lat=52.292903&lon=-2.950494&zoom=10.9643&style=Standard&type=2d>
or at this Strava link here: <https://strava.app.link/sSQRpxbsKb>

The gpx files are available to download here:

<https://www.andalievts.com/events/midsummer-mortimer-trail/course-routes-1>

A basic map print out will be provided at registration. The official Mortimer Trail map is available to buy from the Shropshire Hills Discovery Centre or Castle Bookshop in Ludlow.

An aerial photograph of Ludlow Castle, a large stone fortress with multiple towers and battlements, situated in a valley. The castle is surrounded by lush green fields, trees, and a river. In the background, rolling hills are visible under a clear blue sky. The text 'LUDLOW GUIDE' is overlaid on the image in a white, serif font. Above the text is a white line-art illustration of a castle with various towers and a central clock tower.

LUDLOW GUIDE

YOUR GUIDE TO LUDLOW

INDEPENDENT SHOPS • PLACES TO EAT
THINGS TO DO • WHERE TO STAY

THELUDLOWGUIDE.CO.UK



Race Day Information

Aid Stations

Please refer to the **Checkpoints** section for locations of manned and unmanned checkpoints. At the manned checkpoints there will be water, electrolytes, coke, and squash. Please bring your own cup, or refill your bottle, as cups and glasses will not be available at the checkpoints.

A selection of sweet and savory snacks such as sweets, biscuits, crisps, cakes, salted peanuts etc will be available. The containers for each will be separate but it is your responsibility to be aware of any food allergies and therefore decide on your choice of snack accordingly.

If you want to place some specific nutrition at these points, please place into an airtight container of your choice and bring with you to registration where you can complete a sticky label with your name and race distance.

If at any point in the race you feel you do not wish to continue please make your way to the nearest check point and inform the staff that you want to retire.

If you feel that you are unable to make it to the next checkpoint please ring the Race Director's mobile number 07950 573505 so that we can arrange your pick up.

Please be aware that depending on the race situation it might take a while to get to you, and your patience in this regard will be appreciated.

Do not leave the event without telling someone, otherwise a rescue search operation will be initiated for you.

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Race Day Information

Medical

There will be mobile medical cover throughout the entire race duration. If you require medical attention, please follow the instructions below.

Minor Casualty

A minor casualty constitutes a non life-threatening injury such as a cut, abrasion or twisted ankle. The casualty will be able to walk and medical attention will be needed but not urgently.

If you become / find a minor casualty: continue or assist the casualty to the closest marshalled point (bear in mind this maybe backwards on the route) and ask to see the event medic.

Major Casualty

A major casualty will require urgent medical attention and will not be able to walk. Injuries such as broken legs, severe bleeding, heart attack etc fall into this category.

If you become / find a major casualty follow this procedure:

- Apply any known first aid
- Ring the Race Director on 07950 573505 who will then liaise with the medical team
- If in a bad mobile reception area, report the incident to the nearest marshal who will contact the Race Director.



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Race Day Information

Kit List

The weather in this area is generally stable but conditions can change fairly quickly and the wind can increase substantially on high exposed parts of the route.

Although the mandatory kit list is small it is advisable to think ahead and pack some of the optional kit as you feel necessary.

Mandatory Kit List

- Backpack / running vest / running belt
- Hydration bladder / water bottle, with minimum 1 litre of water / electrolyte mix
- Fully charged mobile phone with Race Director's number saved in it - **07950 573505**
- Emergency food
- Route map, and tally with Race Director's number on the reverse (provided by Andali Events at registration). The tally will serve as your race number.

Advisory Kit List - dependent on weather forecast

- Spare socks, t-shirt
- Sun cream
- Cap / beanie / gloves
- Additional water / electrolytes
- Additional snacks
- Small medical kit (plasters, scissors, blister kit, lubricant, tweezers, sting cream, insect bit cream)
- Waterproof jacket / trousers
- Collapsible cup



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Race Day Information

Weather

An up-to-date printed weather forecast will be available at registration. In the unlikely event that the weather is extremely adverse and deemed to be dangerous, the event will be cancelled or re-routed as appropriate. Possible scenarios for this include extreme heat or high winds.

If, in the view of the Race Director the weather is deteriorating to the point whereby it poses a safety risk to competitors whilst they are on the course, they will be held at the next checkpoint and transported back to the event HQ. The Race Director's decision is final on this matter and will be based entirely with your safety in mind.

Cut-offs

None of the races have official cut offs, however Andali Events will allow 7 hours for the Ultra athletes to reach the Riverside Inn checkpoint. Anyone not reaching the checkpoint within this time will receive a phone call to check they are OK. Any Ultra athlete not reaching the finish line within 12 hours will also receive a phone call.

For the Croft15 athletes, we will allow 5 hours to complete the race distance before a safety phone call is initiated.

Medals and trophies

Once you cross the finish line, you will be presented with your medal. There will be trophies awarded to 1st, 2nd and 3rd placed athletes in the open category and female category in both distances. These will also be presented to the respective athletes as they cross the finish line.

Toilets

Toilets are available at HQ. There are very limited toilet facilities on the course. The loos at the Riverside Inn at Aymestrey will be available to use.



Race Day Information

Bags

There will be a secure area at the respective registrations. Please write your name and race number on a tag and attach to your bag. These will then be transferred to the Finish Line by the race director.

Results

Results will be available afterwards, and will be shared on the Andali Events website. There will be a link to them in the congratulations email you will receive shortly after the event has finished.

Litter

Please do not leave litter on any part of the course. Please carry it with you until you reach the next manned checkpoint or take it home with you.

Gates

Please leave gates as you find them.

Final words

Ali and her team at the Walking Hub, Kington have a great range of clothing, accessories, maps etc for purchase, including a great map / guide to the Mortimer Trail: <https://kingtonwalkinghub.com/collections/route-maps/products/zig-zag-mortimer-trail>

The map is also available from the Shropshire Hills Discovery Centre and Castle Bookshop in Ludlow.

Why not visit the shop or take a look online here: <https://kingtonwalkinghub.com/>

Special Thanks

Special thanks to the National Trust, Forestry England and the landowners whose land the Mortimer Trail crosses. Thank you also to Gwyneth Bowyer and the team of Trail Blazers who keep the route maintained.

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House Clearances

At Wicked we aim to minimise waste and operate a zero-landfill policy. Where possible we donate items to various charities that we have teamed up with, mainly the Ludlow Ukrainian Support Group and the Rural Charity Furniture Shop. We have a dedicated storage unit for these goods as sometimes demand from the charities is sporadic and this ensures that they will have constant access to these items. Where it is not possible to donate these goods, all other waste is taken to the Quick Skip depot in Hereford where they operate a zero-landfill policy also.

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