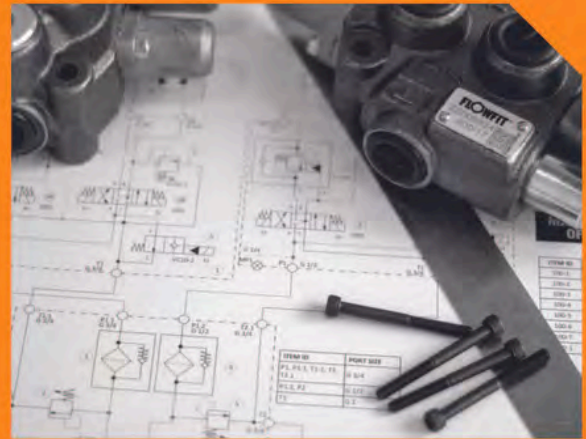




# Athlete Guide 2025



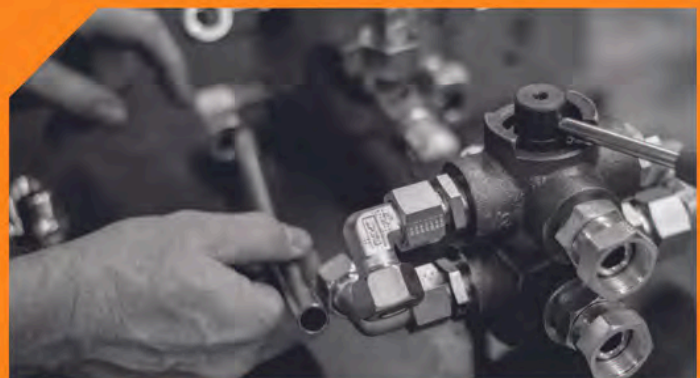


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## Welcome to the Midwinter Mortimer Trail

We're so excited to have you back for the second running of this epic winter adventure. The Midwinter Mortimer Trail is a special one for us, a route that captures everything we love about trail running: big views, wild weather, ancient woodland, and that unbeatable sense of moving through the landscape.

This year, we're proud to say the Midwinter Mortimer Trail is also the first event in the new Wild Shropshire Ultra Series, followed by the Shropshire Hills Discovery Centre SW80K in April and the Runningmonk Rollin' 100 in July, a brilliant progression for anyone looking to build their ultra journey. All MMT Ultra athletes are eligible to take part in the full series.

Whether you're here to chase a time, test your winter grit, or simply soak up the scenery, we're thrilled you've chosen to spend your day on the trail with us. One of our favourite parts of this event is seeing our community return: both two-legged and four-legged friends alike, bringing laughter, muddy paws, and plenty of good cheer to the course. Thank you for being part of the Midwinter Mortimer magic. Lace up, breathe deep, and get ready for a journey you won't forget.

**Andy and Harriet**



**ANDALI EVENTS**

Midwinter 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	Burton Hotel, Mill St, Kington, HR5 3BQ
Race Director	Harriet Dearden - 07909 951656
Race Start	Ultra - Chapter 66, Ludlow Castle, Castle Square, SY8 1AY Croft Half - The Riverside Inn, Aymestrey, Leominster HR6 9ST
Race Finish	Burton Hotel, Mill St, Kington, HR5 3BQ





# Pre-Race Information

## Timeline of Race Day: Saturday 27th December

TIME	EVENT	LOCATION
0630	Pre-booked and paid transfer departs for Ultra	Mill Street Car Park, HR5 3UD
0700	30-mile registration opens	Chapter 66 Cafe, Ludlow Castle
0750	Race safety briefing	Chapter 66 Cafe, Ludlow Castle
0800	30-mile race starts	Chapter 66 Cafe, Ludlow Castle
0800	Pre-booked and paid transfer departs for Croft Half	Mill Street Car Park, HR5 3UD
0830	Croft Half registration opens	Riverside Inn, Aymestry
0850	Croft Half race briefing	Riverside Inn, Aymestry
0900	Croft Half race starts	Riverside Inn, Aymestry
1200	First athletes finish	Burton Hotel, Kington
2000	Final athletes finish	Burton Hotel, Kington

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# Race Day Information

## Registration

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

- Ultra - Chapter 66 Café, Ludlow Castle, SY8 1AY
- Croft Half - 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: your race tally is to be clipped at the manned and unmanned checkpoints (see below).
- Race number

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

We will be trialing a new timing system as part of this event. It is therefore really important to make sure that you check in with the marshals at each checkpoint so that they can register you on the system, even if you do not need any sustenance.



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The collage showcases a variety of design projects. At the top left, a website for 'SOURDOUGH PIZZA BY CSONS' is displayed on a desktop and mobile device, featuring a vibrant, colorful design. Below it, a laptop shows the '2023 Gift of the Year Awards' website, which has a clean, modern layout. To the right, a large poster for the 'LUDLOW SPRING FESTIVAL' is held up, featuring a group of people and the text 'FUN, FEASTING, 150+ BEERS, LIVE MUSIC, COMEDY, TALKS, KIDS ACTIVITIES & MOTORS AT THE LUDLOW RUGBY CLUB 12TH, 13TH & 14TH MAY 2023'. At the bottom right, four bottles of Ludlow beer are shown, each with a different label: 'GOLD', 'STAIRWAY', 'BLACK KNIGHT', and 'RED DAWN'.

visualworks.co.uk



# Race Day Information

## Car Parking

Car parking is available near the finish point in the Mill Street Car Park, Kington, HR5 3DP. All day parking costs £2.80. The optional pre-booked transport to your start point will leave from here at 0630 for the Ultra and 0800 for the Croft Half. This IS NOT included in your entry.

The optional transport 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](mailto: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 at Castle Square parking in Ludlow and drop off only at The Riverside Inn, Aymestrey (Croft Half).

**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 in good time. A verbal countdown will be used to start the race.

The official finish is at the Burton Hotel, where there will be hot and cold drinks and snacks available, as well as a bar where drinks can be purchased.





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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. **Ludlow Castle** : start point for Ultra
2. **The Vinnalls**: unmanned checkpoint for Ultra (6.9km/4.3 miles)
3. **The Goggin**: manned checkpoint for Ultra (10.2km/6.3 miles)
4. **Riverside Inn, Aymestrey**: Croft Half start point and manned checkpoint for Ultra (20.9km/13 miles)
5. **Kinsham Village Hall**: manned checkpoint for Ultra (29.5km/18.3 miles and Croft Half (8.6km/5.3 miles)
6. **Titley Church**: manned checkpoint for Ultra (37.9km/23.5 miles) and Croft Half (17 km/10.3 miles)
7. **Burton Hotel**: finish point and manned checkpoint for Ultra (47.9km/29.8 miles) and Croft Half (27km/16.08 miles)

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.



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# 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.

This is a **self navigation course**, following the official Mortimer Trail signposts. Please note that there is a diversion around Shobdon Wood which is closed for essential forestry maintenance.

There is **no race signage** on route. A gpx file of the entire Ultra route (of which the Croft Half forms part of) can be found here:

<https://www.andalievments.com/events/midwinter-mortimer-trail/course-routes>

If you need assistance uploading the GPX route to your Garmin, there is a step-by-step guide on the Course Routes section of the Midwinter Mortimer Trail website:

<https://www.andalievments.com/events/midwinter-mortimer-trail/course-routes>

We highly recommend bringing a map with you, and downloading the OS maps and What3Words apps to your phone to assist with navigation.





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# 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 savoury snacks such as sweets, biscuits, crisps, cakes, salted peanuts, and by popular demand, Christmas-themed snacks. 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 07909 951656 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 duration of the race. 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 07909 951656 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

A member of the Andali Events will 'sweep' the course, following the last athlete(s) at a respectable distance.





# Race Day Information

## Dogs

We love dogs at Andali Events and we are pleased to welcome athletes to bring their canine companions to take part. But for the enjoyment of everyone (and every dog) there are a few common sense rules that canicross runners need to adhere to.

Not all people like dogs and some people are afraid of them, so please bear this in mind when approaching fellow athletes or members of the public.

1. Dog owners should ensure they carry appropriate fluid for themselves and their dogs for the run.
2. Runners should not bring their dogs on runs in extreme temperatures (either hot or cold).
3. If concerns are raised with the Race Directors regarding dog welfare, runners will be asked not to bring their dog to future events.
4. Any reports of antisocial behaviour by your dog will result in the dog potentially being banned from future /events.
5. Runners should ensure they have an appropriate harness for running with their dog.
6. All dogs must be insured with public liability insurance which covers compensation and costs awarded against the owner by a court if the dog causes death or injury to a person or causes damage to someone else's property.
7. Dog owners should ensure they have adequate poo bags to collect dog poo on the route, and dispose of the bag and contents in an appropriate refuse receptacle.



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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 ½ litre of water / electrolyte mix
- Fully charged mobile phone with Race Director's number saved in it - **07909 951656**
- Long sleeved top or jacket
- Emergency food
- Cap / beanie / gloves
- Head torch and spare batteries

## Advisory Kit List - dependent on weather forecast

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



# 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 winter conditions 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 cut offs, however Andali Events will allow approximately five hours for Ultra athletes to cover distance between manned Ludlow Castle at the Riverside Inn checkpoint. If an athlete hasn't arrived within the five hour window, the Race Director will contact them to ensure everything is ok and obtain an update to their position.

It is predicted that with an estimated slowest average speed of 2.5 mph, the Ultra should take be completed within twelve hours (2000) and the Croft Half within six hours (1500).

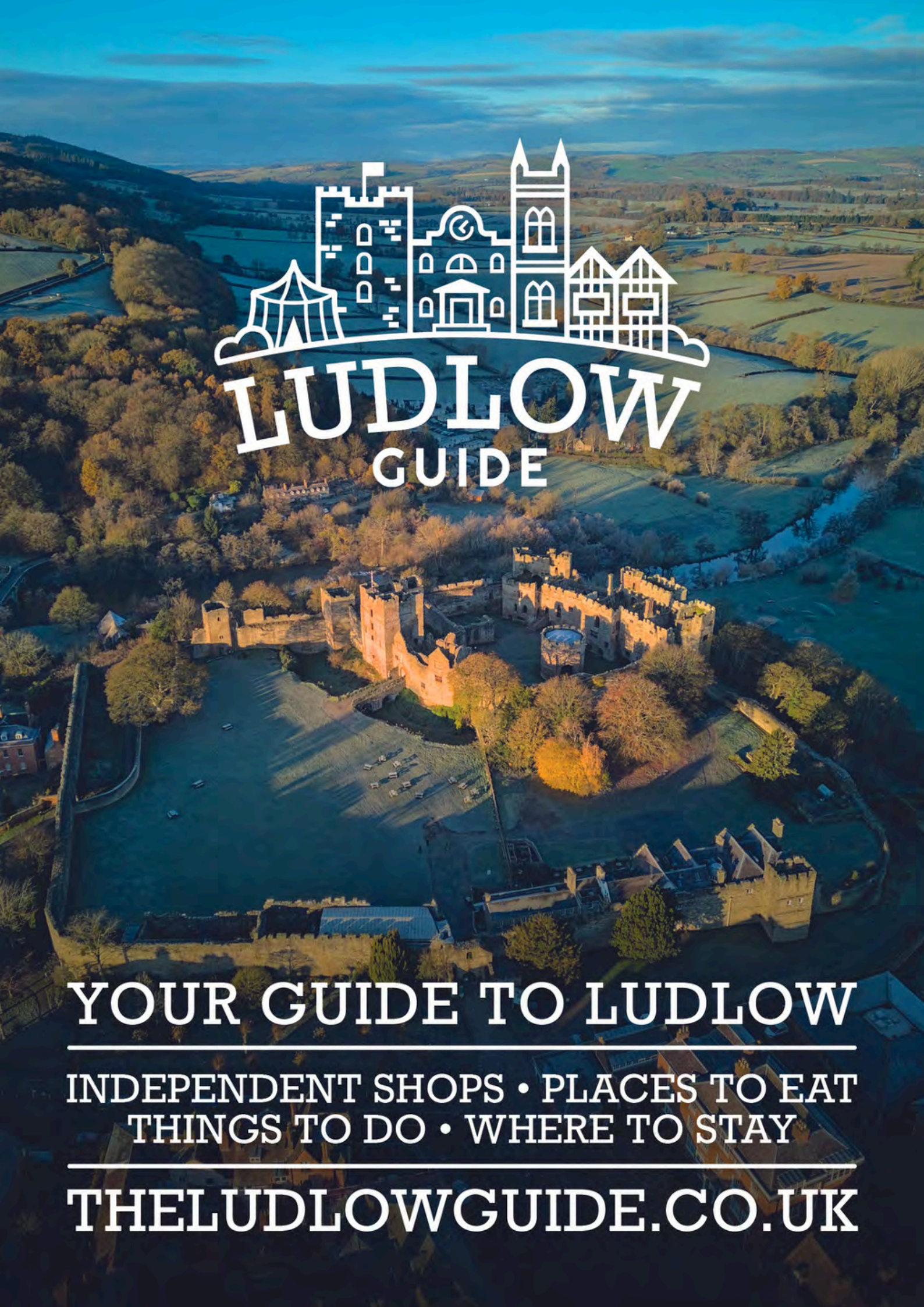
## Medals and prizes

Once you cross the finish line, you will be presented with your medal and certificate showing your time. There will be prizes awarded to 1st, 2nd and 3rd placed athletes in the open category and female category at all three race distances. These will also be presented to the respective athletes as they cross the finish line.

## Toilets / Showers

There are very limited toilet facilities on the course. The loos at the Riverside Inn at Aymestrey and Kinsham Village Hall will be available to use. There are no shower facilities at the Burton Hotel.



An aerial photograph of Ludlow Castle, a large stone fortress with multiple towers and battlements, situated in a lush green valley. The castle is surrounded by dense trees and rolling hills in the background. The sky is a clear blue with some light clouds.

# LUDLOW GUIDE

YOUR GUIDE TO LUDLOW

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INDEPENDENT SHOPS • PLACES TO EAT  
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# Race Day Information

## Bags

There will be a secure area in the Race HQ for athletes' bags. These can be loaded into the Andali truck at the start of your race.

## 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.

## Special Thanks

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

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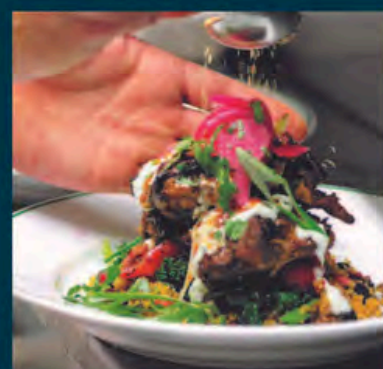
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## **House Clearances**

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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