



## THE DRAMATHON 19<sup>th</sup> OCT 2019 – PARTICIPANT GUIDE



Firstly.... A HUGE thanks to you for your support. We didn't think the subtle blend of great trails and fantastic whisky would be *quite* so popular, and we were slightly overwhelmed by the response. We know very clearly that we don't have an event without you all entering and showing up. So.... thanks!

Secondly..... there's a load of info below to help you get the most from your Dramathon experience. Whilst you may have sensed that it's not exactly the World Championships (!), it's a slightly complex event with several start points, and some critical logistics. Please do take 10 minutes to read and understand this briefing. Help us to help you ☐.

Thirdly..... The Dramathon is a trail-run. There are a few short tarmac sections, but the majority is off-road – much of it decent ex-railway path, but also some rougher, wetter, grassier sections. Please come prepared, and choose footwear accordingly. Course distances are approximate and intended as a guideline for you to estimate the nature of the event. Please don't be surprised if we have limited interest in what "your Garmin said" ☐.

The contents of this guide are;

- Volunteers (Help Needed!)
- Race HQ
- Race Weekend Timeline
- Golden Rules
- Course Description (inc. Footwear, Cut Offs, Compulsory Kit, Relay Teams)
- Aid Stations
- A95 Crossings
- Coach Transport
- Facilities at Starts, Bag Transport
- Finish
- Dramathon Party
- Transport & Accommodation
- Thanks

### **Race HQ**

Thanks to the incredible support of Glenfiddich Distillery, we will be using the Distillery as race HQ. It will house Saturday sign-on (note, Friday sign-on is at Glenfarclas Distillery – see the schedule below), coach pick-up and the finish line.

#### Race HQ Venue

Glenfiddich Distillery  
Dufftown  
Keith  
Moray  
AB55 4DH

#### Friday Sign-On Venue

Glenfarclas Distillery  
Ballindalloch  
Speyside  
AB37 9BD

## Race Weekend Timeline

The critical bits of the schedule for the weekend are below;

<b>Friday 18<sup>th</sup> Oct</b>	2pm-5pm	Sign-on (Marathon, Half-Marathon, 10K, Relay) available at <b>Glenfarclas Distillery</b> .
<b>Sat 19<sup>th</sup> Oct</b>	6:15am	Car Park Opens at Glenfiddich Distillery (please don't arrive earlier!)
	6:30am – 10:30am	Sign-On Open at <b>Glenfiddich Distillery</b> (note: Marathon sign-on closes 8:45am, Half Marathon sign-on closes 9:45am)
	9:00am	Marathon and Relay Leg 1 Coaches leave Glenfiddich (athletes must travel on the coaches)
	9:20am	Relay Leg 2 Coaches leave Glenfiddich (athletes must travel on the coaches)
	10:00am	Marathon and Relay Race Start at Glenfarclas Distillery
	10:00am-11:00am	Half Marathon & Relay Leg 3 Coaches leave Glenfiddich (athletes must travel on the coaches)
	c. 10:25am to 11:00am	Relay Leg 2 Start at Ballindalloch Distillery
	11:00am – 12:00pm	Relay Leg 3 Start at Tamdhu Station
	11:45am	Half-Marathon Start at Tamdhu Station
	11:00am-12:30	10K and Relay Leg 4 Coaches leave Glenfiddich (athletes must travel on the coaches)
	11:30am-1:00pm	Relay Leg 4 Start at Aberlour
	1:15pm	10K Start at Aberlour
	12:30pm	Expected First Finishers
	5:00pm	Expected Final Finishers and Finish Line CUT OFF
Evening	Post-Race Party in Dufftown	

**NB: If you are a member of a relay team you will have priority on the earlier buses for your start point.**

### Golden Rules

**No Litter. Anywhere. Full Stop.** This includes the car parks. It specifically includes gel wrappers, banana skins, plastic cups etc. If you've got any of these, either bring back to the finish with you, or hand to a marshal or use one of the bins at the Aid Stations. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!

**Report to the Finish**, whatever happens to you. Otherwise we're coming looking for you and we won't be happy ☹

## **Course Description:**

All courses will be fully way-marked.

All courses include sections on minor public roads that will not be closed. It is possible that you will encounter vehicles and other road users. Please stick to the Right Hand Side of the road (i.e. facing any traffic) and be prepared to step into the verge if necessary.

On the Speyside Way you will also likely encounter other users and members of the public. Please be courteous – they have exactly the same rights as you to be there. ‘Race Head’ will not be an acceptable excuse for being nasty!

**10K:** Starting in the beautiful riverside park near the site of the old Aberdour railway station, you will run on the route of the Speyside Way to Craigellachie, passing through an old railway tunnel on the way. This section of the course runs alongside the River Spey on good gravel paths, and is pretty much completely flat. After Craigellachie the course follows the route of the old railway spur to Dufftown. It gently climbs to the town (approx. 65m climb over 6km) on good gravel paths, that may be slightly muddy in places. You then get a privileged ‘backstage view’ of the Balvenie Distillery (not open to the general public), and emerge via the Bottling Yard into the Finish Line in the heart of Glenfiddich Distillery.

**Half Marathon:** Starting at the old Tamdhu Station on the disused Spey railway line, you’ll head eastwards on the Speyside Way, following the sparkling River Spey through woodland and open countryside. You will quickly pass below the Knockando Distillery, then on to Carron, with its spectacular new distillery. Then across the Spey on the old railway bridge, still heading east below Dailuaine Distillery and then to bustling Aberlour. This section is almost completely flat and is entirely on the Speyside Way – mainly gravel, some small tarmac sections, and the occasional muddy puddle. Then follow the 10K route described above to the Finish.

**Marathon & Relay:** The flag drops at the atmospheric Glenfarclas Distillery. You then follow a minor road for c. 1km before turning left onto twintracks – rough and indistinct in places (definitely ‘off-road’!) before emerging at the entrance to Ballindalloch Castle where you will cross the A95 for the first time (see below). We are privileged to be able to run through the beautiful grounds, and right past the front of the castle, before arriving at the ancient Bridge of Avon and across the A95 again into the golf club. A section beside the tumbling River Avon follows before a crossing of the golf course (there’s a nippy wee climb in here) and onto Ballindalloch Distillery (Relay Leg 2 Start is here). Across the A95 for the final time and onto the minor road to Cragganmore Distillery. After a loop through the distillery which involves a short climb, you’ll cross the Spey on the old railway bridge and pick up the Speyside Way, which is followed (flat, gravel, occasional mud) to Tamdhu Station. You then climb on road, then rough track to Cardhu village and distillery, then drop again on tarmac then farm tracks to rejoin the Speyside Way near Knockando Distillery, then then follow the Half Marathon route as described above.

Surfaces vary from rough twintrack to sections on tarmac road (both public and private), and all stops in between. A bit of everything, just what you’d expect from a trail race!

## **Course Maps:**

The Course Map can be viewed [here](#) prior to race weekend.

**Footwear:** We suggest that trail running shoes will be the sensible choice for all courses. Road flats are not recommended. Whilst the course is generally on good surfaces (mostly gravel paths on the Speyside Way), there are sections that are less good and a little more challenging.

**Cut-Offs:** For the purposes of safety, both of competitors and our marshals, we have a couple of cut offs – if you arrive after these times your race will stop and you'll be transported back to the Finish. No arguments!

- 2pm @ Tamdhu Station (Marathon and Relay courses)
- 3:30pm @ Aberlour (Marathon, Half Marathon, and Relay courses)

We also reserve the right to cut Runners off at the Feed Stations and bring them back to the Finish by vehicle. This will be at our discretion!

**Compulsory Kit:** If weather conditions deem it necessary, we will require that all runners **MUST** carry a waterproof top and an emergency foil blanket. We will advise you of this as early as possible (most likely by email a day or two pre-race. PLEASE: come prepared with the kit needed and a method of carrying it. Better to have it, and not be used than for us to not allow you to start.

You should consider carrying these items in any case for your own safety, and you may [sensibly!] elect to carry more stuff.

You should also carry sufficient food and water for your needs. There will be aid stations (see below), but you should ensure you have some independence.

**Relay Teams:** The Leg 1 runner should catch the coach to the Glenfarclas Start with the Marathon runners (see schedule above). The Leg 2 should catch the coach to Ballindalloch, the Leg 3 to Tamdhu (with the Half Marathon runners), and the Leg 4 to Aberlour (with the 10K runners).

Your 'dibber' timing chip is your 'baton' and should be passed from runner to runner.

We suggest that your Leg 2 runner takes warm clothing for the finishing Leg 1 runner (who will then take it on the return coach back to Glenfiddich with them), and so on down the team.

Leg 1 runner will wear the race number in the format TEAM NUMBER/A, Leg 2 runner will wear TEAM NUMBER/B and so on.

### **Aid Stations**

There will be aid stations on the course at the following locations;

- Ballindalloch Distillery (c. 8Km into the Marathon course)
- B9138 Bridge (c. 16km into the Marathon course)
- Tamdhu Station (c. 20km into the Marathon course)
- Carron (c. 25km into the Marathon course)
- Aberlour (c. 30km into the Marathon course)
- Craigellachie (c. 35km into the Marathon course)

They will be stocked with water, bananas, and sweet snacks.

Active Root ([www.activeroot.co.uk](http://www.activeroot.co.uk)) will be providing on course hydration at all three Dramathon distances! Using natural root ginger and unrefined sea salt, Active Root will fuel and hydrate and also help prevent carb bloating and cramping.

No Litter. Anywhere. Full Stop.

## **A95 Crossings**

The Marathon course and Legs 1 & 2 of the Relay cross the potentially busy A95 a number of times. The road will not be closed for the race.

You **MUST** follow the instructions of marshals. Not doing so will be an instant DQ!

When you approach each crossing, you will 'dib' your dibber/timing chip into an electronic station (either held by a marshal, or on a stake at the side of the trail accompanied by a 'DIB HERE' sign. This will stop the race clock, you can then cross the road under marshal instruction without the pressure of time. You will then 'dib' again after crossing the road and the race clock will restart for you.

Important: this is the same for everyone, no-one gets an advantage. You DO NOT need to hurry to cross the road, please follow marshal instructions.

## **Coaches**

Runners must travel to their race start using the coaches provided by the race organisers. They will leave Glenfiddich Distillery Visitor Centre Car Park at the times outlined above. There is no car parking for runners at any of the Start points.

Relay Team runners should catch the coach to their respective Start lines as outlined above. Once all incoming Relay runners are in (at Ballindalloch, Tamdhu and Aberlour) they will board a coach and return to Glenfiddich. Clearly, the amount of time a Relay runner will wait to either start, or for the return coach to leave will depend on the speed of their team-mates and the other team's runners.

We do not guarantee that early Leg runners will make it back to the finish line to see their team-mates finish (in fact, this is pretty unlikely for Leg 3 and maybe also Leg 2 runners).

## **Facilities at Starts/Relay Leg Finishes + Kit Bag Movements**

There will only be basic facilities (limited shelter, limited portaloos) at each of the starts. For Marathon, Half-Marathon and 10K runners, we will aim to start you as soon as we can after coaches arrive – we plan for you to be able to stay on-board until very close to the start time if the weather is 'challenging'.

We advise that if you feel it is necessary that you take a bit of clothing with you to stay warm pre-start. The best solution would then be for you to carry this yourself during the race (e.g. doubling as 'emergency clothing'). We will bring kit bags back from your start to the finish for you if you can help us by satisfying some simple conditions;

- Small (e.g. carrier bag sized at the very largest) bags only
- Clearly labelled with your name and race number
- You drop your bag at the designated location (we'll make this clear at the start)
- We don't accept responsibility for the kit
- We don't guarantee it will be back to the finish before you
- You are responsible for collecting your kit after the finish. We're not going to post it back to you if you forget!

Relay Runners: We suggest that your Leg 2 runner takes warm clothing for the finishing Leg 1 runner (who will then take it on the return coach back to Glenfiddich with them), and so on down the team.

## **Finish + Prize-Giving**

The Finish of all races will be at Race HQ at Glenfiddich Distillery near Dufftown.

After you finish make sure you collect your custom medal (they're looking amazing!) and your hard-earned drams. These will be allocated and in colour coded bags to match your race number (the colours help us identify which course you are on).

You must make sure you 'dib' at the Finish line. Please make sure you **DOWNLOAD** (we'll show you what this means at the Finish) and return (or we'll charge you £35 to replace it) your dibber after the finish line.

Prize-Giving will be at the Finish as soon as possible. Make sure you hang around!

Whisky Auctioneer have also generously donated a bottle which will be raffled off to raise funds for our charity partner Logan's Fund. You'll be able to buy tickets during sign on or on Race Day.

## **Post-Race Parties**

This year we have 2 amazing parties for you to enjoy:

Our incredible sponsors at Glenfiddich Distillery are arranging a post-Dramathon party on the Saturday Evening in the Malt Barn, there will be live music and a licenced bar, Yee-hah! So, bring your dancing shoes and feel free to don your Scottish garb to join us for a drink to wind down after the race. Tickets cost £10 and are sold on a first-come-first-served basis to book your ticket email [glenfiddichbookings@wgrant.com](mailto:glenfiddichbookings@wgrant.com) Strictly over 18's

The Royal British Legion are also holding a party in the Legion Hall in Dufftown. This will be a Ceilidh with a young high energy band playing traditional folk tunes. They'll teach you all the traditional dances and then you can let rip on the dance floor. There's a bar (obviously) and some light refreshments are included in the price. Ceilidh starts at 7pm. Tickets are sold on a first-come-first-served basis and can be booked at [www.entrycentral.com/thedramathon](http://www.entrycentral.com/thedramathon) click sign up for the Dramathon and select the Ceilidh option. Strictly over 18's.

Whichever you choose it's sure to be a cracking night and an amazing opportunity to celebrate your Dramathon success with your pals. Do not miss out!

## **Car Parking/Public Transport/Accommodation**

Car Parking is in Dufftown, near Glenfiddich Distillery. It's **extremely** tight. Please share cars to come to the race site if you can. Follow signage and marshals instructions on arrival.

Please check out the car-sharing group on Facebook :  
<https://www.facebook.com/groups/373070280054487/>

This year any cars which want to park in the Glenfiddich car parks which are full of passengers will be entered into a Green Raffle and will have the chance to win a decent bottle.

There are no facilities for parking at Glenfarclas, Ballindalloch, Cragganmore, Knockando, Tamdhu or Cardhu Distilleries. There are public car parks in Aberlour, and small ones around Craigellachie.

If spectators wish to park on public roads, please take great care, do not block roads, farm tracks, forest tracks etc. Please do not park in designated Passing Places.

Public transport is scarce – please see: [http://www.moray.gov.uk/moray\\_standard/page\\_1677.html](http://www.moray.gov.uk/moray_standard/page_1677.html) for more info.

For accommodation options, this is a good starting point: <https://www.morayspeyside.com/>

### **Thanks**

The Dramathon is extremely grateful for the support we've received from local landowners and sponsors – it's their generosity that has made it all possible. Please say thanks to them if you get the opportunity;

[Glenfarclas Distillery](#)

[Ballindalloch Distillery and Golf Club](#)

[Ballindalloch Castle and Estate](#)

[Monkey Shoulder](#)

[Cragganmore Distillery](#)

[Tamdhu Distillery](#)

[Cardhu Distillery](#)

[The Glenallachie Distillery](#)

[Knockando Estate](#)

[Balvenie Distillery](#)

[Glenfiddich Distillery](#)

[Walkers Shortbread](#)

[Whisky Auctioneer](#)

[Active Root](#)

[The Highlander Inn](#)

[Chichibu Distillery](#)

[Moray Council](#)

[Speyside Way Rangers](#)

Special thanks to Darach ([www.darachgifts.co.uk](http://www.darachgifts.co.uk)) and [The Workshop in Aberfeldy](#) for the bespoke medals and Glencairn ([www.glencairn.co.uk](http://www.glencairn.co.uk)) for the trophies.

Phew, we think that's it. See you at the race.

Cheers

Jon, Ian & Paul

Race Organisers