



ATHLETE GUIDE

GLEN TANAR TRAIL RUNNING FESTIVAL
SATURDAY 26TH AND SUNDAY 27TH JULY
GLEN TANAR ESTATE, ABOYNE

WELCOME

It gives me great pleasure to welcome you to the inaugural Glen Tanar Trail Running Festival and the culmination of your journey to the Start Line. The team at Still Going Strong and everyone involved in the event has focused our efforts on providing the best and safest possible stage for you to test your endurance.

Please do show your appreciation on the day to the incredible volunteers and staff who will be supporting your efforts throughout the Events. You will no doubt be feeling some nervousness as the start line approaches, but do try to make the most of The Glen Tanar trail running experience.

I would like to offer my thanks to the Team behind the Event who show incredible, unwavering support, and the wonderful Glen Tanar Estate team who provide this perfect stage for you to shine. Whether you are a first timer or a seasoned trail runner, it is important to remember the safety of everyone is a priority so please read this athlete guide, plan your perfect run and follow any guidance at the event.

Please respect the physical challenge you have set yourself and don't attempt it if you are feeling at all unwell, ensure you are properly prepared and trained for your event.

We will attempt to give you as much information as possible within this Guide but if you have any additional questions bring them to the race registration or email us at info@glentantartrailrunningfestival.co.uk All additional race information and route maps will be available at www.glentantartrailrunningfestival.co.uk.

Take care of yourselves and fellow athletes but most of all, enjoy the experience and run well.

Richard Pearson
Race Director



EVENT SCHEDULE

Friday 25 July 2025	
13:00	Road access open - vehicles can move on site
13:00	Event Village Opens for camping set up
15:00-18:00	Registration for all events open
Saturday 26 July 2025	
06:30	Road access open - vehicles can move on site
07:00	Registration for all events open
08:30	Road access/egress closed no vehicle movement
08:45	15km Start Line Briefing
09:00	15km Race Start
11:30-12:30	Road egress open - vehicles can move off site
12:30	Awards presentation for 15km
12:30-13:45	Road access Open Vehicles can move on site
13:00	Tent Talks
13:45	8km Start Line Briefing
14:00-14:15	Road access/egress closed no vehicle movement
14:00	8km Race Start
14:15-16:00	Road egress open - vehicles can move off site
15:00	Tent Talks
16:30	Awards presentation for 8km
18:00	Registration for all events Closes
Sunday 27 July 2025	
04:30-06:00	Road access open - vehicles can move on site
05:00	Registration for all events open
05:45	55km Start Line Briefing
06:00	55km Race Start
06:15-08:00	Road egress open - vehicles can move off site
08:30-10:30	Road access open - vehicles can move on site
10:30-11:30	Road access/egress closed no vehicle movement
10:45	Registration for all events Closes
10:45	25km Start Line Briefing
11:00	25km Race Start
11:30	Road egress open - vehicles can move off site
16:00	Awards presentation for 25km
16:30	Awards presentation for 55km
18:00	Course Closed

DIRECTIONS

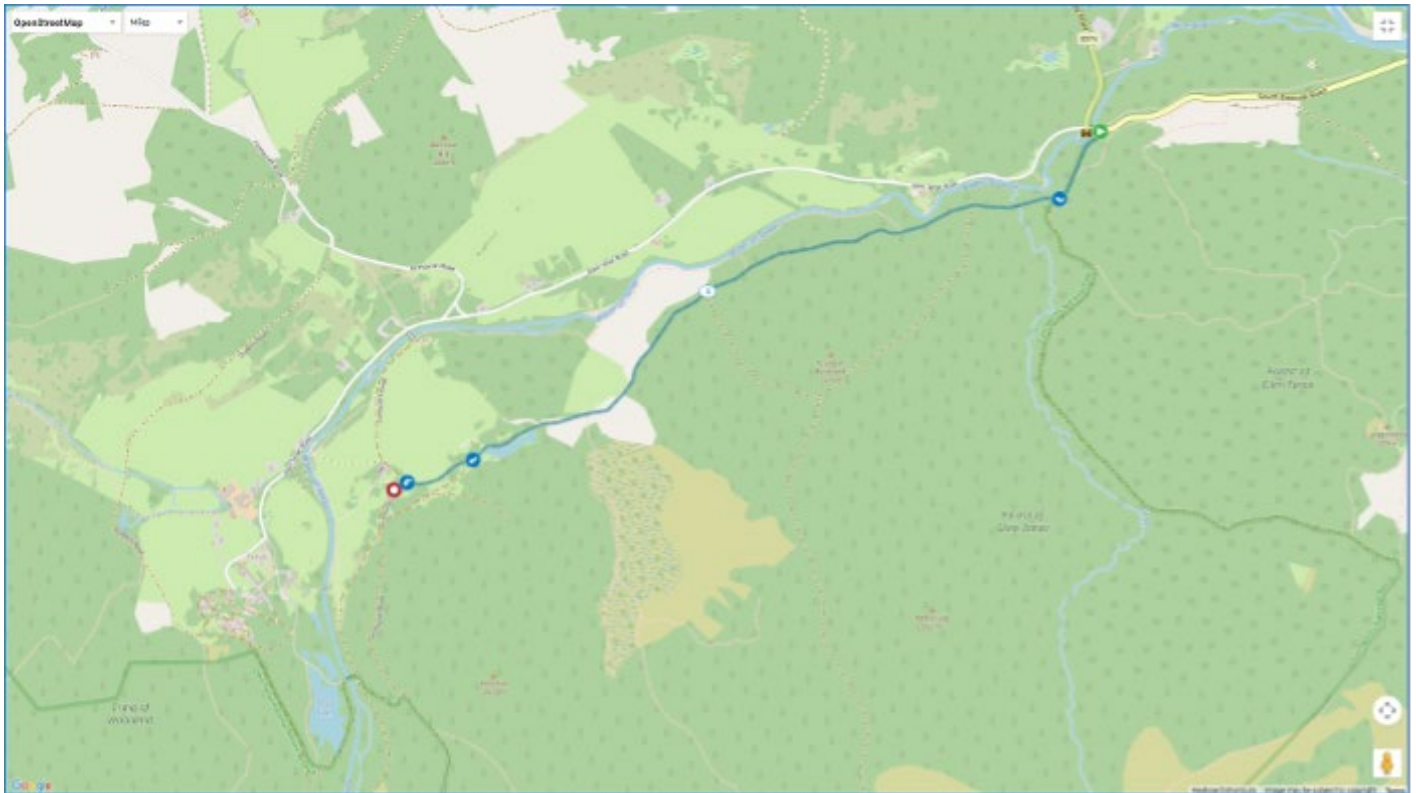
Glen Tanar Estate
AB34 5EU

You access the event site off the B976. If you are arriving from the East, you access the track before the Tower O'Ess and if you are arriving from the West you take the track after the Tower O'Ess.

The road is a single track and please read the schedule above to know the access and egress times over the weekend it's important that we stick to the road closure and opening times.

what3words.com/crawled.nail.punctured

Event Village Road Access map:



ACCOMMODATION

There are camping and campervan options on the event site at very reasonable rates and you can still book a pitch [here](#).

There are also several accommodation options in Aboyne and the surrounding area, see a list of accommodation providers and options [here](#).

CAR PARKING

We are anticipating around 600 competitors registering over the event weekend. Please follow the instructions to the event site and you will be guided to the Parking area on arrival.

CATERING

There are two caterers on site:

Coull Beans offering their superb selection of Coffee and Homemade cakes and tray bakes



And Edelwurst offering their fantastic German street food



TRAIL GODDESS

Trail Goddess will be at the event all weekend and is the UK's First Trail Running Brand, exclusively for Women. They will have their vibrant and functional kit on sale all weekend.

www.trailgoddess.co.uk



GUEST SPEAKER

Jen will be holding a "Tent Talks" session on Saturday at 1pm and at 3pm

www.jenscotney.com



CHECKLIST

Don't forget anything on the essential kit list, be safe, be comfortable, look bonny! Use our check list below to start ticking everything off, we will be doing spot checks on the start line so please make sure you have everything. We will send out weather updates in the build up to the event which will help you pack the appropriate kit.

RUNNING KITLIST

Advisory Kit

Trail Running Shoes		Running Rucksack or Bum Bag	
Full sleeve base layer		Whistle	
Waterproof Jacket & Trousers		GPS device with your race route downloaded	
Running Cap		Compass	
Mobile phone (fully charged)		Bivvy Bag	
Soft reusable cup / mug		Mobile phone: if you are using your mobile phone for navigation you will need to a) bring another phone for use in emergencies or b) bring a fully charged battery pack to recharge your phone if needed in an emergency	
Emergency food items (e.g. gel, bar)			
Spare warm layer (synthetic insulation only)			

OUR RETAIL PARTNER

Run4it Aberdeen are offering all the Glen Tanar Trail Runners a 15% discount in-store or online against your next purchase. Note you have until 31st July to redeem your discount!

RUN4IT
improve your run

THE GLEN TANAR
TRAIL RUNNING FESTIVAL

SAVE
15%
ON YOUR NEXT PURCHASE
IN-STORE/ONLINE*

YOUR DISCOUNT CODE:

GTTRF1525

Valid until: 31st July 2025

RUN4IT ABERDEEN SHOP

 21 Holburn Street
Aberdeen AB10 6BS

 01224 594 400

 run4it.com

*Not valid on sale items, GPS watches, headphones, or gift cards. Not to be used in conjunction with any other offer. One use per customer.

REGISTRATION

Registration is open over the event weekend at the following times:

Registration Times	
Friday 25 July 2025	15:00-18:00
Saturday 26 July 2025	07:00-18:00
Sunday 27 July 2025	05:00-10:45

You will receive your full race pack at registration including your chip on bib race number, and any sponsor giveaways. Race Packs will not be mailed out.

Your race number will also include a tear off baggage label which you can use to mark your bag before placing into Bag Drop.

BAG DROP

There will be a secure bag drop facility in the event village, please make sure your bag has the luggage label supplied with your race number securely attached to your bag.

TIMING

Resultsbase will be providing a comprehensive race timing and results service. To ensure accurate times and results you must wear your Race Number with embedded timing chip on your front whilst racing not on rucksacks or carrying in pockets. Using this technology will mean results and category positions will be updated live as athletes pass the finish line.

Please also ensure that you do not cross the mats, which register your times except during the race. To avoid this problem do not climb over or move barriers as they are put in place to prevent access from these areas prior to the event.

However, do ensure you cross the Mats at the Start and Finish so your Register your start and finish times.

Live timing will be available [Here](#) you can also scan the bar code



RACE BRIEFING

There will be start line safety briefing 15 minutes before your race start, but these are some of the essential points you need to know:

- We share the wonderful Glen Tanar Trails with other users, including walkers, mountain bikers and horse riders. Please be respectful to other trail users when passing and particularly be quiet when passing horse riders
- Glen Tanar Estate is home to the capercaillie. This is a large black bird that can reach 1 metre in height. If you see a capercaillie please do not approach them as they can be aggressive, please pass quickly and quietly and inform the next marshal you pass.
- The course is way marked with large black arrows on yellow or orange backgrounds, pin flags and reflective tapes. You must follow the way marked course throughout the entire event.
- Marshals will be placed around the course. Please speak to them if you require assistance!
- If you feel you cannot continue with the race, you absolutely must inform a marshal who will arrange transport to get you back to the event base.
- Under no circumstance should you make your own way back to the event base or stray from the way- marked course. If you fail to inform our marshals that you've dropped out of the race it will mean the safety team will be out looking for you through the night and you may be treated as a missing person!
- You must wear your Race Number and timing chip securely on your front, even if you don't want to be timed. Without it we will not be able to account for you out on the course and keep you safe.
- If you see someone who is ill or injured, please help them to the best of your ability and inform the nearest marshal.
- You may be out for a number of hours in an exposed and remote location. You must take responsibility for your own safety. Please take extra care on the steep descents. Although we have a large safety team around the course it may take some time to get to you if you need assistance!

WITHDRAWAL

PRE-RACE

If you wish to withdraw from the race prior to the race start (after you have registered) please inform registration and return your Chip or Bib Race number. It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

DURING THE RACE

To help us comply with the Event Safety Plan any athlete withdrawing from the race at any time must report it to an Event Crew member please ask for the team leader of the area you are in. They will take your details and report them to race control.

STARTS

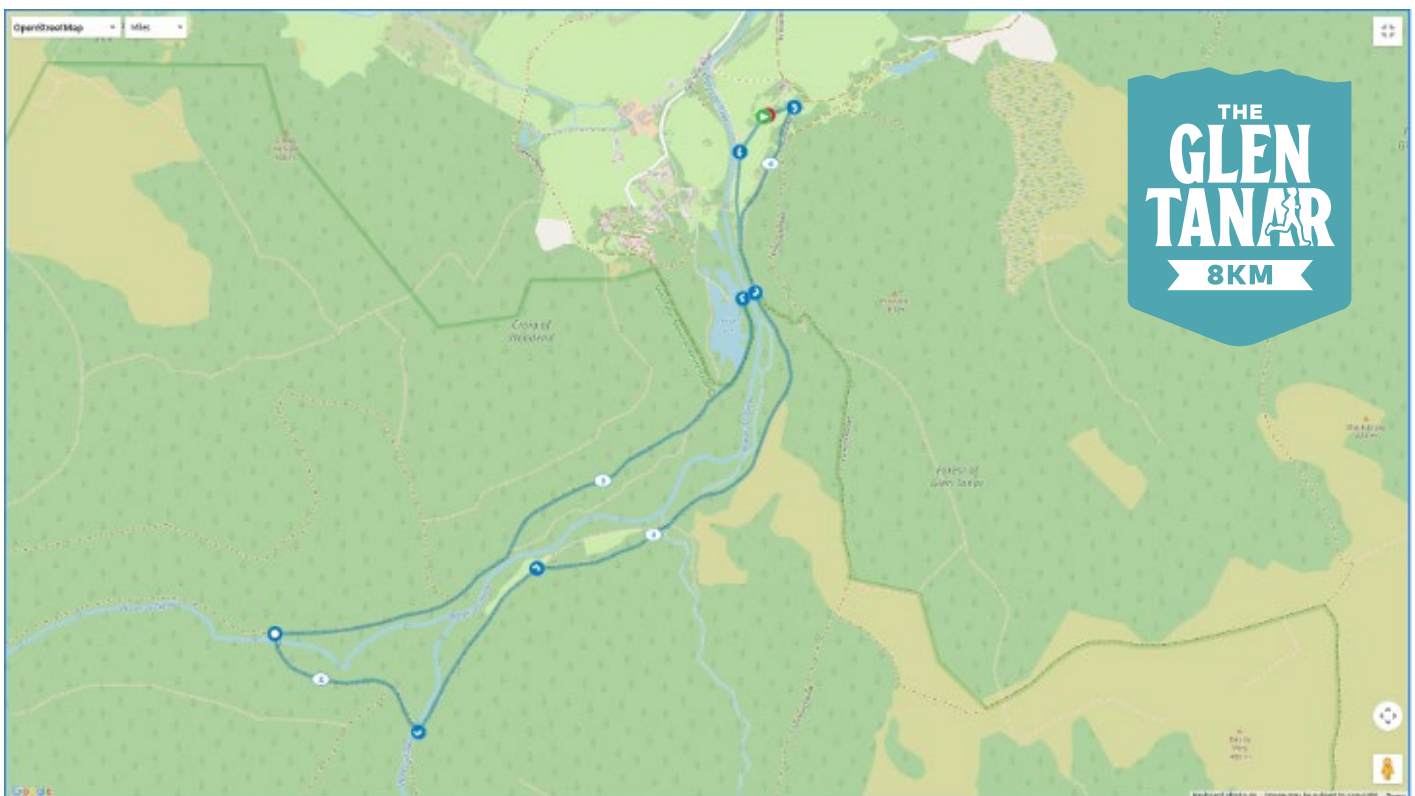
For all distances, the start grid is split into two sections: Race and Run please self-seed yourselves appropriately. If you think you are in the fastest 10%, an experienced trail runner and you are going for gold, get yourself in the 'race' section right at the front. Go to the middle section if you are going for an average race time and place yourself further back in the start pen if you are new to trail running or you just looking to complete.

CUT OFF TIMES

We have a cut-off point on the 55km at the 39km point which you will need to reach by 14:00

COURSES

8km - [download GPX here](#)

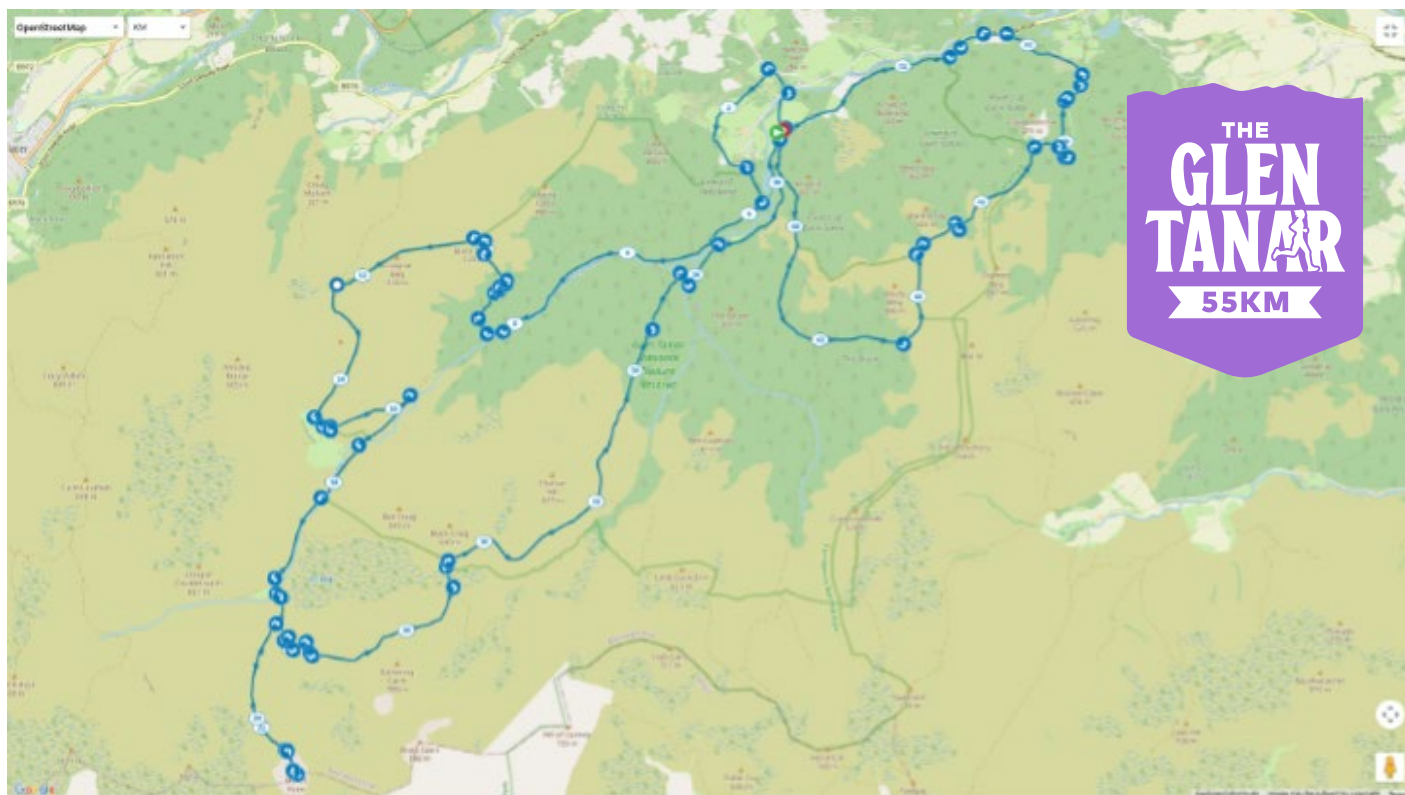


15km - [download GPX here](#)



COURSES

55km - [download GPX here](#)





THE PERFECT ESCAPE *start exploring*



**LUXURY SELF CATERED
COTTAGES**

-

BESPOKE WEDDINGS

-

FISHING

-

STALKING

-

WILDLIFE LOOKOUT

Glen Tanar stretches across 25,000 acres of Caledonian pine forests, heather-clad hills and fertile farmland. Home to Scotland's most easterly Munro, Mount Keen, as well as the tumbling Water of Tanar, the River Dee and includes a large National Nature Reserve.



www.glentamar.co.uk

   We're Social

AID STATIONS & CHECK POINTS

There will be water at the at the start/finish line.

There will be check points at the following km marks on each distance.

Check Point Locations					
	CP1	HS	CP2	CP3	CP4
15km	7km				
25km	7.5km		15km		
55km	12km	20km & 25km*	29km	36km	45km

*water/energy drink/gels only

Each Check Point will have

- Water
- Active Root Energy Drink
- Active Root Energy gels
- Cola
- Bananas
- Fig Rolls
- Jelly babies, Sports Gummies
- Savoury snacks, Pretzels, Crisps



Our Nutrition partner Active Root are offering a discount code on their Nutrition products to all our Glen Tanar Trail Runners.

Please use the code **CEHQ756C1Y9A** at checkout to get your discount.

RESULTS AND PRIZE GIVING

Prize giving for the fastest three males and females and also the fastest veteran male and female will be made in the Event Village. All your race times will be based on chip times and live results will be available. [Here](#) or you can scan the bar code above to access the link. Ceremony times for each event are indicated in the main event schedule.

8km		15km		25km		55km	
Overall	1st Male	Overall	1st Male	Overall	1st Male	Overall	1st Male
	2nd Male		2nd Male		2nd Male		2nd Male
	3rd Male		3rd Male		3rd Male		3rd Male
	1st Female		1st Female		1st Female		1st Female
	2nd Female		2nd Female		2nd Female		2nd Female
	3rd Female		3rd Female		3rd Female		3rd Female
Junior	1st Male	Senior	1st Male	Senior	1st Male	Senior	1st Male
	1st Female		1st Female		1st Female		1st Female
Senior	1st Male	Vet 40	1st Male	Vet 40	1st Male	Vet 40	1st Male
	1st Female		1st Female		1st Female		1st Female
Vet 40	1st Male	Vet 50	1st Male	Vet 50	1st Male	Vet 50	1st Male
	1st Female		1st Female		1st Female		1st Female
Vet 50	1st Male	Vet 60	1st Male	Vet 60	1st Male	Vet 60	1st Male
	1st Female		1st Female		1st Female		1st Female
Vet 60	1st Male	Vet 70	1st Male	Vet 70	1st Male	Vet 70	1st Male
	1st Female		1st Female		1st Female		1st Female
Vet 70	1st Male						
	1st Female						

MEDICAL COVER

The safety and welfare of our competitors is paramount. Our Medical team is being led by Avium Medical and First Aid specialising in Event Medical Cover.

Onsite during the event will be Paramedics and First Aiders all highly experienced at supplying the highest caliber of comprehensive medical cover in remote environments. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event steward. There will be a medical tent located at the finish line to enable any casualties to be treated quickly and efficiently.

MEDICAL CONDITIONS

We ask that all athletes show a sensible approach towards entering the event and if you feel at all unwell either prior, during or after the event you can either withdraw and or seek assistance from the Medical Team. It is mandatory that all competitors write their next of kin & contact details on the back of their race numbers. If you have any type of medical condition that we should be aware of or are taking any type of medication please write a large 'MC' on the front of your race number and remember, wear your race number at all times when competing in the event.

RACE VOLUNTEERS - PLEASE HELP

No event like this can run smoothly without the help of many stewards and marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to volunteer. All marshals will receive an event memento, food & drink. If you would like further information about becoming a race volunteer, please contact our volunteer coordinator at info@glentantartrailrunningfestival.co.uk

You do not require any previous experience or knowledge to become a volunteer; any training required will be given on, or prior to race day.

COURSE ETIQUETTE

Competitors are reminded that they share the venue facilities and roads with other citizens who may or may not be fully aware of the event. Glen Tanar is a truly spectacular National Nature Reserve and home to many rare species of flora and fauna - help us keep Glen Tanar estate pristine by taking all litter home or in bins provided. We request that you treat members of the public, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DSQ from the event and a ban from all future events hosted by both the venue and the promoters.

PHOTOGRAPHY

[Stuart Ross Media](#) will be capturing aspects of the Event which we will share on our Facebook Page and website as soon as we can. We hope to tell the story through images from Registration, on the Course to the finish line and at the Awards. Sadly, we are unable to capture every individual Runner but we hope you will enjoy the shots we do get and have fun trying to spot yourselves.

FINALLY

At the beginning of this guide, I said many people have put a huge amount of effort into staging this event. Please give these people a smile and a "thank you", please be patient we have a lot to think about to keep everyone safe and do look after yourself and others.

At the finish enjoy your achievement, keep warm, keep drinking and try to eat something, although don't be too surprised if you don't feel too much like eating.

The final thank you goes to you, the athlete, for supporting the Inaugural Glen Tanar Trail Running Festival, we hope you achieve your own personal goals whatever they are.

We look forward to seeing you at the Finish Line.

