



# Runner's Almanac

Your Essential Event Guide

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**16th May 2026**

Everton Scout Camp, Inverkip  
PA16 0AS • Scotland

ORGANISED BY





# The Witchwood Almanac

## WELCOME & BASE CAMP

Hello fellow Trail Runners,

We have concocted a helpful guide to assist in your preparation for the event. Some of you will be first timers at a trail event like this, others not so much; however, we hope that each of you find some of the enclosed information useful to read through.

## Event Schedule

Arrival from	7:00am Saturday
Race Briefing	9:30am
Race Start	10:00am

## Parking

### **IMPORTANT: NO CARS UP THE FARM TRACK**

Please park at one of the suggested car parking places which will be provided to all runners before the event. All parking locations are no more than 10-15 minutes walk to Basecamp.

Camper vans may be able to park on site, but please contact us for confirmation first as we cannot guarantee this. We will also endeavour to put on a shuttle bus from Main Street to Basecamp.

## Base Camp & Marshalling

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Base camp at the Scout Hall area will be the main hub for assistance, toilets and showers etc, a place to rest, mingle and discuss your experiences throughout the day.

Marshals will mainly be in place here along with Scott and Adam your race directors. There will be Marshals at varying points throughout the route to provide high fives, encouragement and assistance if required. Each Marshal on the course will have comms access direct to base camp for safety purposes, please approach one if any issues arise.

*Medical cover, toilets, shower facilities, and a Defib machine are all available at base camp.*

### EMERGENCY CONTACTS

Adam: 07891 123 278

Scott: 07881 389 142

## Chip Timing

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Each runner at registration will be provided with a race number and chip which must be worn at all times. This ensures you receive accurate accumulated distance and lap times. If it comes off let us know when and where, otherwise we cannot accurately determine your results.

## Signage

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The route after a lap or two will become familiar (hopefully) and yes it will feel different if you grind out the daylight hours into the darkness. The course will have various arrows dotted about and a GPX route will be available ahead of the event. At various points there will be ribbons in trees where signs could be missed so look out for these as well.



# Route Information

## WHAT TO EXPECT ON THE TRAIL

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The route itself is of mixed terrain, mainly trail with a good amount of stable ground; however, in parts it will be challenging underfoot.

*The start of the route is the real lung buster you came here for - go easy! It may be muddy in parts and there is a fair bit of elevation to climb in the first 200 metres.*

The start of the very first lap we may stagger the start to avoid bottlenecking. There is a stile to climb over; however, there are two stiles to choose from, one directly in front of the start line and the other across to the right. Whichever you choose, the routes will merge on the same initial ascent out of the camp.

On small sections along the course, single file running may be required. Mainly to exit out to the top of the forest track (and on the downhill witchwood zigzags). Please be patient as there will be plenty of chances to get the legs ticking over faster on other areas of the course. Please respect each other, and if asked by a fellow runner, just move to the side to let them pass.

## Field Sections & Gates

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Care will need to be taken across the field sections at the top of the route (near the water), where the ground will be uneven and may be also boggy in places dependent on recent rainfall. There may be natural trenches which you could lose a leg down, so please be careful.

*Important: Please ensure all gates are closed after you pass through unless someone is directly behind you.*

## The Witchwood Zigzags

As you come back into the forest path and funnel into the "witchwood zigzags" please take extra care. Although this is a downhill section, it is uneven and even slippery in places - rolled ankles could easily occur. Take your time on the first lap or two and you will find your rhythm with the route.

### ROUTE STATS

Distance per loop	~4 miles
Elevation per loop	~500ft
Tarmac per loop	~20 metres

With approximately 500ft of elevation in each loop it is a challenging route for a short 4 mile distance, and this will take its toll on you as you repeat the course. Pace yourself accordingly, rest where necessary, hydrate well (even when you do not feel thirsty) and monitor your natural habits.



# Night Running & Kit List

BE PREPARED FOR THE MAGIC

## Running into the Night

As the day turns into night, and as darkness falls, the route just naturally feels different. The place feels more active and headtorches will of course be required. There are some special areas of this route to us, and these areas may have lights available to enhance the magic.

*Top tip: Carry a hand torch as well as your headtorch, and ensure you have spare batteries or a means to charge if required.*

## Kit List

There will be no mandatory kit check at registration (subject to change); however, it would be useful to carry with you OR to have access to at base camp the following items:

- Race Pack/Hydration Vest (min 500ml)
- Decent Trail Shoes (not road)
- Watch/Timing device
- Food/Snacks/Sweets
- Head torch + spare batteries
- Hand torch
- Mobile Phone
- Whistle
- Emergency Bivvy Bag
- Fork/Spoon for base camp food
- Spare base layers/clothes
- Waterproof jacket with hood
- Emergency food
- Hat/Buff/Gloves

## FIRST AID ESSENTIALS

Basic bandages, plasters, securing tape

Paracetamol (NO NSAIDS/Ibuprofen)

## Food and Drink

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You will need to bring your own food to consume while running and for when you have stopped and resting. We will have a food and bar outlet available at base camp where you can purchase a restricted selection of food and drink items, including alcohol and soft drinks. There will also be an outside tap/sink for water.





# Event Information

CAMPING, ENTERTAINMENT & PRIZES

## Athlete Responsibilities

We expect everyone to take any items of rubbish with you when you leave. This will help us clear the site quicker after the event and mean that we are not left having to clear any needless rubbish. Please remember this is an active scout camp and this should be respected.

*Please do not drop litter out on the course. If anyone notices any litter, please pick it up and bring it back to camp.*

## Camping

You are free to camp anywhere you can find a spot. Ideally please keep the tent size to a minimum and if you are planning on bringing a camper, please let us know well in advance. There is no additional charge to camp overnight. Please be considerate of others as the night goes on.

## Entertainment

There will be various artists playing live music throughout the day and into the night. We expect music to stop no later than midnight (potentially earlier). A quieter source of music will be available at base camp while the event is in motion.

## What You Can Expect

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Each and every one of you can expect the best trail experience we can offer around these parts. Every athlete will receive an original WitchWood medal. Dependent on how well on the course you do and how many laps you complete will determine which colour you will receive!

## Prize Giving

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There will be a short prize giving ceremony for top 1st, 2nd and 3rd placed males and females on this inaugural event. We envisage this to be shortly after the 24hr period has elapsed or if no runners are out on the course at a reasonable time on the Sunday morning.

### **SPECIAL PRIZES**

The prizes for top performers are all hand crafted from 200 year old pine, by Adam's father. A lot of time and effort has gone into each and every one of them. They are as bespoke as they come. Will you get one to treasure?

## Happy Trails!

Scott and Adam hope you have enjoyed reading through the event notes. If you have any questions, comments or concerns, please contact us.