

TEAM TIREE

TIREE 10K • HALF MARATHON • TIREE ULTRA



Tiree Ultramarathon

The Land Below the Waves

Sunday 7th September 2025

Welcome to the Tiree Ultramarathon. This is the challenge of running all the way around one of the most beautiful Hebridean islands. Tiree is mostly flat, mostly sunny, and an incredible place to go for a run. So with 35 miles of coastline to explore, the Tiree Ultramarathon begins.

These briefing notes are here to ensure you know what to expect on the day, and to help you have the best experience whilst on Tiree. So read up, check the website for updates, post any comments or questions on Facebook, and come to Tiree ready to run!



Planning Essentials:

Travelling to Tiree

Calmac ferry from Oban: Full timetable on the Calmac website <http://www.calmac.co.uk/>

(If you're bringing your own bike on the ferry and can't get tickets online - book your foot passenger ticket as normal and then send me an email letting me know your journey details. I'll collate bike numbers and send to Calmac so they can allocate additional space. Make sure you turn up at least 45 minutes before departure.)

Logan Air flight from Glasgow: Timetables here <https://www.loganair.co.uk/>

Island Travel & Accommodation

Bike hire: Tiree Fitness - 07867 304 640 or email will@tireefitness.co.uk
Also bike hire available from Blackhouse Watersports

Private Taxi Hire: Phone 01879 220 419 to pre-book your journey
Car sharing is also a great option - the FB group is the place to ask

Car hire: Toraz at www.toraz.co.uk

Full accommodation lists and all transport links can be found at www.isleoftiree.com

Online Race Briefing

Sunday 31st August at 6pm: Joining details will be emailed out and a recording posted on the website.

Event Weekend

Saturday 6th September

Number collection: 4-6pm at The Scarinish Hotel

You need to sign in and collect your race number and goodie bag.

Sunday 7th September

The Ultramarathon starts at 8am at Scarinish Harbour

This is going to feel amazing! The piper will be playing and 35 miles of coastal running awaits you!

There are limited toilet and changing facilities at the start line so please arrive ready to run. Remember to bring your drop bags to the start line and put them in the marked vehicles.

Running the course

We've planned the course so you follow the coastline all the way around the island, whilst maintaining a sensible flow from one point to the next. The course visits many of the islands famous beaches and landmarks. We hope you enjoy it!

You'll pass a series of checkpoints which you must go through. Marshals will record bib numbers so you need to ensure these are visible. Route arrows and markers will guide you to the next checkpoint.

Important note: with the exception of being provided water, you need to approach the event as if you are going to run self sufficient for the entire distance. That means taking enough food, spare clothing, and emergency cover to cope with the worst conditions. It also means being familiar with the route, and able to navigate without relying on signs or markers. This is really crucial - if the mist comes down, or signs get trampled - be prepared to get your map out and use it. The navigation element is not there to catch you out, but part of the challenge is exploring the open landscape of Tiree. Come prepared!

Course maps are on the website and will be included in your goodie bag. It's your responsibility to ensure you have sufficient skills to navigate around the course. Please don't turn up just expecting to follow the runners in front - you've done the training and travel to get there, don't spoil it by needlessly getting lost!

Relay Teams

When you collect your numbers you'll need to confirm your running order. We'd suggest the whole team meets at the start line to see the first runner off, and then it's up to you to ensure you're at the changeovers at the appropriate time. There are four sections to the course, and these represent the relay stages. You will need to provide your own means of travel to the changeover points.

Kit List

Essential kit - in addition to your normal running kit you must carry these items to be able to run:

- Map with course marked on it - this is provided in your goodie bags
- Full body cover - you need to be able to retain body heat if you are forced to stop for some reason, so either full waterproofs or a jacket plus foil blanket
- Whistle for attracting attention
- Water
- Enough food to get you round the course plus an emergency snack
- Mobile phone - you only get O2, EE or Vodafone signal on Tiree - make sure you have your phone charged up and that the contact details on your race entry are correct

Other kit we'd suggest taking

- Emergency blister treatment and spare socks
- Extra layer such as micro-fleece
- Buff
- Suncream & cap

We want you to enjoy the day, so make sure you take what you need to get round. And should something happen that forces you to stop, Tiree offers little shelter, so you need to be able to stay warm and attract attention. If you're not sure about anything please ask.

Check Points

At the check points we'll be recording race numbers so please make sure they're visible. You'll be able to refill your water bottle and collect your drop bag supplies. These stations are marked on the map and are located at:

CP1: Vault: First relay change and drop bag

CP2: Balevullin: Half way relay change and drop bag

CP3: Hynish: Last relay change and drop bag

Finish: Gott Bay: Welcome back, 35 miles done!

Drop Bags

You have the opportunity to pre-pack what you need and we'll take it to the checkpoints for you. We will also be putting out some snacks and tasty treats, but do make use of the drop bags so you know you have what you need.

Here's what you need to prepare:

A small sealed bag for any or all of the three checkpoints. Each bag should clearly show your race number and name. Bring your bags to the start line and put them in the marked vehicles. When you arrive at each checkpoint during your run, the bags will be laid out in race number order ready for you to collect. Please dispose of any litter in the bins provided.

Easy!! Please be sensible with what you put in your drop bag. A drink, some snacks, perhaps a change of socks, that's really all you need. There's a limit to how much fuel you can take in so you don't need to put a three course meal in there!

The finish

The finish line will be outside the Scarinish Beach Hotel. When you cross that finish line you'll have run around the entire island - a superb achievement and well worthy of entering the Tiree Ultra Hall of Fame - Kudos to you all!

Collect your medal and get your photo on the finishers podium. The Scarinish Hotel will be open serving food and drink so call in and rehydrate.

Share your photos with #tireeultra

Cut off times

Cut off time is 10hrs. Within this time there will always be marshals on the course. After this time marshal stations may not be staffed, but you are encouraged to keep going and we'll be at the finish with your medal. The ultra marathon is a running event and the expectation is that it is approached as such. So it's not a long distance walk. Obviously sometimes you just have to walk for a bit, there's nothing wrong with that, we've all been there! If it ends up taking you a bit longer than 10 hours that's fine.

Evening ceilidh

The Scarinish Hotel is serving food throughout the day. Sunday night is ceilidh night at the Scarinish Hotel - no tickets needed, just come along and enjoy that post event glow! Music starts about 8pm.

Prize giving

This will take place at the Scarinish Hotel on Sunday evening about 9:30pm

Our sponsors

Tyree Gin: The taste of Tiree - these guys have been huge supporters of the event, and we've proudly teamed up to deliver our top finishers a prize worthy of celebrating. Check out the distillery shop, enjoy a tour or book into the legendary Gin School - <https://www.tyreegin.co.uk/>

ISLE OF TIREE

DISTILLERY



EVENT TEAM: We'd also like to say thank you in advance to all the marshals and helpers who have volunteered their time supporting the event.

Our biggest sponsor is **TIREE** itself.... It's a special place, and it's our privilege to share it with you.

Responsible and safe access

Although you're running in an event, the Scottish Outdoor Access Code, good practice and common sense all still apply, and it's worth reminding ourselves a few points:

- **Close gates behind you:** let's not cause problems by leaving gates open, so unless there's loads of runners directly behind you, close those gates
- **No litter:** Goes without saying really, just stuff it in your bag and there will be bins at the checkpoints
- **Make way for vehicles on the road:** It's single track roads, so run on the LEFT hand side and stay alert, going onto the verge to let vehicles by
- **Use the designated fence crossings:** There's a few fences to cross, and at each one there's a stile or gate. Look out for the signs for where to cross
- **No dogs:** This is a policy following discussions with land owners, who's land you will pass through. It's for the safety of you and that of your fellow runners so please don't bring dogs to run with. And spectators with dogs - please avoid areas where there's livestock in the fields, and dogs should be on leads at all times.

If you're camping, there's guidance notes at <http://www.isleoftiree.com/out-about/camping-and-campervans/> and if you're bringing a vehicle you'll find plenty of designated parking places to use near the main beaches.

Above all, enjoy your experience on Tiree, we look forward to welcoming you to the event, and remember to smile even when the going gets tough.

Happy running!

*Any enquiries, comments, concerns or general feedback can be made to Tiree Fitness.
Contact will@tireefitness.co.uk or phone 07867 304640*