

Shropshire Way 80K Festival FAQ's

Here is some useful information about the event which will help you to plan your entry. If you need any further advice, please contact us on info@shropshirehillsdiscoverycentre.co.uk or call us on 01588 676060 or go to our Facebook page www.facebook.com/shropshireway80k

To book, please go to [SiEntries - Shropshire Way 80K Festival](#)

- **When is the festival?** It will take place on the 2nd April 2022
- **What are all the events?** There is the SW80K, Mammoth and Half-Mammoth. SW80K is a 50-mile, self-led route with 2500m of elevation; Mammoth is a full-distance trail marathon with 1250m of elevation and the Half-Mammoth is 13.1 miles with 650 m of elevation through forests, hills and fields.
- **Where does it start and finish?** The event is hosted by Grow Cook Learn, the charity based at the Shropshire Hills Discovery Centre, Craven Arms, Shropshire SY7 9RS. This is the start/finish point for all events in the festival.
- **What time does it start?** The SW80K starts at 08.00 on the Saturday morning. You have 24 hours to complete the course. The Mammoth starts at 08.30 with a 12-hour time limit; the Half-Mammoth starts at 09.00 and has a 6-hour limit. Start times are strict and no late starting is allowed, so please give yourself plenty of time to get to the start.
- **What are the age limits?** The minimum age to enter any of the events is 18 (you must be 18 on or before the day of the event)
- **When will I receive my participant guide?** These will be sent out after Christmas.
- **Can I bring my dog?** Unfortunately not. After discussions with landowners, we have decided not to allow pets on any of the routes. This is due to the fact that the event takes place during lambing time and there is too much risk to livestock.
- **How do I get there?** Craven Arms is on the main railway line between Cardiff and Manchester. The Discovery Centre is located less than 5 minutes' walk from the station. There is a bus from Shrewsbury and Ludlow (Route 435) which stops directly outside the centre. Please think about car share or public transport. Be green!
- **Is there parking?** Yes, there is ample free parking for the duration of the event in our meadows, just 5 minutes' walk from the start.
- **Are there toilets and showers?** There are toilets at the Centre which remain open for the duration of the event. There are also toilets at all the main checkpoints, but we don't offer showers.
- **Is the course waymarked?** The route follows well used and signposted footpaths and bridleways, and all entrants are provided with a written route description and GPX files. The Mammoth and SW80K feature race tracking, which means you can find your exact location on your phone at all times. It must be stressed though, that navigation is your responsibility, and you should know how to read a map and compass.
- **What level of fitness do I need to have?** Obviously, SW80K is not a beginners' event. Covering 50 miles is a big challenge for all but the very fittest. You will need to be an experienced walker or runner with a good level of fitness to take part, but with the right mental preparation and some training over the winter, this is much more manageable than you may think. You will need to have covered 25 miles comfortably in your training and will

need to do some speed work, ideally an hour or so three or four times per week. You should have experience in different seasonal conditions, in hilly areas and know how to read a map and compass. You will also need to feel confident navigating in the dark. Mammothon and Half-Mammothon entrants will need some experience of outdoor walking in all conditions and be familiar with upland terrain. You need to know how to read a map and compass.

- **Do I need any specialist equipment?** All participants in the SW80K will be sent a mandatory kit list including first aid kit, map, waterproof clothing, compass and torch. This is to satisfy our risk assessment and you will not be allowed onto the event unless you comply with this list. Mammothoners will need to carry a map and be expected to carry equipment needed to keep them safe according to the conditions on the day. Remember that conditions in early April can vary enormously and you should know how to keep warm, dry and comfortable in cold, windy and wet conditions. Similarly, you should be aware of how to protect yourself from sunburn and high temperatures.
- **Is there a kit check?** Yes, there is a stringent kit check at registration where we will ensure you are carrying all the mandatory kit. Without it, you will not be permitted to start.
- **How much does it cost?** The cost of entry is £50.00 for SW80K; £30.00 for the Mammothon and £15.00 for the Half-Mammothon
- **What does this include?** The cost includes parking, food and drinks at our checkpoints along the course, professional first aid support around the course and repatriation to the Discovery Centre should you need to retire. You will also receive a memento of the event and a certificate. The two longer events offer fully interactive race tracking from GB race trackers.
- **How do I enter?** You enter by visiting SI Entries' bookings page at [SiEntries - Shropshire Way 80K Festival](#)
- **What if I need to cancel or defer my entry?** We have a range of options available and we strongly advise you read our cancellation policy in the event disclaimer page at [SiEntries - Shropshire Way 80K Festival](#)
- **What maps do I need for this event?** The Mammothon and Half-Mammothon routes are covered by OS Explorer sheet 217 and the SW80K route is covered by Harveys Shropshire Way map at 1:40000 scale or OS Landranger sheet 137 at 1:50000 scale.
- **What about navigating?** We supply GPX files and a full written route description for all the events, but these are as an aid to navigation only. The responsibility for navigation is yours alone and you will need to be able to use a map and compass to navigate.
- **What facilities are provided?** All major checkpoints (located approximately every 10 miles) have a good range of food, toilets, hot and cold drinks and snacks. They are indoors with seating and warmth. In between these, there are water stations which may be manned or unmanned, where you may re-fill your bottle and grab a snack.
- **Is there a list of rules?** Yes. There is nothing out of the ordinary; just common-sense rules to make sure you are safe. All participants will be sent a pack in January with all this information.
- **Do we have to be grouped up at night?** No! Although you are all welcome to pal up with fellow competitors at any time of the day or night, there will be no compulsory grouping in this event
- **What are my accommodation options?**

- We offer camping in our meadow for just £10.00 for the whole weekend, suitable for tents and motorhomes. Please contact the Centre direct to book this.
- All entrants will be sent a list of local accommodation providers
- The centre is open through the night, so you can bed down in our luxury classroom, but this is unisex and on hard floors only.
- **Can I “reccy” the route prior to the event?** Of course. All the routes follow public footpaths, so you can use them whenever you like. If you have the opportunity, it’s always a good idea to reccy the overnight section as this is when you will find the most difficult navigation. Please remember to follow the countryside code.
- **I have a disability. Can I enter?** Yes. The nature of this event means that it will not be suitable for everyone, but we welcome entries from a wide range of people. If you have a disability and are interested in taking part, we would be happy to discuss any adaptations we may need to make to accommodate you.
- **Will it be dark?** Slower walkers in the Mammoth and all but the fastest SW80K’ers will need to complete part of the course in darkness. You will need to carry a torch and we recommend you practise running in darkness so that you know what to expect.
- **Is the course marked?** No- navigation is your own responsibility.
- **I’m vegan, what food is on offer?** Whatever your dietary needs, you will be catered for equally well. We love our veggies and vegans so you can be assured of the same quality and quality of food as everyone else.
- **What if I have to retire?** You can retire at any of the staffed checkpoints and our rescue car will be dispatched to return you to the Centre.
- **Will there be owls?** Possibly- there is a risk you may encounter owls during the night-time sections- please take adequate precautions to protect yourself from them.