

2023



ILLUMINATOR
NIGHT TRAIL RACE

ATHLETE GUIDE

**SATURDAY 28TH OCTOBER
GLEN TANAR ESTATE
ABOYNE**



WELCOME

It gives me great pleasure to welcome you this years Illuminator Night Trail Race 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 Night to the incredible volunteers who will be supporting your efforts throughout the Event. You will no doubt be feeling some nervousness as the start line approaches, but do try to make the most of The Illuminator experience.

Finally, I would like to offer my thanks to the Team behind the Event who show incredible, unwavering support, and the wonderful Glen Tanar estate who provide this perfect stage for you to shine. Over the years, the race has seen all manner of weather so please make sure you are prepared for all conditions on race day. Whether you are a first timer or a seasoned Illuminator, it is important to remember the safety of everyone is a priority so please read this athlete guide, plan your perfect Event 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 the 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@illuminatorrun.co.uk All additional race information and route maps will be available at www.illuminatorrun.co.uk.

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

Richard Pearson
Race Director

EVENT SCHEDULE

SATURDAY 28TH OCTOBER 2023	
16:00 - 18:30	Registration & race pack pick up at Aboyne Community Centre, Bridgeview Road, Aboyne, AB34 5JN
18:20	Start Line briefing on Bridgeview Road - for 15 Mile Athletes
18:30	Start of The Illuminator 15 Mile
18:30	Registration Closes
18:35	Start Line briefing on Bridgeview Road - for 15km Athletes
18:45	Start of The Illuminator 15km
18:50	Start Line briefing on Bridgeview Road - for 8km Athletes
19:00	Start of The Illuminator 8km
22:00	Cut-off for all Runners at Check Point 8 at the Light Zone, which is 2.5miles/4.5Km from the finish

DIRECTIONS

Deeside Community Centre and Swimming Pool
Bridgeview Road
Aboyne
AB34 5JN
[Get directions](#)

Getting there by bus:

The following links will help plan bus journeys to Aboyne

[Here](#) And [Here](#)

ACCOMMODATION

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

CAR PARKING

We are anticipating around 700 competitors registering for this year's event please park responsibly in Aboyne. There is a large amount of Parking within the Community Centre but once this is full, please do not park on the nearby streets. There are good parking options in Aboyne within a short walk to the Event Hub. Limited on street parking is available on Ballater Road, Huntly Road and Charlestown Road.

Aboyne Public Car Parks

[Station Square \(Front\) Car Park, Aboyne](#)
[Station Square \(Rear\) Car Park, Aboyne](#)
[Shopping Square Car Park, Aboyne](#)

CATERING

There will be two outside catering outlets close to the start line selling hot food including Burgers, Hot Dogs and wraps and another selling specialty Coffee and Cake.

For Runners only there will be post-race refreshments in the Community Centre games hall, including Soups, Hot Drinks and pastries.

CHECKLIST

Don't forget any on the essential kit list, be safe, be comfortable, look bonny! and 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.

RUNNING KITLIST

COMPULSORY

Trail Running Shoes	<input type="checkbox"/>
Full sleeve & full leg baselayer	<input type="checkbox"/>
Waterproof Jacket	<input type="checkbox"/>
Gloves	<input type="checkbox"/>
Hat	<input type="checkbox"/>
Mobile phone (fully charged)	<input type="checkbox"/>
LED Head torch (at least 160 lumens)	<input type="checkbox"/>
Spare batteries OR spare head torch	<input type="checkbox"/>
Emergency food items (e.g. gel, bar)	<input type="checkbox"/>
Spare warm layer (synthetic insulation only)	<input type="checkbox"/>
Rucksack with waterpoof liner	<input type="checkbox"/>

USEFUL EXTRAS

Towel	<input type="checkbox"/>
Full change of clothes / footwear	<input type="checkbox"/>
Warm clothes	<input type="checkbox"/>
Plastic bag or trug (to put wet kit into)	<input type="checkbox"/>
Flask & waterbottle	<input type="checkbox"/>
Gaiters	<input type="checkbox"/>
Buff/neckgaiter	<input type="checkbox"/>

WALKER'S KITLIST

COMPULSORY

Walking boots or Trail Shoes	<input type="checkbox"/>
Full sleeve & full leg baselayer	<input type="checkbox"/>
Full-length walking trousers (no jeans)	<input type="checkbox"/>
Waterproof Jacket & trousers	<input type="checkbox"/>
Warm layer (e.g. fleece, down/synthetic jacket)	<input type="checkbox"/>
Hat & Gloves	<input type="checkbox"/>
Mobile phone (fully charged)	<input type="checkbox"/>
LED Head torch (at least 160 lumens)	<input type="checkbox"/>
Spare batteries OR spare head torch	<input type="checkbox"/>
Emergency food items (e.g. gel, bar)	<input type="checkbox"/>
Spare warm layer (synthetic insulation only)	<input type="checkbox"/>
Rucksack with waterproof liner	<input type="checkbox"/>

USEFUL EXTRAS

Walking poles	<input type="checkbox"/>
Full change of clothes / footwear	<input type="checkbox"/>
Warm clothes	<input type="checkbox"/>
Plastic bag or trug (to put wet kit into)	<input type="checkbox"/>
Flask & waterbottle	<input type="checkbox"/>
Gaiters	<input type="checkbox"/>
Buff/neckgaiter	<input type="checkbox"/>



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*Excludes sale items, GPS watches, headphones, or gift cards. Not to be used in conjunction with any other offer.

REGISTRATION

Please note that all competitors must register on Saturday 28 October at the Community Centre between 16:00 and 18:30, there will be no registration outside these times. Please give yourselves plenty of time to register and prepare for your Race. Leaving Registration to the last minute will only increase your nerves and waste energy before the Start.

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 Sports Hall within the Community Centre, please make sure your bag has the luggage label supplied with your race number securely attached to your bag.

TIMING

Thistle Timing Ltd 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 at www.thistletimingresults.co.uk

RACE BRIEFING

There will be start line safety briefing 10 minutes before your start, but these are some of the essential points you need to know:

- There is an unavoidable narrowing of the path at the end of the road section just after the bridge, and it will cause some brief congestion. We have created a large funnel leading into this section to reduce queues as much as possible. Please be patient with other participants, it's the only access we have to the magnificent Glen Tanar Estate!
- 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 and yellow arrows, rope and with reflective markers on poles. 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 will be out for a number of hours in an exposed and remote location in the dark! 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!
- We have a cut-off point at the Light Zone. If you are not there by 10:00pm you will be timed out and transported back to event base. Please keep this in mind, there is no time to stop for a picnic!
- Watch out for speed bumps when you leave the start grid.

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 on 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

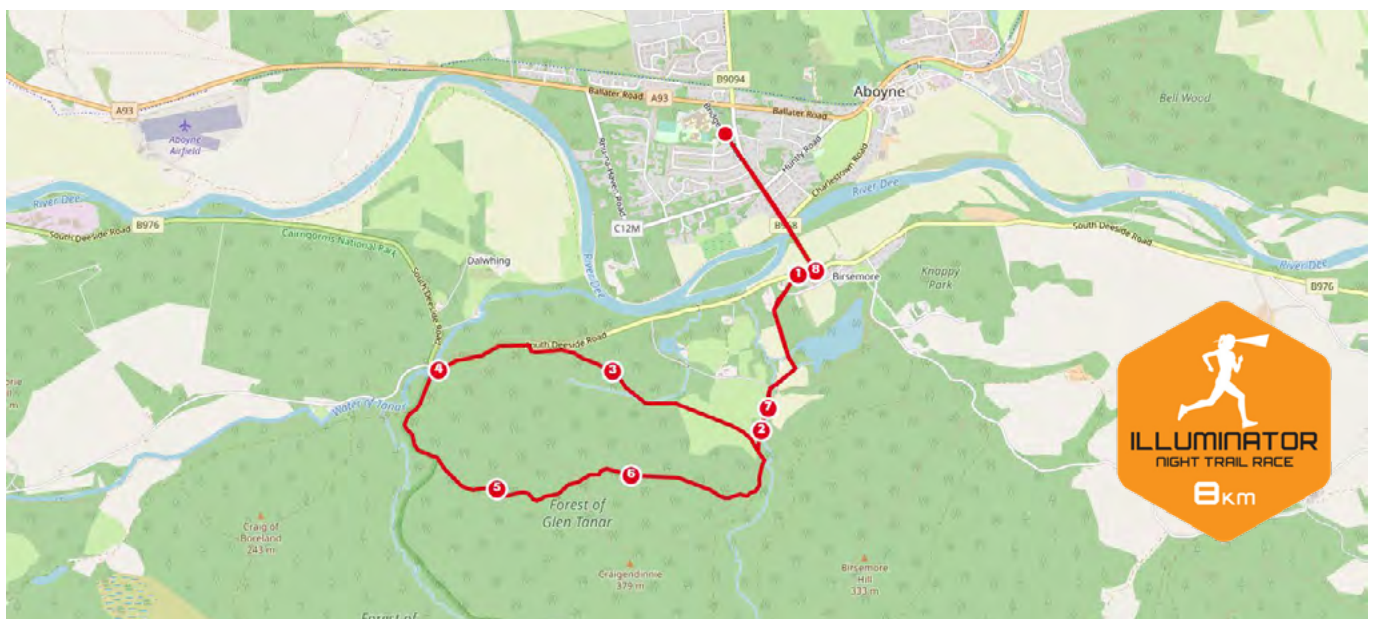
For the 8Km and 15Km, the start grid is split into three sections: Race, Run and Walk. If you think you are in the fastest 10%, an experienced hill runner and you are going for gold, get yourself in the 'race' section right at the front. Go to the middle section if you are going for an average race time, and all walkers please assemble at the back.

For the 15 mile you have two sections Race and Run and we ask you to self-seed yourselves sensibly and accurately.

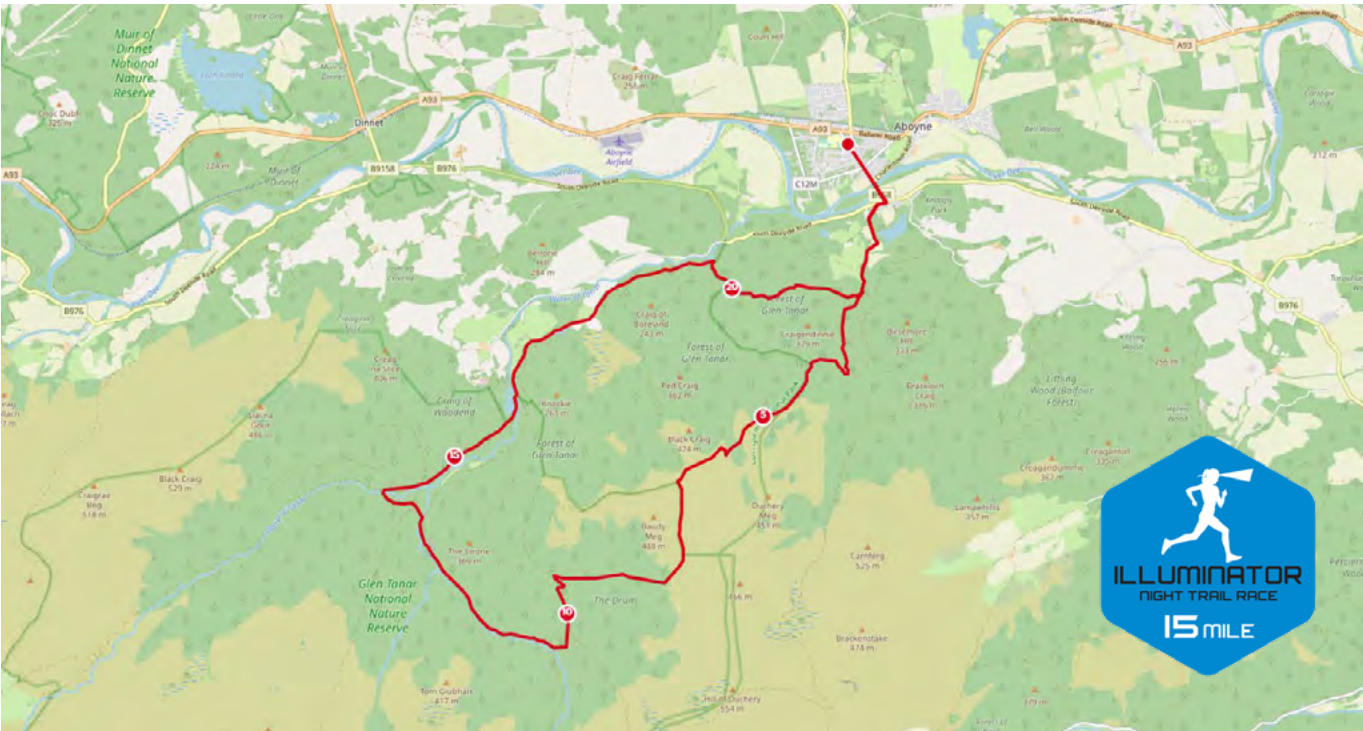
CUT OFF TIMES

We have a cut-off point at the Light Zone which 4.5km /2.5 miles from the finish. If you are not there by 10:00pm you will be timed out and transported back to event base. Please keep this in mind, there is no time to stop for a picnic!

COURSES



COURSES





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.glentantar.co.uk

   We're Social

AID STATIONS

There will be water at the event base and at the finish line.

A manned water/hot drinks and snacks station where all 3 routes converge at the Light Zone and an additional water station on the 15 Mile route at just after the 8 Mile point.

At the Finish Line there will be Hot Drinks, Tea, Coffee, Hot Chocolate, Soup and Snacks for all Finishers. Catering for Finishers will be in the Sports Hall of the Community Centre.

RESULTS AND PRIZE GIVING

Prize giving for the fastest three males and females and also the fastest veteran male and female will be announced at around 21:30 this will be in the sports hall. All Your race times will be based on Gun times and all results will be available at Thistle Timing Results where you will also be able to see your individual and category result. Results will also be posted on our website Results | ILLUMINATOR Run.

15 Mile		15KM		8KM	
Overall	1st Male 2nd Male 3rd Male 1st Female 2nd Female 3rd Female	Overall	1st Male 2nd Male 3rd Male 1st Female 2nd Female 3rd Female	Overall	1st Male 2nd Male 3rd Male 1st Female 2nd Female 3rd Female
Senior	1st Male 1st Female	Senior	1st Male 1st Female	Senior	1st Male 1st Female
Vet 40	1st Male 1st Female	Vet 40	1st Male 1st Female	Vet 40	1st Male 1st Female
Vet 50	1st Male 1st Female	Vet 50	1st Male 1st Female	Vet 50	1st Male 1st Female
Vet 60	1st Male 1st Female	Vet 60	1st Male 1st Female	Vet 60	1st Male 1st Female
Vet 70	1st Male 1st Female	Vet 70	1st Male 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 specializing 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@illuminatorrun.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

We will have a photographer 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 Illuminator, we hope you achieve your own personal goals whatever they are.

We look forward to seeing you at the Finish Line.



ILLUMINATOR
NIGHT TRAIL RACE