



Forth Ultra and Team Relay

A 44 mile / 71 km circular ultra marathon
around the Firth of Forth estuary

**Saturday 24 April
2027**

Race Information Pack



ATHLETE GUIDE

Welcome to your guide for the Forth Ultra marathon and Team Relay Race. Please find below an outline of what is included in this pack, to make your experience on the day, a stress free and enjoyable one to remember.

Race Summary

How do I sign up? Route / stages

Checkpoint - Snack stations/ Kit List

Race Briefing

Sponsors / Partners / Volunteer / Charitable groups /

Photographers

Cafes / hot drinks near changeovers

Parking / Toilets / Parking Maps

RACE SUMMARY

Event Information

Date – Saturday 24th April

Start/Finish – Helix Park, Falkirk

Distance: 44 miles / 71 km

Elevation: Total Ascent / Descent 1739ft / 1739ft

Time Limit: 11 hours

Entry Options as an individual or in a relay team of 2 or 4 (self-driven)

The Route: Circular route- way-marked route (no navigation required)

Terrain: Mixed terrain - 85% road 15% trail

Facilities: 3 checkpoints with water/snack stations

Merchandise: Finishers Medal, Race t-shirt, Tribe bars, Active Root, Aid station snacks, and more

Itinerary

Friday 23rd April

Registration 1 – 18.30 – 19.15 pm - Helix Great Lawn – orange gazebos (note timing chips will need to be picked up at Registration 2 at a separate table)

Saturday 24th April

Registration 2 - 07.00 to 07.55 am - Helix Great Lawn – orange gazebos

Race Starts

All competitors – Solos, Pairs and Teams will now go off in 1 wave at 8.00am

We will send pre-race information the week before with solos, pairs and teams start times.

Checkpoint estimated First runner and Cut-Off's

Estimated - First Runner Checkpoint 1 - 9.00 - 9.15 am

First Runner Checkpoint 2 - 10.30 - 10.45 am

Cut Off 1 - Checkpoint 2 (Ferrymuir Gate) – 5 3/4 hrs. – 13.45 pm

First Runner Checkpoint 3 - 11.30 am - 11.45 am

Cut Off 2 - Checkpoint 3 (Boness) – 8 1/2 hrs. – 4.30 pm

First Runner - Finish - 12.30 pm - 1.15 pm

Cut Off 2 - Finish – 11 hrs. 7.00 pm

Note Cut Off's will be actioned by the first Aid team and Lead marshal for each section who will discuss options with those looking to fall behind these times. These cut off's have been based on the first 2 events.

Given the wide-spread in finishing times, it is likely that we will aim to pass on prizes to race winners shortly after they cross the finish-line.

THE ROUTE/STAGES

The Route

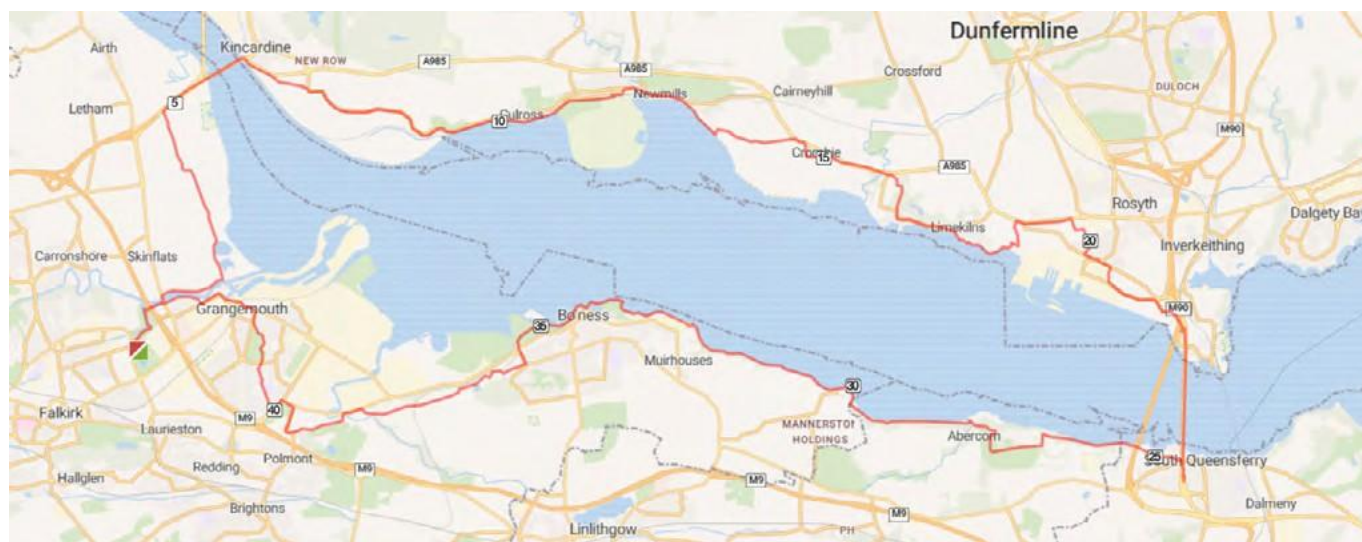
https://gb.mapometer.com/running/route_5555386.html

Note again the route has been updated from 2024 and will follow the new route we had in 2025 and 2026.

The pedestrian tunnel between the Falkirk stadium and Helix Park is no longer accessible so runners will be directed back in around Old Grangemouth towards the Forth & Clyde canal and back around the Kelpies towards the Helix Park.

The start and finish area is still at the Helix Pavilion at the top of the great lawn and all runners will start and finish with a 500m lap of the Helix Great Lawn.

Teams and Pairs are encouraged to run alongside their final runner to celebrate the last lap and cross the finish line together!



Route Stages

4 stages, 3 checkpoints (plus the finish)

Stage 1 - Start Helix, Falkirk to Culross (checkpoint 1) - 10.16 miles / 16.35 km

Stage 2 - Culross to Ferrymuir gate, Forth Road Bridge (checkpoint 2) - 14.10 miles / 22.69 km

Stage 3 - FerryMuir gate, Forth Road Bridge to Boness (checkpoint 3) - 10.28 miles / 16.55 km

Stage 4 - Boness to Finish, Helix, Falkirk - 9.76 miles / 15.70 km

Please note there will be 3 race cut-off times.

The first is at the end of stage 2 or checkpoint 2, Ferrymuir Gate car park after the Forth Road Bridge crossing – Solos, Pairs, and Teams must reach this point within 5 3/4 hours to be allowed to continue and the second is at the end of stage 3 or checkpoint 3, Boness 8 1/2 hours. The finish line cut-off is then 11 hours from the start.

Please allow adequate time to park and be at the stage changeover line in time for your next run. Some parking areas are relatively small and will be busy. Please try to be considerate of other teams and members of the public.

HOW DO I SIGN UP?

Entering Your Team is Easy! First, find your team of 2 or 4.

(Pairs and Teams must be self-driven between the stages.)

Solos, Pairs, or teams enter here -
<https://www.entrycentral.com/forthultra>

When you enter you

Create a team name or club name and appoint a team lead or captain who can enter the team

Fill out each team member's individual contact details and t-shirt size. Note the team lead will need to know the name, email, mobile, DOB, t-shirt size (or the option of a charitable donation), *10km time, and running order for each member when signing up a team.

The race order for your team will initially be determined by the name order recorded on Entry Central sign-up i.e. Your lead or captain as runner one (or other stage) and so on.

Once signed up your team lead will be sent an Entry Central confirmation and thereafter, we will pass on pre-race information through them nearer the time.

You can also follow any race updates on our [Facebook ForthUltraAndTeamRelay](#)

***We will ask all pairs and relay teams of 4 their last 10km time or approx. time for a 10km – this is to give us the option of assessing team speeds so we can look to potentially send the slowest teams off first. It does not need to be an exact recent 10km – if you don't have a recent time try to estimate as best you can where you predict it would be e.g. 37 minutes, 42 minutes, 48 minutes.**



THE ROUTE/STAGES

Stage 1

Start – Helix Park, Falkirk to Culross – West carpark (checkpoint 1) - 10.16 miles / 16.35 km

Start Helix Grand Lawn, Helix Park, Falkirk.

Location – Start - <https://w3w.co/retain.tone.driven>

Culross timing point / changeover - <https://what3words.com/equipment.wardrobe.skip>

Time - Staggered starts from 8 am to 8.45 am. Please ensure you arrive to allow sufficient time for registration. Teams need to leave time to pass back your team numbers and t-shirts to the team car before your start.

Water station available at the start. Please bring your cup/bottle as we aim to avoid single-use cups. Water can also be filled up at the Helix café and the water/snack station at checkpoint 1.

First aid services are available at the start

Toilets by the start, the Helix Café and Kelpies Car Park. And by the Culross West car park by checkpoint 1.

Upcoming Route Highlights Helix Park, Kelpies, RSPB Skinflats, Kincardine Bridge, Culross

Upcoming Terrain Start on grass then concrete tarmac or hard path throughout.

Road Shoes are recommended.

Stage Changeover – Checkpoint 1 - Culross West carpark – grassy park area beyond the toilets.

Approx. Drive Time 19 minutes <https://maps.app.goo.gl/wWfNvkvYSjNgSMwJ9>

Stage 2

Culross - West Carpark to Ferrymuir Gate carpark, Forth Road Bridge, South Queensferry (checkpoint 2) – 14.10 miles / 22.69 km

Timing point / changeover - <https://w3w.co/counters.botanists.resists>

Water / Snack station – Water / Active Root and snacks are available at both Culross and Ferrymuir gate changeovers.

Toilets available by carpark.

Upcoming Route Highlights Limekilns, Queensferry Crossing views, Forth Road Bridge Crossing

Upcoming Terrain Concrete tarmac or hard path throughout.

Road Shoes are recommended.

Stage Changeover – Checkpoint 2 - Ferrymuir Gate carpark, Forth Road Bridge – grassy area beside the entrance to the car park

Approx. Drive Time 27 minutes <https://maps.app.goo.gl/JLjTHUYZJvw34p4Q9>

THE ROUTE/STAGES

Stage 3

Ferrymuir gate carpark, Forth Road Bridge to Boness (checkpoint 3) – 10.28 miles / 16.55 km

Timing point / changeover - <https://w3w.co/tiny.workbook.shears>

Water / Snack station – Water / Active Root and snacks are available at FerryMuir gate and Boness changeovers.

Toilets are available in the Boness Salvation Army building 150m from the changeover with more toilets nearby the Union Street carpark. There is also 1 toilet accessible in the Junction hub in the car park across from the aid station.

Upcoming Route Highlights – Forth Bridges views, Hopetoun House estate, Blackness castle, Boness steam railway

Upcoming Terrain Concrete tarmac, sections of single track, and potential for muddier uneven paths through the estate, otherwise hard path throughout.

Road Shoes are recommended.

Stage Changeover – Checkpoint 3 - Boness, nearby the Sea View Place carpark. The changeover is over Union Street and across the railway crossing 50m beyond the car park.

Approx. Drive Time 20 minutes <https://maps.app.goo.gl/eJ9bH1vwvof6RHkh8>

Stage 4

Boness to the Helix, Falkirk (Finish) – 9.76 miles / 15.70 km

Finishline - <https://w3w.co/retain.tone.driven>

Water / Snack station – Water / Active Root and snacks are available at Boness and the finish.

Toilets are available in the Helix café or nearby the finish.

Upcoming Route Highlights – Kinneil estate, Antonine Wall, Grangemouth and Forth Estuary views, and the Helix Park

Upcoming Terrain Concrete tarmac, sections of single track within the Kinneil estate, and potential for muddier uneven paths through the estate and in the woods before Old Polmont, otherwise hard path throughout.

Road Shoes are recommended.

The Finish – Helix Pavilion, Top of Great Lawn

Approx. Drive Time 15 minutes <https://maps.app.goo.gl/BbCQKypqFRyWW3w88> (Note - Directions are to West Mains Road in West Mains Industrial estate - At the top end of the estate there is pedestrian path accessing the Helix with an approx. 400m walk to the finish area – this maybe a quicker way to access the finish and have free parking).

CHECKPOINT - SNACK STATION / KIT LIST

Checkpoint, snack stations

Each of the 3 checkpoints and the finish will have refreshments including Active Root, Water, and cola (at CP 2 and 3 only) as well as a good supply of snacks from brownies to cinnamon rolls, savoury cheese crackers, various sweets including vegan ones and vegan tribe flapjack, bananas, etc.

Finish

Garrafo Catering Solutions - <https://www.garrafo catering solutions ltd.co.uk/hungry-for-pizza/> will be supplying a pizza service for competitors only in the finish area.

You will find a stamped pizza card in your race pack which you must hand over to receive your post-race pizza slices.

Kit list

Mandatory for solo runners and advisory for pairs and relay teams.

All runners (both solo and pairs/relay) **MUST** carry a mobile phone (fully charged)

Nearer the time we will pass on a lead first Aid mobile contact and race day contact number.

Equipment checklist

The equipment listed below is **MANDATORY** for solo runners and **ADVISORY** for pairs and relay teams.

500ml or more drink container	☐
Windproof and waterproof jacket - full-sleeved and with hood (or carry separate hat)	☐
Emergency nutrition (gel, energy bar, sweets, etc)	☐
Head covering (hat, multi-use covering, hood) and gloves	☐
Foil blanket or bivvy bag	☐
Emergency whistle	☐
Basic first aid kit, including tape (micropore, zinc oxide, flexible, or similar) and plasters	☐

RACE BRIEFING

1. The race is a nonstop solo or relay format.
2. The route is divided into 4 stages, 3 checkpoints and the finish.
3. Solo and Teams starting positions will be arranged by the event organiser in advance and times passed on in pre-race information before the event.
4. The stage hand overs will be marked and made clear in advance by the organising team.
5. Transfer of a relay baton for pairs/teams means handing over the timing chip to the next runner. Only one chip will be passed to each team and the first runner will start the race with the chip.
6. The loss of the chip must be reported at a stage handover. We will aim to try to replace a lost chip if we can and marshals will look to help take a manual backup time. A charge of £60 will occur for any chip that goes missing and needs replaced.
7. Pairs and Team runners take turns in a predetermined order.
8. All runners must run with a functional mobile phone.
9. If, due to an injury, a team runner is unable to continue in the race, he can be replaced at the place of injury by any runner in the team. The injured runner can no longer return to the race.
10. Any solo or team runner is obliged to immediately report an injury to the race organiser.
11. Teams can have an additional driver but they cannot take part as a team runner.
12. Spectators can meet solo runners at the stage changeovers with additional aid – food /snacks etc. But must follow rule 14 like team cars and be aware of limited parking at some stage changeovers –

Please note solos spectators and support crew need to use separate car parks to the teams and pairs – See section Below – Parking / Toilets –

For Culross - **West Car Park – Teams and Pairs ONLY.**
East Car Park – Spectators – Solos support crew.

For Boness - **Seaview Place Car Park – Teams and Pairs ONLY.**
Union Street Car Park – Spectators - Solos support crew.

13. Only one vehicle is allowed per team. Minibuses, buses, and caravans are excluded from the race. A 7-seater SUV or van equivalent is allowed.
14. Cars must not be present at the handover earlier than 20 minutes before the runner is expected to run and for more than 10 minutes after the runner has finished running. Some parking areas are relatively small and may be busy so please try to be considerate of other teams and members of the public.
15. Each runner will receive a team race number which must be visible on their front throughout each stage run.
16. A **time limit** will be set at the end of stage 2, checkpoint 2 of 5 3/4 hours from your start time and stage 3 of 8 ½ hours. The final cut-off is 11 hours after your start time.

RACE BRIEFING

17. Runners must conquer their sections independently and without the use of any means of transport or outside help. An exception is made for the last 500m around the Helix Great lawn before the finish line where **we would encourage the other members of the team to join the runner of the last leg so your team can run to the finish line together.**
18. The race is run during normal operation, delays caused on the route (traffic lights, train crossings, other path users, etc.) will not be deducted from the final time.
19. Runners must comply with the rules of the highway code throughout.
20. Competitors must not consume alcohol or other drugs during the race.
21. The organiser is not responsible for damages incurred by competitors or caused by them.
22. The organiser is not responsible for any damage to health and property or other damage caused by participation in the race or its monitoring
23. The organiser reserves the right to stop or re-route the race or react to unforeseen situations at any time to ensure the safety of all runners (e.g. sudden changes in weather, such as very high winds or gusts beyond 50mph).
24. The organiser reserves the right to change the rules or deadlines. In this case, individuals and the team captains will be informed of the changes.
25. By entering the race, the runners agree with its rules and undertake to follow the rules and instructions.
26. The entry fee is final and non-refundable after payment subject to the cancellation, participant withdrawal, and refund policy within the entry sign-up process.
27. The organiser reserves the right to reject the name of a team if it is deemed to be offensive or thought unacceptable by the event team.
28. Please see section 4 on race kit for the kit list required and recommended for each solo and team entrant to compete.

Remember, you race at your own risk. Please take good care throughout and be courteous to other public path users.

SPONSORS/ PARTNERS/ VOLUNTEERS/ CHARITABLE GROUPS / PHOTOGRAPHY

Please contact info@scurryevents.co.uk if you wish to discuss sponsorship opportunities for future events

Sponsors



activeroot.co.uk



www.craigdon-edinburgh.com



fifeproperties.co.uk



www.glenfiddich.com



hendricksgin.com



jumpship.beer



moggans.com



www.monkeyshoulder.com



seashell-clothing.com



upandrunning.co.uk



www.youcansport.co.uk

SPONSORS/ PARTNERS/ VOLUNTEERS/ CHARITABLE GROUPS / PHOTOGRAPHY

Please contact info@scurryevents.co.uk if you wish to discuss sponsorship opportunities for future events

Partners Volunteers and Charitable groups



Edinburgh College Sports Massage



www.fva.org



fifecoastandcountrysidetrust.co.uk



www.salvationarmy.org.uk/boness

Polmont Community Council

Explorer Scouts Culross

Eats Rosyth

Kincardine Community Centre

<https://www.facebook.com/KincardineCA>

Men's Shed Rosyth

Friends of Kinneil

Photographers

We have professional photographers around the course to capture your experience, and the wonderful scenery of this event check out their facebook pages to try and spot yourselves!

www.facebook.com/GBaxPhotography

www.facebook.com/people/David-McNultys-Running-Photography/61564665278890

www.facebook.com/werunscotland

CAFES / HOT DRINKS NEAR CHANGEOVERS

FerryMuir Gate

FerryMuir Gate, Forth Road Bridge Car park

Picnic Kiosk - <https://www.facebook.com/Picniccoffeeshop>

Takeaway coffee, cake and delicious Italian treats

Boness

Salvation Army Boness – EH51 OAP

The Junction which is a community initiative has recently opened in the car park opposite the changeover point. They also have one toilet, and you can buy a hot drink or snack for a donation of your choice. For more toilets, the Salvation Army are based next to the Seaview Car park and a short walk from the Boness changeover – they are opening especially on the Saturday morning to offer their facilities to runners and support crew during the event – with a donations box if you wish.

Start / Finish Area

Coull Beans Coffee will be onsite at the Start / Finish Area - <https://www.facebook.com/coullbeanscoffee>

PARKING / TOILETS

Parking - Start / Finish – Helix

There are several parking options near to the Start / Finish Area. This year the council are asking that we do not use the Kelpies car park or Helix car park in the morning and keep this available to the paying public only.

The main event car park will be at the Falkirk College a 15 minute walk to the Helix Pavilion - where we would encourage solo competitors to park.

Forth valley College (500 plus spaces) – Free Event car parking (as of September 2026 – this may change to a nominal fee by April 2027) for Forth Ultra and Helix 10km – note there may be some overspill from Falkirk football stadium in the early afternoon – 15-17 minute walk – 0.8 mile -
<https://maps.app.goo.gl/FjdqPXWGRmvHfMrBA>

For Pairs and Teams as, you need to move on soon after your first runner, it may be easier to park along the roads entering the West Mains Industrial estate - i.e. along West Mains Road where you can select a path through to the start / finish area approx. 600m's away.

Team cars can alternatively pay the Kelpies Car Park entry fee of £4 on return in the afternoon if this is preferred to finding a spot in the West Mains Industrial Estate. Toilets will be open overnight for campervans / motorhomes who can stay overnight for £15.00.

Helix Car Park (only 75 spaces) – New time limits now apply / no toilets - first come first served – 3-minute walk – 0.2 mile
<https://maps.app.goo.gl/NgavkvkGGVnt5AXN6>

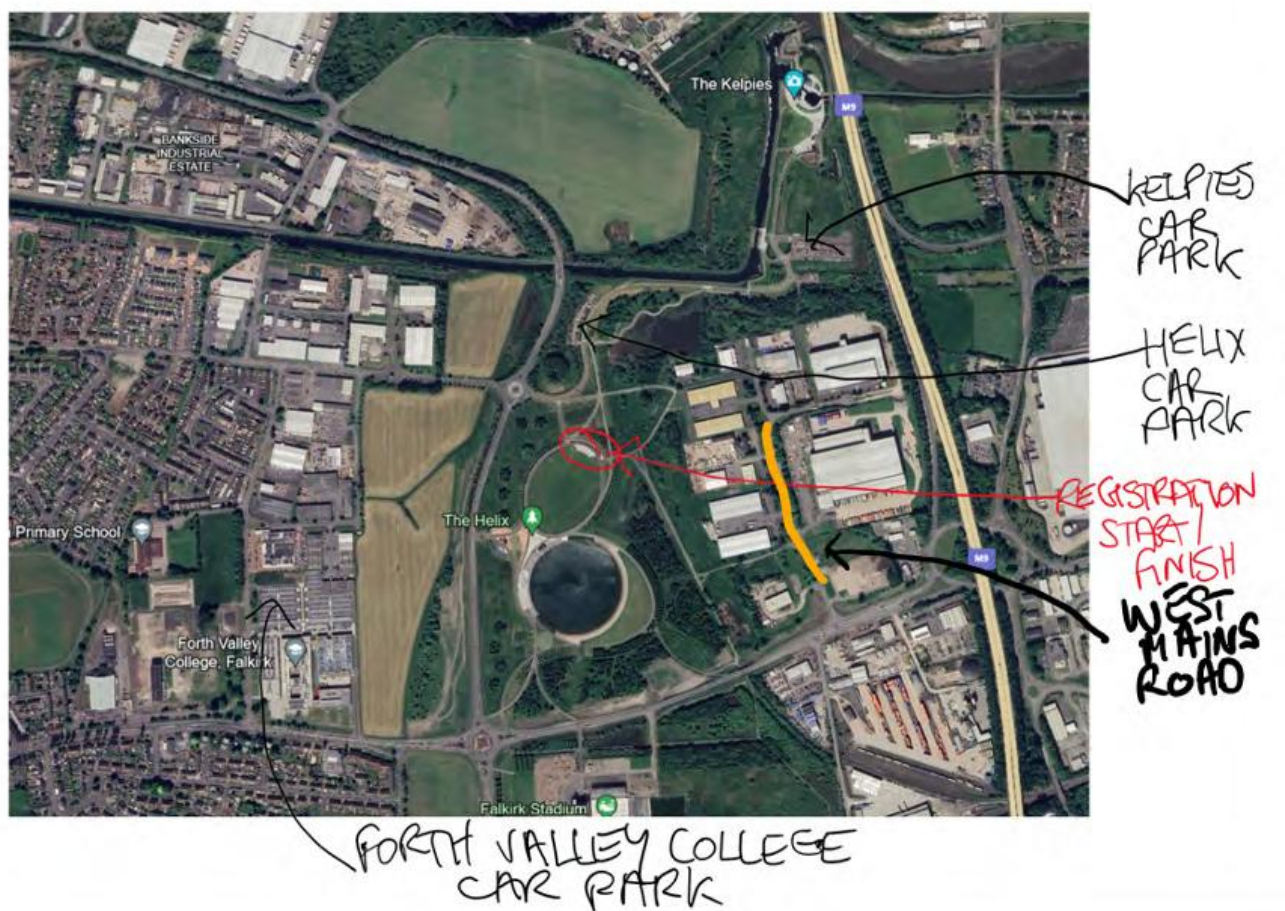
Toilets

There will be 6 portaloos by registration for the early start and the Helix plaza toilets will be open after 8am. Toilets will be open overnight for campervans / motorhomes who can stay overnight in the Kelpies car Park for £15.00. Runners can also use the toilets here from 8am.

- **Culross - Toilets by stage changeover will be open for runners and spectators**
West Car Park – Teams and Pairs ONLY.
East Car Park – Spectators – Solos support crew.
- **FerryMuir Gate, Forth Road Bridge Car Park**
Toilets near car park and stage changeover
- **Boness – Toilets**
In salvation Army building across from Seaview Place Carpark and the Junction has one toilet nearer the changeover.
Further toilets across from the Union Street Car Park.
Seaview Place Car Park – Teams and Pairs ONLY.
Union Street Car Park – Spectators - Solos support crew

PARKING MAPS

Start / Finish Area

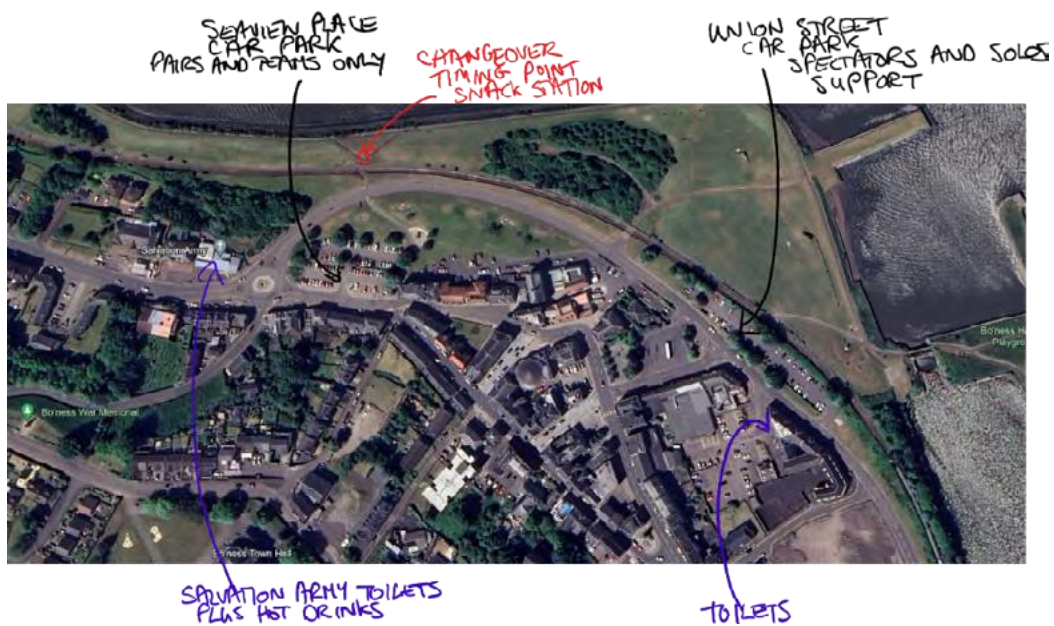


PARKING MAPS

Culross



Boness



PARKING MAPS

Relay Teams and Pairs – Finish Area - West Mains Industrial Estate – Pedestrian footpath

Orange Arrow lines – Footpath from West Mains Ind Estate to the Finish Area

Purple Lines – West Mains Industrial Estate Roadside parking

