



# Athlete Guide

Step onto Scotland's most storied battlefields, where warriors once fought for freedom, and take on your own epic challenge.

**Saturday 11 Oct  
2025**

**Race Information Pack  
V12-30925**



## Where and When?

**Date** – Saturday 11<sup>th</sup> October

**Start/Finish Location** – Stirling Cricket Club, Royal Stuart Way, Stirling FK7 7WS

Separate Female and Male shower/changing and toilet facilities are available at the Start/Finish and aid stations.



# Who is it for?

---

## William Wallace Ultra - 50km and 70km

**50km ROUTE** [https://gb.mapometer.com/running/route\\_5611269.html](https://gb.mapometer.com/running/route_5611269.html)

**70km ROUTE** [https://gb.mapometer.com/running/route\\_5610822.html](https://gb.mapometer.com/running/route_5610822.html)

These are for all runners or power walkers looking to test their endurance whilst taking in the historic sights along a stunning route.

All we ask is that you are over 18, fit, healthy, and understand that this is an endurance event and have sufficiently trained to complete the distance within the 14 hour cut off.

**Braveheart 10km: Route** [https://gb.mapometer.com/running/route\\_5611126.html](https://gb.mapometer.com/running/route_5611126.html)

This event is open to participants of all abilities aged over 15. With a fully paved, flat route offering some stunning views, it's the perfect option for both experienced and beginner runners.

### Wallace Warrior; 1mile Run – Route

[https://gb.mapometer.com/running/route\\_5611122.html](https://gb.mapometer.com/running/route_5611122.html)

Open to all ages and abilities – this is perfect for kids, beginner runners, or spectators who want to join in the excitement of the day. Young children must be accompanied by an adult throughout.

## What's included

Finishers Medal, Race t-shirt (Ultra) or Branded race memento (10k and 1 mile) , GPS Live Tracking so everyone can follow your journey in the ultra, chip timing in 10k, photography, finish line catering and festival vibes.



# How Do I Sign Up?

---

## First up - choose your battle formation

***William Wallace Ultra 70km - Solos, and Relay Teams of 3 or 6 -***

<https://www.entrycentral.com/wwrf70km>

***William Wallace Ultra 50km - Solos, and Relay Teams of 3 or 6 -***

<https://www.entrycentral.com/wwrf50km>

***Braveheart 10km and Wallace Warriors 1 mile Fun Run -***

<https://www.entrycentral.com/wwrf10kmand1mile>

### **Relay entries for William Wallace Ultra 50km and 70km**

- Form your army of 3 or 6.
- Create a battalion team name or club name and appoint a team General who can enter the team.
- Fill out each army member's individual contact details including email address, DOB and t-shirt size and approximate 10km time to assist with event planning.
- The race order for your small army will be determined by the name order recorded on Entry Central sign-up. Teams can run in any order providing each team member runs the relevant number of legs. (e.g. In a team of 3 a runner could complete leg 1 and 4, or 1 and 2). Please just ensure this is updated on Entry Central in advance of race day.
- Once signed up your appointed General will be sent an Entry Central confirmation and thereafter, we will pass on pre-race information to the full team
- Teams provide their own mode of transport between stages, it is the teams responsibility to get team members to their relevant stage start position. This can be by using sustainable transport (bikes, scooter, walking) or by own vehicles.
- You can also follow any race updates and share your journey on our social media platforms <https://www.facebook.com/williamwallacerunfest>

# Weekend Itinerary

---

## Friday 10th October

### Registration 1 – For 50km and 70km solo; and teams ONLY

5.30 pm – 7.30 pm – Stirling Cricket Club

If you register on Friday night you will still need to collect your GPS tracker on Saturday morning, which will only take a minute. We will only issue these on the day to ensure they are not lost, and that battery life is maximised for the duration of the race.

**Teams only require one person to register** the full team, you do not all need to be there at registration.

**Please register on the Friday, if you can, to minimise waiting times on Saturday.**

## Saturday 11<sup>th</sup> October

### Registration 2 – For 50km and 70km solo; and teams ONLY

06.00 am – 06.45 am – Stirling Cricket Club – 70km - Race Start 7am

06:00 am – 07.30am – Stirling Cricket Club – 50km - Race Start 7:45am

**Teams only require one person to register** the full team, you do not all need to be there at registration.

Race Bib Numbers will be issued at registration; GPS trackers will be issued on race morning so please leave plenty of time for collection.

### 50km and 70km Prize Giving

Given the possible widespread in finishing times, it is likely that we will pass on prizes to race winners individually shortly after they cross the finish line.

### Registration 3 – 10km and 1-mile fun run

08.30 am – 09.30 am - Braveheart 10km – Stirling Cricket Club – 9:45am Start

08.30 am – 09.30 am – Wallace Warriors 1mile Run – Stirling Cricket Club - 9:55am Start

**Race Numbers will be issued at registration on Saturday.**

**Please Bring a reusable cup or wear a hydration pack, there will be limited single use cups on the course to reduce waste and litter.**

**10km - Race Start at 09.45am / Prize Giving - 11.15 am**

**1mile Fun Run Start - 09.55am**

# Weekend General Information

---

## **PARKING 70km and 50km Athletes ONLY**

There is parking at both Forthbank Stadium and St Modan's High School which is just before the start/finish area at Stirling Cricket Club traffic marshals will be in attendance to direct you.

These car parks are likely to fill up so once they are full parking can be found in Stirling Retail Park which is a short walk from the start, note there is a 3 hour restriction in the B&M PC World Car Parks.

There are a number of electric charging points close by at Forthbank Stadium and at both Stirling Retail Park park and ride and a large number at The Vue Cinema both only a short walk away (<1.5km).

**Runners are advised ~~not~~ to use Morrison's supermarket car park and should ~~not~~ park on the clear way at The Peak or in The Peak Car Parks.**

## **PARKING 10K/1Mile Athletes**

The car parks at Forthbank and St Modans will be full of 70k and 50k athletes with limited spaces. We recommend parking at Stirling Retail Park which is a short walk from the start, note there is a 3-hour restriction in the B&M and PC World Car Parks or park at The Vue Cinema note parking charges apply. **Do ~~not~~ park in The Peak or Morrison's car parks.**

There are a number of electric charging points close by at both Stirling Retail Park park and ride and a large number at The Vue Cinema both only a short walk away (<1.5km).

## **Toilets at Start:**

You will find toilets in Forthbank Stadium away support end on the way to the start area which will be marked. We suggest that **all 10k runners** use these toilets as there are plenty and will save large queues at the cricket pavilion. **Toilets in The Peak are for members only so please do not try to use these toilets.**

There are additional toilets at the Cricket Pavilion for 50/70km runners as they have an early start.

There will be male and female toilets with sanitary products available.

# 10k & 1mile Additional Information

---

## **Route:**

The route is an out and back flat course on open roads around the edge of the River Forth. Marshals do not have the ability to stop traffic so please obey the Highway Code at all times.

## **Course etiquette:**

We do not have exclusive use of the paths please be considerate to other path users, we would ask that you run on the LEFT-HAND SIDE of the paths and in particular once you cross Stirling Old Bridge, keeping to the left will allow any 50km runners to cross the bridge with the flow of runners and allow everyone to pass each other on the return leg safely.

## **Under pass:**

You will go through an underpass please be aware of other users and runners and remain on the left-hand side. The height of the underpass is good but lower than in many towns so for our taller athletes just be aware of this.

## **Fancy Dress:**

You can dress in anything you want as long as it covers the vital parts (it may be cold!) we would love to see you put a smile on our faces and if it's for a charity all the better.

# 50km & 70km Route and Stages

---

**50km ROUTE** [https://gb.mapometer.com/running/route\\_5611269.html](https://gb.mapometer.com/running/route_5611269.html)

**70km ROUTE** [https://gb.mapometer.com/running/route\\_5610822.html](https://gb.mapometer.com/running/route_5610822.html)

## STAGE 1 – Battle of Bannockburn

From: Race Start at Stirling Cricket Club

To: Battle of Bannockburn Heritage Centre

Stage Distance: 7km (50km and 70km)

Stage start address: Stirling Cricket Club, Royal Stuart Way, Stirling FK7 7WS

What 3 Words Link: <https://w3w.co/zinc.potato.soulful>

## STAGE 2 – King Robert The Bruce

From: Battle of Bannockburn Heritage Centre

To: Stirling High School

Stage Distance: 8.1km (50km) or 17.2km (70km)

Stage start address: Bannockburn Heritage Centre, Glasgow Road, Whins Of Milton, Stirling FK7 0LJ

What 3 Words Link: <https://w3w.co/radio.using.deck>



# 50km & 70km Route Stages

---

## STAGE 3 – Stirling Castle

From: Stirling High School

To: STEP Kildean Hub

Stage Distance: 13.1km (50km and 70km)

Stage start address: Stirling High School, Torbrex Farm Rd, Stirling FK8 2PA

What 3 Words Link: <https://w3w.co/rocket.frogs.timing>

## STAGE 4 – Mary Queen of Scots

From: STEP Kildean Hub (take care at the railway level crossing, just after the prison, it's only a 90 secs wait if stopped)

To: Bridge of Allan Fire Station

Stage Distance: 6.4km (50km and 70km)

Stage start address: STEP Kildean Hub, Drip Road, Stirling, FK8 1RW

What 3 Words Link: <https://w3w.co/arching.shadowing.risen>



# 50km & 70km Route Stages

---

## STAGE 5 – Wallace Monument

From: Bridge of Allan Fire Station **(Drop Bag Station)**

To: Wallace Monument

Stage Distance: 9.4km (50km) or 21.6km (70km)

Stage start address: Cornton Road, Bridge of Allan, Stirling FK9 4DA

What 3 Words Link: <https://what3words.com/processes.until.nicknames>

## STAGE 6 - Freedom

From Wallace Monument **(take care at the railway level crossing as you head to Cambuskenneth, it's only a very short 90 secs wait.)**

To: Finish at Stirling Cricket Club

Stage Distance: 7km (50km and 70km)

Stage start address: Wallace Monument, Abbey Craig, Hillfoots Rd, Stirling FK9 5LF

What 3 Words Link: <https://w3w.co/mothering.majors.daredevil>



# 50km & 70km Other Stuff

---

## Aid Stations and Drop Bag

There will be water, coke, energy drink, bananas, orange segments, Jelly Babies and salty snacks suitable for vegans at each stage changeover point.

Those doing the 70km please note there is 21.57km from Stage 5 to Stage 6 with no official aid station. Please ensure you stock up at Bridge of Allan Fire Station.

Toilets are available at all aid stations both male and female which will have sanitary products available.

**Drop Bag:** There will be a drop bag available at Check Point 5 for food and hydration or items which you do not need returned. Drop bags should be small and clearly marked with your name and Race Number.

Drop Bags should be left at the race start for onward transfer to Check Point 5

## Time Cut-Offs

There will be a time cut-off point for both 50km and 70km events at STAGE 4 - Bridge of Allan Fire Station of 3:45pm (8hrs 45mins to cover 44km for 70km runners and 7hrs 45mins to cover 34km for 50km) and during Stage 4 at the split between 50/70km routes after Cockburn Reservoir of 4:45pm (9hrs 45mins to cover 48.5km for 70km runners and 8hrs 45mins to cover 39km for 50km runners). We would direct 70k athletes to the lower 50km route which is part of the final stage of the 70k Stage 4 to Wallace Monument. We do not anticipate 50k athletes being outside this cut off if so we will ferry them to the finish area.

Any changes to the cut off time will be notified once weather and conditions are forecast. There will be significant time allowed for a jog/power walk strategy so the cut off is unlikely to affect many, if any runners.

The finish line cut-off is 14 hours from the start – allowing an average pace of 5km per hour/2hrs for every 10km.

**If for what ever reason you wish to stop you MUST inform race marshals' and hand in your GP\$ tracker at the finish line. Otherwise, we may have a search party looking for you whilst you tuck into a fish supper.**

# 50km & 70km Other Stuff Cont:

---

## Stage Parking

Please allow adequate time to travel and park, and ready to go at each stage changeover. Leave lots of time to meet your fellow teammates - they won't be too chuffed if you are swanning around sightseeing while they wait on you arriving.

Some parking areas are relatively small and may be busy. Please be considerate of other teams and members of the public. Only park in allocated bays or legal street parking and leaving when you can to allow other teams to arrive.

## Transit Between Checkpoints:

The drive time between each check point is around 10 minutes by car and only 10-15 mins by cycling. Please use sustainable transport where possible between check points.

## Route Map:

Please ensure you have the route map downloaded onto your fully charged smart phone, if you have a Garmin or similar wearable device ensure the route is downloaded and ready for use prior to the start.

We would also recommend printing off sections of the map, so you have paper back up if you do not have suitable wearables.

The route will be well marked but we simply can't mark every nook and cranny over a 50-70km route and if the weather has poor visibility having the route on devices or paper is a great back up.

## Shoe Choice:

For both the 50/70km ultra routes we recommend a good trail shoe, the paths in some sections will be muddy, with some slightly more technical sections for those on the 70km.

# 50km & 70km Other Stuff Cont:

---

## Poles:

Poles can be used in either the 50km or 70km we would ask you to be careful when using them and ensure in any congested areas you give space so not to injure or trip anyone around you.

## Open Roads:

The route will include some road crossings please obey the Highway Code at all times be courteous and considerate to other road and path users. We do not have the right to stop traffic at any point during the event and have shared access to the trails and paths not exclusive use.

## North Third Reservoir:

We have been granted permission to go around this area by Scottish Water please **do not run** on any BOARD WALKS (the giveaway is in the title). They are uneven and slippery so take extra care and walk please.

You will be running next to deep open water - under no circumstances enter or go near the waters edge. Accidental or deliberate entry to the water (to cool off mid run for example), whilst unlikely, poses the risk of cold-water shock and a resultant first aid intervention. Additionally, with the water so low at present (that may change), taking short cuts across exposed mud/silt (deliberately or accidentally) can end up with people getting stuck and in need of rescue, so please stick to the paths.

## Railway Level Crossings:

There is two level crossing on both the 50km and 70km routes at the same points, these are on Stages 3-4 shortly before the Fire Station Bag Drop just after the prison and on the Final Stage 6 as you head to Cambuskenneth away from Wallace Monument.

The trains take only a few minutes to pass from barriers being closed so relax, re-fuel, be patient and stay back from the line.

## Team Registration:

There is no need for all team members to attend registration one person can register the full team.

# Mandatory Kit List Solo's

---

## 50km and 70km Solo's

- Fully charged phone, left on so that race HQ can contact you if needed. With event emergency contact details as follows stored to speed dial Finish Area Director 07785 791111 Course Director 07977 585174 Emergency First Aid 075455 55280
- Full waterproof top and bottoms with taped seams
- Back Pack to carry kit and sustenance.
- Gloves and hat or 2 buffs. Hat should be thermally insulating, i.e. not a summer cap
- Survival bag or foil bivvy bag, a foil blanket is not enough. E.g [this](#) or [this](#), but NOT [this](#)
- Reusable cup, there will be no single use cups on the course.
- Whistle
- Map of the route downloaded to your watch or fully charged phone.
- 400 emergency calories – these should be unconsumed at finish line.
- Emergency base layers to include (you should plan to not need these, if you think you will be cold, bring extra layers on top of the emergency layers) 1 full sleeve top and 1 full length bottom. Should be sealed in waterproof bag.
- Headtorch and spare battery or recharging capacity
- Hydration system with capacity for 1ltr of fluid
- First aid kit to include bandage material, safety pins, plasters (x3) and no anti-inflammatory NSAID tablets (Ibuprofen) paracetamol is acceptable.

**THERE WILL BE KIT CHECKS IN PLACE AT REGISTRATION AND SPOT CHECKS THROUGHOUT THE RACE/AT THE FINISH.**

# Mandatory Kit List Team's ONLY

---

## 50km and 70km Relay Runners

- Fully charged phone, left on so that race HQ can contact you if needed. With event emergency contact details as follows stored to speed dial Finish Area Director 07785 791111 Course Director 07977 585174 Emergency First Aid 075455 55280
- Full waterproof top and bottoms (taped seams) (70km Stage 5 Only)
- Back Pack to carry kit and sustenance.
- Gloves and hat or 2 buffs. Hat should be thermally insulating, i.e. not a cap (70km Stage 5 Only)
- Survival bag or foil bivvy bag - a foil blanket is not enough. E.g [this](#) or [this](#), but NOT [this](#) (70km Stage 5 Only)
- Reusable cup, there will be no single use cups on the course.
- Whistle
- Map of the route downloaded to your watch or fully charged phone.
- 400 emergency calories – these should be unconsumed at finish line. (70km Stage 5 Only)
- Emergency base layers to include (you should plan to not need these, if you think you will be cold, bring extra layers on top of the emergency layers) 1 full sleeve top and 1 full length bottom. Should be sealed in waterproof bag. (70km Stage 5 Only)
- Headtorch and spare battery or recharging capacity (70km Stage 5 and Stage 6 Only)
- Hydration system with capacity for 1ltr of fluid (70km Stage 5 Only)

**THERE WILL BE KIT CHECKS IN PLACE AT REGISTRATION AND SPOT CHECKS THROUGHOUT THE RACE/AT THE FINISH.**

# Rules:

---

- All mandatory kit should be carried from start to finish where applicable. Failure to do so will result in a penalty or disqualification.
- No littering - anyone found doing so will be disqualified
- Any intentional shortening of the route will result in disqualification
- No outside assistance for solo runners out with aid stations
- Pacers are not permitted on the course at any time, apart from the cricket ground finish circuit.
- You cannot take aid outside the dedicated Stage changeover points and aid stations. You can get assistance by your own crew at any aid station.
- Transfer of a relay baton for teams means handing over the timing chip/tracker to the next runner. Only one chip will be issued per team.
- The loss of the timing chip or tracker must be reported at a stage handover. A charge of £80 will apply for any GPS Tracker lost.
- If, due to an injury, a team runner is unable to continue in the race, they can be replaced at the place of injury by any runner in the team. The injured runner can no longer return to the race and should pass the 'baton' to the replacement runner who must be a registered member of the team.
- Only one vehicle is allowed per team of 3 and a max of 2 for a team of 6, please try and use sustainable transport where possible.
- Each runner will receive a team race number which must be visible on their front throughout each stage run with any event sponsors clearly visible, do not cut or fold a race number.
- Runners must comply with the rules of the highway code throughout.
- We have a zero tolerance to harassment of any kind towards participants, event staff or members of the public.