

# RACE INFORMATION

## KULLAMANNEN ULTRA 100 MILES

### FRIDAY-SATURDAY 2-3/11 2018



VERSION 1.0 ENG 2018-10-22

Kullamannen Sportklubb welcomes you to the eight edition of Kullamannen Ultra and the second edition as 100 miles. You will run a challenging and beautiful route on Skåneleden from Båstad passing Torekov and Ängelholm on your way to Kullaberg. We promise fascinating scenery looking out over the steep cliffs and the mighty sea.

#### IMPORTANT INFORMATION!

- New finish area** This year we have the finish area at Hotel Grand in Mölle.
- New start area** The start is by Hotel Skansen in Båstad.
- Number bibs** You pick up your bib and tracker at Hotel Skansen, Båstad, Friday morning before start.
- Bus Mölle - Båstad** Kullamannen will arrange bus transfer from Mölle to the start. Departure at 06:00. You have to pre-book a seat.
- Water stations** All runners have to bring their own cup. To protect the environment, we will not provide cups out on the trail.
- Parking** Limited parking in Mölle, please travel together or use public transportation.

- Race center** The Race Center including finish area is located at Hotel Grand in Mölle. By car on highway E6/E20, take exit 33, Traffic area N Varalöv, follow road 112 towards Höganäs. At Tunneberg take right and follow Norra Kustvägen to Mölle.
- Start** Hotel Skansen, Båstad. Transfer bus will departure form Mölle 06.00 for those who have pre-booked transfer. Pr-book at på <http://dinkurs.se/busstransport>
- Parking** Limited parking in Mölle. There are no specific parking areas for the event and all parking should be in accordance to local rules. Public transportation take buss 222 from Helsingborg or Höganäs, [www.skanetrafiken.se](http://www.skanetrafiken.se)
- Accommodation** If you need accommodation, please visit: [www.kullamannen.com/content/21-boende-pa-kullaberg](http://www.kullamannen.com/content/21-boende-pa-kullaberg) for suggestions.
- Number bibs** You pick up your own number bib on Friday November 2nd, at hotel Skansen, Båstad between 07:00-08:00.
- Start list** Start list can be found on race web site and at the Race center.



<b>Information/ Race briefing</b>	Friday November 2nd, 08:15 at Hotel Skansken Båstad. Course, rules and regulations briefing by Race Management.
<b>Start area</b>	Hotel Skansken, Båstad.
<b>Start time</b>	Friday November 2nd 09:00 all participants.
<b>Transportation/ Bus transfer</b>	Kullamannen will arrange bus transfer from Mölle to the start, departure at 06:00. Pre-book your seat at <a href="http://dinkurs.se/busstransport">http://dinkurs.se/busstransport</a> .
<b>Distance</b>	161 km
<b>Maximum time</b>	Maximum time 36 hours.
<b>Cut Off times</b>	There are two cut off times, runners must be checked OUT of the checkpoint BEFORE the cut-off time. <ul style="list-style-type: none"><li>• 17:00 (Friday) at the drink/food station in Ängelholm/Råbocka.</li><li>• 17:00 (Saturday) at the drink station/race center at Hotel Grand, Mölle.</li></ul>
<b>Showers</b>	There are no showers or locker rooms.
<b>Toilets</b>	Located at Race Center and start area.
<b>Medical Aid</b>	Located at Race Center, Ängelholm/Råbocka and Håkull.
<b>Coffee Shop / Food</b>	At Race Center, Grand Hotell Mölle. Opening hours, Friday: 12.00 - 21.00 Saturday: 05.00 - late.
<b>Shop/Test Center</b>	Runner's Store have a shop at Grand Hotell, Salomon and Suntoo will present their trail gear and shoes and Petzel will have selected gear for sale.
<b>Price ceremony</b>	Price ceremony will take place approx one hour after third man/woman finished. Preliminary time 11.00 Saturday November 3rd.
<b>Spectators</b>	Recommended places to follow the runners are Torekov, Ängelholm/Råbocka, Svanshall, Himmelstorp, Kullen Lighthouse and at the Race center in Mölle.
<b>Time/result</b>	We use electronic time keeping provided by Racetimer. There is a chip in you bib and this should not be taken of the bib. Don't rip the chip off - no chip - no result!
<b>GPS Tracker</b>	Kullamannen will provide a GPS tracker that the runner should carry the whole race. It should be placed according to instructions.
<b>Dropping out</b>	If you for any reason have to drop out during the race please get to the nearest drink/food station or Race Center and inform the race organization. If that's not possible please find a race official who will help you contact Race Management.
<b>The course</b>	The course follows the Skåneleden from Båstad to Ängelholm Camping via Torekov and Vejbystrand. From Ängelholm Camping follows approx 11 km marked course returning to Skåneleden close to Utvälinge. The course then runs on Skåneleden via Farhult and



Skäret to Arild. From Arild follow the marked course towards Himmelstorp – Kullens Lighthouse and Grand Hotell Mölle to start the next loop. From Grand Hotel you are entering a 21 km loop marked with red and with tape and reflective markers. To complete the race you will do the loop three times. The loop is the same course as Kullamannen "Dödens Zon".

The course starts with easy track combined with road running. After a smaller ascent from start the course is pretty flat following the coastal line to Arild. From Arild the course is mostly singel track trail including technical parts and steep ascents and descents. Less than 5% of the course runs on asphalt.

- GPX file** GPX file is available to download at [www.kullamannen.com](http://www.kullamannen.com)
- Fences** It's strictly forbidden to climb over any fence and violations will result in disqualification!
- Livestock** Please pass all livestock with caution.
- Road book/Map** Kullamannen will provide a road book and there will be a map available at the Race Center.

**Drink/food station Larger drink/food stations:**

**Ängelholm/Råbocka (ca 50 km)** Water and Umara energy drink/cola/broth/coffee/soup. Buns/banana/chips/raisin. Possibility to refill water.

**Hotel Grand, Mölle (ca 99/119/140 km)** Water and Umara energy drink/cola/broth/coffee/veg soup and veg food. Buns/banana/chips/raisin. Possibility to refill water.

**Water/Umara energy drink**

**Glimminge (ca 30 km)** water and Umara energy drink, possibility to refill water.

**Svanshall (ca 76 km)** water and Umara energy drink, possibility to refill water. Follow marking to the harbor.

**Himmelstorp (ca 106/126/147 km)** water and Umara energy drink

**Kullens fyr (ca 95/116/136/157 km)** water and Umara energy drink, possibility to refill water.

**Note you have to bring your own cup!**

- Drop bag** Possibility to have a drop bag in Ängelholm (approx 50 km) and one at Hotel Grand, Mölle (approx 99/119/140 km). Runners traveling with the Kullamannen bus from Mölle to the start in Båstad have to leave the drop bags in Mölle (Kullamannen transports the drop bag to Ängelholm). Runners going direct to the start in Båstad have the possibility to leave drop bags for Ängelholm and Mölle at the start. Please note that you have to leave two drop bags, one for Ängelholm and one for Mölle. Kullamannen can not guarantee that drop bags in Ängelholm is returned to Mölle before Saturday.

**Drop bags to be marked with the bib number.**

Drop bag size max 60 cm x 40 cm x 40 cm.

(Note that Kullamannen is not taking any responsibility for your equipment).





**Equipment**

Mandatory equipment:  
Road book\*  
Download GPX file to your mobile app (e.g. Topo GPS Sverige).  
GPS-tracker\* (To be returned after the race).  
Number bib\* and startnumber on drop bags  
Mobile phone (runners should store Kullamannens emergency number).  
Headlight and extra batteries (from Ängelholm).  
Water and windproof jacket.  
Extra sweater.  
Medical kit. Elastic bandage (minimum 1 meter), sports tape and compresses.  
Consider what you would need to support a spraining, etc. Think wisely.  
Emergency blanket  
You are responsible to bring enough energy and equipment to be able to carry through the race.  
\*) Provided by Kullamannen

**Race rules**

**No support is allowed:**

- You are not allowed to use pace runner
- You have to follow the marked trail. When the route is marked with strips runners should follow these and otherwise the Skåneleden trail marks
- You have to follow any instructions or guidance of the race marshals
- You have to help and assist any fellow racer that has got injured or ill in any way
- The area of Kullaberg is a Nature Reserve and dropping any waste in the nature is absolutely forbidden!
- If not following the above rules result in disqualification
- Participating in the race is done on your own risk
- Provide phone number to your contact person

**Sunrise** The sun rises at 07:21 and sets 16:24

**UTMB points** Kullamannen 100 miles is a 6 point qualification race to UTMB.

**Weather** Keep an eye on the weather forecast. Weather can vary from 17°C to negative 5°C. Dress according to weather.

**Information** info@kullamannen.com or Kullamannen's service phone 073-144 57 93 from Wednesday 31 October 12.00 to 12.00 on Sunday 4 November.



Lycka till önskar

**KULLAMANNEN SPORTKLUBB**

i samarbete med **FK Boken** och **Munka IBK**



**salomon**

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