

Protocol for FKT Attempts on the Ayrshire Coastal Path following discussion and comments from Landowner Partners - 11 Jan 2021:

The Ayrshire Coastal Path Management Board have no particular interest in promoting these FKT challenges, but we are aware that some fit, experienced, outdoor runners will attempt the challenge anyway - perhaps only 2-3 per year. Therefore we feel it is better for us all to recognise this niche sport, and lay down some ground rules for the protection of livestock, crops, and other rural practices along this very narrow and sensitive coastal strip; for the protection of wildlife, especially during the breeding season; and to protect the interests of all recreational walkers and golfers.

1. Solo runner/walker - accompanied by 1 (or 2 max) pace setter companions. (It is likely that the pace setters might be used mainly in the late stages of the run, when the runner is beginning to flag and need support).
2. The runner must provide ACP (as soon as possible) and landowners (advisory 2 weeks prior to attempt) with advanced notice of any attempt - **and approx time of arrival on their land** - to make sure that there are no working/land operation objections. A list of proprietor contact details can be obtained by emailing info@ayrshirecoastalpath.org.
3. The run must not be pre-advertised or publicised in any way. (We understand that most FKT runners prefer to keep it low-key anyway - in case someone else gets in first!)
4. The run must be from South to North, This is a Safety measure since the reverse route might mean exhausted runners crossing remote wild Glenapp in the dark, with the risk of accidents and injury. Also, most runners would likely be heading back towards their home area, thus avoiding a very long drive back home at the end of a gruelling run.
5. The runner must be totally responsible for his own safety and back-up support (Which we know they will all have prepared).
6. The runner must keep to the recognised Coastal Path route - and avoid undue disturbance to livestock and wildlife. **They must walk - not run - through fields of livestock, and over golf courses, and keep below the High Tide mark during the shore birds' breeding season. Fast movements spook animals. NB. Timing must factor-in Tidal Delay Points with no alternative options (Culzean to Ayr).**
7. If there is any operational reason (e.g. lambing, bird-nesting season, shooting) where such an attempt could cause problems, the landowner's/livestock/wildlife interests must take precedence.
8. Along seaside promenades and in country parks, the walking general public must have precedence, and great care should be taken to avoid accidental collisions.
9. We envisage there may be three separate FKT objectives:
 - a. The 107 miles Official ACP Route, which includes the three detours to Burns Cottage, Dundonald Castle, and Kilwinning Abbey - plus the 'High Road' route over Knock Hill north of Largs to Skelmorlie.
 - b. The 92 miles direct route from Glenapp to Skelmorlie (missing out the Burns Cottage, Dundonald Castle, Kilwinning Abbey detours) and using the 'Low Road' past Routenburn GC to Skelmorlie.
 - c. FKT runners may possibly establish 'Age-Category' records as well.
10. The FKT will be the total time taken from start to finish over one or two consecutive days and include all rest periods. (Must be completed within 48 hours).

Present Record Holder:

107-mile Record: 31 Oct 2020 - Alasdair Meldrum (49) of Ayr Time = 23 h 38 m 40s

92-mile Record: 18 Jun 2011 - Alasdair Meldrum (40) of Ayr Time = 35 h 59 m

TIDAL ADVICE

In “Ancient Folk Lore” the basic tidal rule for the ACP - is:

Betwixt Girvan an Troon at the Fou or New Moon,
The Tap o the Tide is aye near-aboots Noon,
- An ye micht hae tae taigle till it draps a-wee down.
Sae keep a caum souch, an ne'er fash ye nor frown;
- For by takkin a chance juist tae win yersel roun -
Ye're shuir o a droukin - an micht even droun!

English Translation:

Between Girvan and Troon at the Full or New Moon,
The highest tide is always near Noon,
And you may have to wait till it drops back down.
So keep yourself calm and don't fret or frown;
- For taking a chance just to win a way round,
You're sure of a soaking, and might even drown!