

Forfar Road Runners

Glen Clova Half Marathon Race Information Sheet

Start Time – 12 Noon

STRICTLY NO ENTRIES ON THE DAY

Registration: will be open from 9:30am in the Glen Clova Hotel and will be clearly sign posted. of a runner taking unwell. Random ID checks may be done. There is a one - way system through registration to collecting goody bags. You must collect **YOUR OWN RACE NUMBER ONLY** and **STRICTLY NO SWAPPING OF RACE NUMBERS**. This is contrary to Scottish Athletic Rules and if anyone is found to have swapped numbers, this could lead to a ban at future events. Swapping race numbers could have serious implications in the case

Runners will have a wrist tag attached to enable them to receive free hot refreshments at the end of the race.

Race number: Your race number will be issued on the day and must be worn clearly on the front of your vest or shorts. Please display your full number to make the finish recorders job as easy as possible . Numbers will have a chip timing tag so please do not bend this.

Race Goody Bags: You will be given a race goody bag containing some snacks and a Clova Half Marathon Mug as a memento.

Car Parking: As space is very limited please car share as much as possible. Upon arrival please follow the directions of the car park marshals. Some cars will be required to park in the field in front of the hotel and this can very muddy.

Changing Accommodation: Changing facilities are limited so we request that where possible you arrive at the start already changed. Male & Female changing will take place in the Marquee. Bags are left at your own risk. The organisers accept no liability for loss or damage to competitors' property. Unfortunately, there are no shower facilities available.

Weather: The Glen can be quite exposed and weather is changeable so please come prepared for rain, snow and / or sunshine.

Toilets: There will be toilet facilities in the hotel and also a couple of Portaloos

The Start: Directions will be posted to the start area and all participants should be at this point no later than 11:55am. Please line up as per your estimated finishing time. Since this is not a closed road race, and in line with Scottish Athletics Rules, the **USE OF HEADPHONES IS NOT PERMITTED.**

Route: The route is accurately measured and follows an anticlockwise loop of the Glen. Marshals will be at junctions, so please obey their instructions. Please run on the left hand side of the road. Each mile is marked accurately.

Water Station: Three water stations are provided at regular intervals (approx. 3, 6 & 9 miles).

First Aid: St. Andrews Ambulance Association will provide medical help on route should you need it. If you are unable to finish, try to walk to a refreshment station or wait for our sweep vehicle, which will transport you back safely.

The Finish: The finish is at the entry to the hotel car park. Please follow the marshal's instructions and ensure your number is visible. Once crossing the chip timing mats at the end please keep moving forward and also collect your bottle of water.

Refreshments: Your wrist tag entitles you to hot refreshments (usually soup, tea/coffee) courtesy of Glen Clova Hotel. Tea and coffee is available from the hotel for a small fee for non-runners. The hotel also provides bacon/egg/sausage rolls for a fee to anyone prior to the race.

Massage: Forfar Road Runners hire the services of Gary Low and Lesley Daker to provide free massage before and after the race. This will be in the heated the Marquee.

Prizes: We aim to start the award presentation in the hotel at 2:30pm or within 5 minutes of the last competitor finishing. The prize categories are as follows, but not restricted to:

Male and Female 1st, 2nd, 3rd

Male and Female Vets (40 and over) 1st, 2nd, 3rd

Male and Female Vets 50, 60, 70 1st

Local Male and Female (DD8 Postcode) 1st, 2nd, 3rd

Club Teams (Fastest 3 to count) Male and Female 1st, 2nd, 3rd (You need to ensure you have entered your club team on your race entry form for this to count)

If a runner qualifies for more than one prize, they will receive the prize of the highest value.

Results: We will endeavour to publish results at www.forfarroadrunners.co.uk within 48hours. A paper printout of your time is available immediately from the chip timing van by typing in your race number.

Ceilidh: In previous years we have hosted a post race Ceilidh in the Clova Hotel in the evening. We hope to continue this tradition depending on numbers interested. If so, a free bus will depart Forfar and pick up in Kirriemuir. The return bus will leave Clova at Midnight and will drop off in Kirremuir and Forfar. Please check our website or Facebook page nearer the time for more details. Ceilidh start time is usually around 8:30pm.

On behalf of Forfar Road Runners, we hope you have a good race.