

Forfar Road Runners 10K – Race Information Sheet

Start time: 11am Strictly **NO ENTRIES ON THE DAY**

Registration: 9:30-10:30 am in the Forfar Farmington Club Hut. You must collect **YOUR OWN RACE NUMBER ONLY** and **STRICTLY NO SWAPPING OF RACE NUMBERS**. This is contrary to Scottish Athletics 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 of a runner taking unwell. Random ID checks may be done.

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 on them so please **do not bend this**.

Race Goody Bags: You will be given a race goody bag containing some snacks and finishers medal as a memento for your race. Please collect this once you have your race number.

Car Parking: There are ample parking facilities at Market Muir, adjacent to Station Park football ground or as directed by race marshals. To ease congestion please share transport wherever possible.

Changing Accommodation: Changing facilities and showers are available within the Forfar Farmington Club Huts - follow the signs. The organisers accept no liability for loss or damage to any property left in the changing or registration areas.

Toilets: Toilets are available within the Forfar Farmington Club Huts and there will also be a couple of Portaloos outside.

The Start: The assembly area is at Market Muir, John Street, Forfar. All participants should be at this point no later than 10:45am. Please line up at the start line as per your estimated finishing time. The race will be chip timed at the Start and Finish.

Route: The route is an accurately measured 10K and is a Scottish Athletics Permitted Event. The route leaves Market Muir and heads left along Market Street to Whitehills Hospital, turning right onto Old Brechin Road, down to the junction and turning left, heading towards Montrose on the B9113. At Bowman's Crossing, turn left onto Myreside towards Lunanhead, turn left then right at the staggered junction and follow the road around the Benzil and onto Carseview Road, then turn right at the junction with Market Street and right up John Street to the Finish at Market Muir. Marshalls will be at all junctions. Please

Forfar Road Runners 10K – Race Information Sheet

obey their instructions. Please run on the left hand side of the road. Each kilometre is marked accurately.

A course map is available on the Website, Forfar 10k page.

Water Station: There will be one refreshment station providing water in cups at approximately 6km. You will receive a bottle of water at the finish line too.

First Aid: St. Andrews Ambulance Association will provide medical help. If you are unable to finish, try to walk to the refreshment station or wait for our sweep vehicle.

The Finish: Please ensure your number is clearly visible as you approach the finish line. Once crossing the Chip Timing mats, please keep moving along and **stay in your finish order** until your numbers have been recorded. Please don't forget to collect your medal and bottle of water.

Prizes: Prizes will be presented at the end of the race. 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 Vet 50 1st Male and Female 60 1st Male and Female 70 1st Local Male and Female (DD8 Post Code) 1st, 2nd,

3rd Club Teams (Fastest 3 to count) Male and Female 1st, 2nd, 3rd (You need to ensure that you 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 highest value.

Results: A paper printout of your time is available immediately from the Chip Timing Van by typing in your race number. We will endeavour to publish results on our Website - www.forfarroadrunners.co.uk within 48 hours.

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