

## Forfar Road Runners Multi Terrain – Race Information Sheet

**Start Time:** 11am

### **STRICTLY NO ENTRIES ON THE DAY**

**Registration:** From 09:30 in the Rugby Club. 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. Each number has to be collected by the individual runner.

**Race Number:** Your race number must be worn on the front of your outer running garment at all times, this enables officials to know who you are and for your number to be processed at checkpoints.

**Car Parking:** There is parking at the Rugby Club and also in the surrounding area which is within walking distance from the club.

**Changing Accommodation:** Changing facilities and showers are available at the Rugby Club. Bags can be left there but the organisers accept no liability for loss or damage to any property.

**Toilets:** Toilets are available at the Rugby Club

**The Start:** There will be a race briefing at 10:45 in the Rugby Club which everyone should attend. The race will start at 11:00am on the Rugby training pitch. In line with Scottish Athletic Rules, the **USE OF HEADPHONES IS NOT PERMITTED**. Please wear appropriate clothing for the time of year and for the potential wet and muddy conditions.

**Route:** The route is accurately measured and follows a clockwise loop of the Forfar Path Network with some road crossings. The route can be very wet and muddy in places. Please familiarise yourself with the map displayed at Registration or on the website. Mile markers will be at most miles and there will also be some directional arrows.

**Checkpoints:** There are 7 (A-G) checkpoints throughout the course which require your race number to be punched or marked by a marshal. Checkpoints are placed near to road crossings with the extra benefit of slowing runners down to allow them to cross the road in a safe manner. Any runner who, in the opinion of the marshals, makes a dangerous/risky road crossing will be disqualified from the race. Random checks on finisher's race numbers may be done and also on potential prize winners.

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**Water:** There is one waterstop at Mile 7. This is also a checkpoint and road crossing.

**First Aid:** St Andrews Ambulance Association will provide medical help for the duration of the race. There will also be a sweep runner with a First Aid kit and mobile phone. If you are unable to finish then try to walk to the next checkpoint and speak to a marshal. Our sweep vehicle will transport you back to the finish area where you should notify the Chip timing crew or officials of your safe return.

**The Finish:** The finish is at the entry to the Rugby Club car park. Please follow the marshal's instructions and continue over the chip timing mat and do not congest the finish line area.

**Refreshments:** The legendary Forfar Road Runners feast will be available afterwards along with tea and coffee.

**Massage:** Forfar Road Runners hire the services of Gary Low and Lesley Daker to provide free massage before and after the race.

**Prizes:** Prizes will be awarded after the race in the clubhouse. The prize categories are as follows, but not restricted to:

Male and Female 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Male and Female Vets (40 and over) 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Male and Female Vets 50, 60, 70 1<sup>st</sup>

Local Male and Female (DD8 Postcode) 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Club teams (Fastest 3 to count) Male and Female 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (you need to ensure you have entered your club team on your race entry form for this to count).

Runners eligible for prizes may have their running number checked prior to receiving their prize.

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](http://www.forfarroadrunners.co.uk) within 48hrs.

Your assistance with the above points are much appreciated and FRR would like to wish you a successful and enjoyable run.