

## Forfar Road Runners 10k – race information sheet

**Start time: 11am. No entries on the day.**

**Registration:** 9.30-10.30am at TBC.

You must collect **your own** race number.  
Swapping of race numbers is prohibited.

This is contrary to ARC rules. Anyone found to have swapped numbers faces a ban at future events. Swapping numbers could lead to serious consequences in the event of a runner becoming injured or unwell. Random ID checks may be undertaken.

**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 built in, please do not bend.

**Race goody bags:** You will be given a race goody bag containing snacks and a finishers medal as a memento of the race. Please collect this once you have your race number.

**Car parking:**

**Changing accommodation:**

**Toilets:**

**The start:** The assemble area is at Market Muir, John Street, Forfar DD8 3EZ. All participants should be at the start line no later than 10.45am. Please line up at the start line as per your estimated finishing time. The race has a start and finish chip time.

**Route:** The 10, route is accurately measured and is an ARC permitted event. The route leaves Market Muir, turns left onto Market Street and continues towards Whitehills hospital. Turn right at the junction onto Old Brechin Road and head towards the next junction where you turn left and left again immediately onto the Montrose Road (B9113). After the double bends, turn left towards Myreside and Bowmans Crossing, after approx. ¾ mile take another left towards Lunanhead. Before Lunanhead, turn right and follow the road onto Carseview Road. At the far end of Carseview Road, turn right onto Market Street and immediately right up John Street to the finish line at Market Muir.

A map of this route is available on the FRR website.

There will be marshals at all junctions. Please follow their instructions. Run on the left hand side of the road. Each kilometre is marked.

**Water station:** There will be one water station just passed the halfway point. There is water available at the finish line.

**First Aid:** St Andrews Ambulance Association provides medical assistance. If you are unable to finish, try to walk to the water station or wait for our sweep vehicle.

**The finish:** Once again, please make sure your number is clearly visible as you approach the finish line. *Once you've crossed the chip timing mats, keep moving and stay in your finish order until your number has been recorded.*

**Prizes:** Prizes will be presented at the end of the race. The prize categories are as follows, but not restricted to: Male and female 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>; male and female vet 1<sup>st</sup>, 2<sup>nd</sup> and 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> and 3<sup>rd</sup>.

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

Club teams – make sure your club name is on your race entry - (fastest 3 to count) male and female 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

From all at Forfar Road Runners, we hope you have a good race.