

Glen Clova half marathon race information sheet

Start time: 12pm. No entries on the day.

Registration: Opens at 9.30am in the Glen Clova Hotel and will be clearly sign posted.

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.

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 snacks and a Clova Half Marathon mug as a memento.

Car Parking: Car parking space is very limited, we ask that you car share. 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 which can be very muddy.

Changing Accommodation: Changing facilities are limited so we ask that, where possible, you arrive at the start already changed. Male & female changing places will be 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, please come prepared for rain, snow and / or sunshine.

Toilets: There are toilet facilities in the hotel and 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. As this is not a closed road race, and, in line with ARC 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, please obey their instructions. Please run on the left hand side of the road. Each mile is marked accurately.

Water Stations: Three water stations are provided at regular intervals (approx. 3, 6 & 9 miles). There is water at the finish line.

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 the nearest water station or wait for our sweep vehicle which will transport you back to the start.

The Finish: The finish is at the entrance to the hotel car park. 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.*

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

Massage: Forfar Road Runners hire the services of Lesley Dakers to provide free massage before and after the race. This will be in the heated 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 and 3rd.

Male and female vets (40 and over) 1st, 2nd and 3rd.

Male and female vets (50, 60, 70) 1st.

Local male and female (DD8 Postcode) 1st, 2nd and 3rd.

Club Teams (fastest 3 to count) male and female 1st, 2nd and 3rd. (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 higher value.

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

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