

Bannockburn 702 10k Runners Info Pack

19th JUNE 2016

GENERAL INFO

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| Race Director | Rosemary Hunter | 07939 036360 |
| Race Coordinator | Rebecca Dadge | 07539556944 |

Welcome to the third Bannockburn 702 10k. Thank-you for entering and we hope you enjoy your run. Below are details for the day.

Check out the enclosed maps for the route and layout on the day.

LOCATION

The start and finish is on:-

New Line Road, Whins of Milton, Stirling, FK7 0LJ. Coming out of Stirling: this can be accessed right off Glasgow Road onto Pirnhall Road and immediately right again. There is a road closure in operation from 9.15am onto New Line Road, so if you want to park in the field you will need to arrive early.

Pedestrians can access the field from the small road just before the old Klondyke site – it will be clearly marked and we will have Ellie to welcome you to the field. You pass two large stables with the horses so please be aware of them.

TRAFFIC and PARKING

We have some parking available for runners but this is fairly limited and we would ask that where possible, if you are local, you get dropped off and/or car share if you can. This makes for a more environmental event in any case.

We do have about 130 spaces between Ogilvie's and FES, just at the mini roundabout on Glasgow Road down from the services. Please **DO NOT PARK ON THE GRASS** at Ogilvie's as there are oyster-catchers nesting on it and it is coned off.

In addition there will be parking in Haugh Field off the New Line Road. However entry to the parking in the field will be closed strictly from 9.15 to avoid cars and runners mixing. There will be a chance to exit onto Glasgow Road from about 11.30. If you think you may need to exit before this then please park elsewhere.

If parked at FES/Ogilvie please watch out for runners who may still be passing if you are leaving early.

Please **DO NOT PARK** in Bannockburn Heritage Centre Car Park as they will be open for business from 10am and will get **very cross!** The King Robert and Pirnhall Inn are both OK with people using their car parks but they are both fully booked on Saturday night so the chances are that there will not be many spaces available. Walk, get dropped off or car share if at all possible.

REGISTRATION and NUMBER COLLECTION

Number collection on Friday and Saturday

This year we will have the numbers available on Friday and Saturday from Jintz Express, Unit 1, 5 Munro Road, Stirling, FK7 7UU.

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| Friday | 8am-3.30pm |
| Saturday | 8am-Noon |

Those of you who ordered T-Shirts/Sweatshirts they will also be available for collection from the shop or at registration on Sunday morning.

Some spare T-shirts in various sizes will be available to buy for **£10 –CASH ONLY** – at Jintz and again at registration and the end of the race if we have any left. Come in and grab a coffee or sandwich while you are at it.

Anyone who still wants to enter will be able to do so at the shop on Friday and Saturday and also on Sunday morning but non-online entry is £20 cash with no discounts.

If you can collect in advance this helps us out with the organisation on Sunday morning and means you can have an extra few minutes in your bed!

Registration on Sunday is from the shipping crate in the field – please follow the signs to find our happy marshals.

Registration opens at 8.30am and entries on the day will close sharp for the

3k at 9.00am £6

1k at 9.45am £5

10k at 10am sharp £20

Your bib number will have the chip attached.

If there are any anomalies let the marshal know when you are collecting them.

FACILITIES

There will be 8 portaloos and two urinal units. The ladies permanent toilets don't work very well with the volume of people all using them at once, so if the men can use the men's urinals that would be really really appreciated These are in the field and hopefully there will be lots of loo roll.

There are no other toilets along the route.

There are no changing facilities or showers available. People can leave bags etc in the registration area but do so at their **OWN RISK**. Please don't leave any valuables in them.

Jintz Express

Jintz Express will be onsite offering hot rolls and teas and coffees, plus soft drinks and some other treats. If you fancy something don't forget to bring a few pounds along with you.

START

10.15 – 10k runners should muster at the start by 10.20 where the race briefing will be given by Sid Pask. Please also note that you need to go beyond the start to line up – make room for each other and can slower runners please start nearer the back of the pack to allow the faster runners the chance to get away at the start.

10.30 – The 10k will be started again by Sid Pask as our local Olympian is away on holiday – how very dare he!

There will be a lead car with the timing clock.

There is a wide range of runners. Some of you are very fast anticipating completing the race in around 32-40 minutes while for some this is your first 10k race so enjoy it! Marshals will be on hand to assist for up to 90 minutes. If you are likely to take much longer than this we will still time you but you may be on your own for the latter part of the route.

ROUTE AND SAFETY

The route has a couple of hills and apart from the last mile and a half is on country roads. Only the New Line Road will be closed to traffic when the race is on so please be aware that there may be some cars on the route. The police are on hand to help with traffic, and marshals will be all along the route, please do what they say! Towards the end of the race you run along the very busy Glasgow Road. **PLEASE STAY ON THE PAVEMENT.**

There are two water stations at approx. 4k and 7k. Water will be in plastic cups and there will be bins at the end to throw these into once you have used them – how good is your aim on the run?

There will be kilometer markers at each kilometer.

We have the Orchil Mountain Rescue on hand to provide medical support and if you feel unwell on the course please ask a marshal for help.

ENVIRONMENT AND LITTER

This is a beautiful scenic route that is free from litter, and we hope to keep it that way. Please **DO NOT DROP ANY LITTER** along the route. If you have empty drinks bottles or gel wrappers to dispose of please drop them at the water station areas or place them next to the kilometer markers so that they can be picked up when the markers are collected.

RACE PHOTOS

Alex Ogilvie, Kenny Hyslop and Bill Bruce will be taking race photos and maybe some video – we will try to post these on the website/FB page as

soon as we can after the race.

FINISH AREA

All finishers will receive their lovely shiny medal, a banana, choice of macaroon or tablet, water and some other goodies. These will be handed out from within the field through the gate past the finish. Please move into the field so we don't back up past the finish line and have a 'clearing' area. There will be two rows of tables set up so you can move down whichever side you like to collect from our eager young helpers. There are no actual bags this year.

PRIZEGIVING

Will be at approximately 12 noon and will be in the centre of the field. Please come along and cheer the winners. Pats Aerobics are offering some spot prizes so you don't need to win to necessarily be a winner!

RESULTS

All being well you should receive a text with your time soon after the race. For the 3k runners official times will be out during the morning. We will endeavor to have the times posted on the website as soon as possible after the race. You also hope to have a bit of video footage of you crossing the line so make sure you are smiling ;-)

The timing company can also print out your times if you head to their van at the end they will be able to give you your time and category place straight after you cross the line.

CHARITY

As you know this event has been organised to raise money for the Eilidh Brown Memorial Fund and for The Small But Mighty Fund. I would like to thank everyone for supporting this event. If you have raised funds for either of these charities or indeed another please can you let us know how much so that we can work out what the total funds raised are.

We have kept event costs to a down to ensure that the majority of the

entry fee goes to charity and have had fantastic support from our Sponsors:

Scott Direct, Jintz Express, Morrisons Land Rover, Sainsbury's, Lees, Pat's Aerobics, CTM, Anderson Ogilvie Joiners, Ally Croll Architect, Central FM, Ceilidh Minogue, Physiofocus, Morton and Sullivan, Ffyes, AFH Wealth Management, and the Insurance Society of Edinburgh. Plus some personal donations for which we are very grateful indeed.

A special thank-you to Hamish Muirhead for allowing us to use his field and PA system and generally having to answer lots of silly questions again.

Thanks to the 'Beat That' Drummers; Dr V's pop-up choir; Alex Ogilvie, Kenny Hyslop and Bill Bruce for capturing the moments on camera; to Orchil Mountain Rescue; to the Scouts for tending to the water stations; to Chris and his team at Stuwweb for the timing.

I'd also like to thank all my marshals for taking the time out to help with the event and an especially big thank-you to Rebecca Dadge and Ally Croll for all their amazing effort in helping to organize the event again this year.

Have a great run everyone

Regards,

Rosemary Hunter – Race Director