

Information for Mulberry Bush Montessori Balfiron 10k Sunday 27th April 2014

Key Points

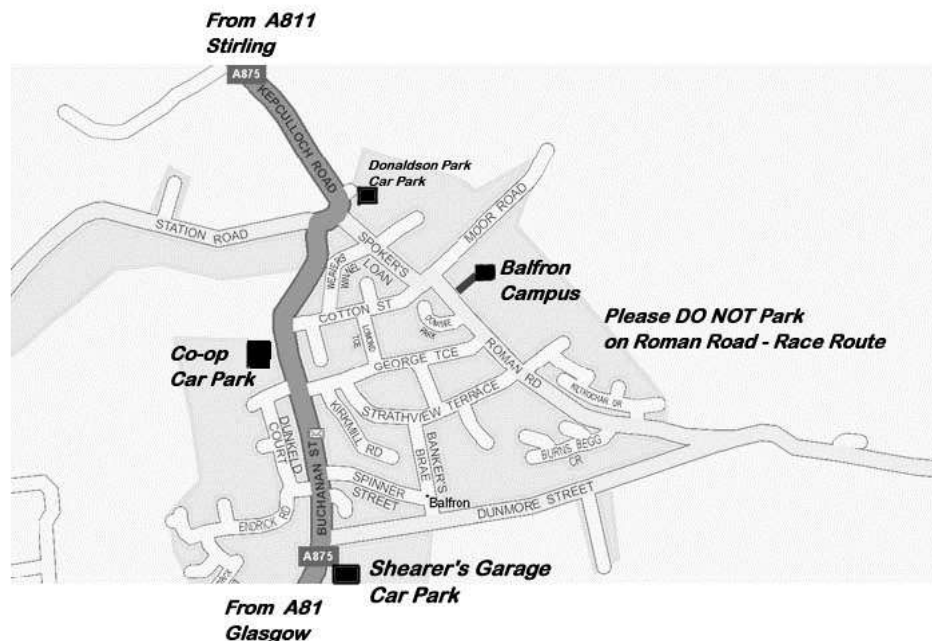
- Collect race number and timing chip between 9:00 and 10:30 on the day – come early to avoid a last-minute rush!
- Race starts 11am prompt
- Please DO NOT park on Roman Road
- Campus car park will close at 9:45 sharp and cars will not be able to leave until after the last 10k runner has finished
- Out and back traffic-free route – rural roads can be uneven in places
- Please be especially careful of speed bumps on drive and in village and uneven and potholed roads after the water station from approx 3 to 7km

Main Information

The race starts and finishes at the Balfiron Campus (High School). Please see the map below for directions.

There will be car parking at the campus, although as the car park exit crosses the race route, **car park closes at 9:45 and cars will not be allowed to leave until the race finishes – and not before 12:30 at the earliest.**

Alternative car-parking is available at Shearer's Garage, the Co-operative car park, or the Donaldson Park car park, all around 5 minutes walk away (see map below). **Please DO NOT use the Golf Course car park.** Alternatively there is on-street parking available but **PLEASE DO NOT park on Roman Road** – as this is part of the race route! Please show consideration for local residents when parking – Balfiron is not accustomed to so many visitors!



Registration is open from 09:00 – 10:30 in the High School Sports Hall and race numbers, timing chips and safety pins will be provided at this time. We have had a fantastic response to the race and have over 700 entrants, so **please come early to avoid a rush** closer to the race start.

There are limited changing facilities, showers and toilets in the High School and a small number of lockers available, or clothing can be left in the sports hall – although we stress that anything left is at the owner's risk and no liability can be taken. Please use common sense, and don't leave valuables.

The race starts at 11am with a safety briefing at 10:50 – please be assembled at the start by this time. The race is a mass start, so since we have over 700 runners registered we ask for runners to assemble according to expected finish time, the fastest at the front.

The route is an out and back route, following a straight road. The turning point will be clearly indicated and marshalled. There will be two water points on the route, at approx 3.4km and 6.7km. You will pass the return water point before the outward water point but please **DO NOT** cross the road – the outward water point is only 100m or so further on. Similarly on the return, you pass the outward water point approx 100m before the return point – again **DO NOT** cross the road. **Only take water from the left hand side of the road.**

The route will be largely traffic free, although access to the few properties on the route cannot be denied, so there may be the occasional vehicle. Please **keep left at all times**, except on the return into the village, where you will be marshalled onto the pavement on the right.

There are several speed bumps on the school driveway (close to the start / finish) and on the road in the village. Please be very careful of these at the start in the crowd and at the finish when your legs are tired. Please be aware that the route follows a country road, and that the surface can be uneven in places. Suitable precautions for safety have been taken by race organisers, but please remember you are responsible for your own safety at all times.

St. Andrews Ambulance will be in attendance and offering First Aid cover. If you are experiencing any difficulties or concerns, please contact them or any of the race marshals – identifiable by their hi-vis jackets.

We wish you an enjoyable race and hope you are pleased with your result. If you have any additional questions, please email to info@balfron10k.org.uk

Kind regards

Colin Mendham
Race Director