



# Multi Terrain 1/2 Marathon



**SAF Permit - Accurate 1/2 Marathon  
Sunday 5th Feb 2012 – Start 11:00 am  
Strathmore Rugby Club, Inchmacobile Park, Forfar**

Due to the arduous nature of the course and potential harsh weather this race is not recommended for novice runners.

The course is gently undulating with the exception of a short climb after 2 miles and a long climb between 9 and 10 miles utilising paths on the Forfar Footpath Network and farm tracks round the town of Forfar, some of the tracks will be very wet and muddy, this course is not suitable for wheelchair athletes. Map reading skills are essential as signage is limited in places.

The race crosses 8 'A' & 'B' roads in total, at 7 of these roads runners will be required to stop and have their number punched prior to crossing the road when it is safe to do so. Marshals will not be stopping traffic, each runner must take the responsibility of crossing the roads safely. Any runner who, in the opinion of race marshals, makes a dangerous crossing will be disqualified!

Weather at this time of year is very changeable and competitors must bring and carry appropriate clothing for rain and snow.

You must wear / carry suitable clothing and items for the weather (waterproofs, hat, gloves, drink, food / gels, route map). There will be no water stations en-route.

Your safety is of paramount concern to us. If, in the opinion of the organisers, it is considered that conditions are too dangerous or your safety may be compromised the race will be postponed to a date in the autumn time – your entry will be held over till that time.

By entering this race you agree to abide by the decisions of the organisers, whose decision on safety will be final. See [www.forfarroadrunners.co.uk](http://www.forfarroadrunners.co.uk) for details and further information on the event.

Directions to the race:

Follow A90 to McDonalds junction Forfar: Past Don and Low Factory on left side: come to Loch View Terrace on left with Sign Rugby and Cricket Ground, turn left: bottom of road cricket pitch in front: turn left again: follow road round; the clubhouse is on right hand side. OR for those with Sat-Nav, the postcode is DD8 1RL.

Race numbers to be collected on the day, an entrants list will be posted on the website along with an information sheet.



[www.forfarroadrunners.co.uk](http://www.forfarroadrunners.co.uk)



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Surname:		First name:	
Age on 5 <sup>th</sup> Feb:	Sex: M / F	SAF membership:	
Address:			
Town:		Home phone N°:	
County:		email address:	
Post code:		Club:	

I enclose my cheque / P.O. For £6.00 / £8.00 (£8.00 for non SAF members) being the entry fee for the race. Cheques should be made payable to: **Forfar Road Runners.**

**Post your entry form to**  
Multi Terrain Entry  
19 North Street  
Forfar  
DD8 3BH

**An entrants list will be posted on the website.**

**Pre-entry closes Saturday 28<sup>th</sup> January**

I agree to the organisers right to refuse any entry without being bound to assign any reason.

I declare that I am physically fit and waive and renounce any rights and claims for damages I may have against Forfar Road Runners and the organisers individually for any loss/injury as a result of participation or travel to the event by myself or family members competing or spectating, before, during or after the event.

Signed:

Date:

If you object to your data being held on our database and being contacted by us regarding future events please check this box:

**Registration, Number Collection and Entries will be available from 10:00 on the day**  
**Numbers are not transferable and no refunds given.**



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