

[Directions to Strathmore Rugby Club](#)

Registration will be open from 9:30am in the Rugby Club.

Your race number must be worn on the front of your outer running garment at all times, this enables officials to know who you are and for your number to be processed at the check points.

Course Briefing: There will be a briefing at 10:45 in the Rugby Club it is important that you attend!

You Must Carry Full Body Cover, Drink and Food according to weather conditions

The START: The race will start at 11:00am on the training pitch.

Changing Accommodation: Changing facilities are limited so we request that where possible you arrive at the start already changed. Showers: A limited amount of hot water is available and shared with the junior rugby players so run faster and get a warmer shower.

Car Parking: At the Rugby Club, we'll have to reserve some spaces for the Rugby club so may have to use other local parking facilities.

There is one refreshment (water) station at mile 7, with First Aid cover (or contact).

The route is accurately measured and follows an clockwise loop. Mile marks will be at most miles and there will also be some direction arrows. You are advised to familiarise yourself with the landmarks and to carry your map and have some method of keeping it dry.

Checkpoints: As per the map there are 7 (A – G) check points. There will be two marshals at each checkpoint one will use a special punch to clip your number the second will record your number and time of day you cross the road. As per the entry form it is your responsibility to cross the road in a safe manner.

Any runner who, in the opinion of the marshals makes a dangerous / risky crossing will be disqualified from the race.

First Aid: There will be a trail runner with a first aid kit and mobile phone. If you are unable to finish, try to walk to the next checkpoint. Our sweep vehicle will transport you back to the finish.

If you drop out of the race please be sure to let the finish marshals know so that we do not waste time with search parties & informing the police that you are missing!

The Finish: The finish is at the entry to the rugby club car park. Please follow the marshals instructions at the finish this will help race officials to record the correct order and times. Please ensure your number is clearly visible.

Refreshments: Soup & bread along with tea & coffee will be available in the clubhouse. The bar will also be open for refreshments from 12:30.

Results: A copy of the results will be published at www.forfarroadrunners.co.uk

Your assistance to the above points would be much appreciated and will help officials to ensure that everything runs smoothly.

Prizes: Prizes will be awarded in the clubhouse dependent on the number of participants

We take this opportunity to wish you a successful run and hope that you enjoy the scenic route and also the facilities provided.

Prize categories as follows for male and females:

Open (1st – 3rd), Vet (1st – 3rd), Super-Vet (1st), Teams(1st), Local(1st – 3rd)