

FALKLAND TRAIL RUNNERS



TUFTY 5.5 TRAIL RACE SUNDAY 29TH SEPTEMBER 2013 COMPETITORS INFORMATION

RACE DETAILS

THE VENUE

The races start and finish at Falkland Cricket Club, Scroggie Park, Falkland KY15 800 metres Fun Run 11.00 and 5.55 mile race at 11.15 on Sunday 29th September..

Falkland Cricket Club is located in Falkland estate, Drive through Falkland past the fountain and along Westport. Turn right at the sign for 'Cricket Club', however be careful of traffic coming down from the Leslie Road

PARKING

Sufficient parking available at Falkland Cricket Club however should the weather be unfavourable, parking will be at Falkland Village Car Park (10 mins walk from Cricket Club) and at the Duck Pond car park in Falkland Estate (3 min walk to Cricket Club).

REGISTRATION DETAILS

Registration for both events will be held at Falkland Cricket Clubhouse from 09.30 until 10.45.

ENTRY FEE

Entries on the day at Falkland Cricket Club. Junior Jog is free to all competitors. The 5.5 mile race is £5.00 for Scottish Athletics Affiliated Runners and £7.00 for non members.

CHANGING

Changing is limited so please come ready for the race if possible. There are no showering facilities.

TOILETS

There are toilet facilities at the Clubhouse but be prepared for a wait closer to the start of the race!! (Alternative Toilets available at Falkland Village Car Park).

BAGGAGE

There is limited space for storage, however a small tent will be available for storage at the cricket pitch

THE COURSES

800M JUNIOR JOG

Starting in front of the pavilion, runners will complete 2 laps of the cricket pitch and finish under the finish gantry. All participants will receive a certificate.

5.5 MILE TRAIL RACE

Starting in front of the clubhouse, runners will complete one lap of the cricket pitch before leaving and undertaking 2 laps of the trails and footpaths within Falkland Estate before returning to the Cricket pitch completing one lap before finishing in front of the clubhouse. PLEASE NOTE THAT FALKLAND ESTATE IS A WORKING ESTATE and although The stewards of Falkland Estate have advised all residents and businesses there may be the need to take care when passing farms.

STEWARDS/DIRECTIONS

There will be sufficient stewards on the course as well as markings and direction arrows etc,

PRESENTATIONS

The Junior Jog presentations will be made immediately at the end of the race. The 5.5 mile TRAIL RACE prize giving will be made at 12.30.

POST RACE REFRESHMENTS

Refreshments and cakes/biscuits will be provided for all runners at the end of the race.

This event has a Scottish Athletics Permit. The Organisers would like to advise participants that they will not be held liable for any damage or injury incurred to runners whilst taking part in the event.

RESULTS

Results will be posted on Falkland Trail Runners website and facebook as soon as possible

FURTHER INFORMATION

Contact Jim Close on (01337) 857635 e-mail jim.close@yahoo.co.uk

Or Carole Fraser (01592) 759951 e-mail carol.fraser@live.co.uk

Check out the website falklandtrailrunners.org.uk for any updates or information prior to the race.