

# Sport ro

## ATHLETICS

### PERTH ROAD RUNNERS

Entries open on Monday for Perth Road Runners' Tay Ten road race.

It is the successor to the club's arduous Heaven and Hell Half-Marathon and now in its ninth year. It starts and finishes at the George Duncan Athletics Arena, circles the North Inch and heads upriver to Inveralmond and Huntingtower, before returning along the Tay.

Three hundred and 50 runners are expected from across Scotland as the Tay Ten has become a well-recognised 10-miler in the national race calendar.

The current course records stand at 54 minutes, four seconds for men and 59 minutes, 21 seconds for ladies, reflecting the flat and fast nature of the circuit.

Both records are expected to come under pressure in 2024. The race's age category records are also impressive, with (for the first time in 2024) prizes now awarded for any new best times set. A new under-20 age category is also unveiled this year (runners must be 17 to compete).

The Tay Ten is not - by any means - solely for seasoned club athletes. In 2023, over half of the field were unaffiliated to running clubs and the race prides itself on providing a challenge - albeit a fun and friendly one - for the more casual runner.

Runners have the choice of a pre-ordered eco-medal or simply to pay a lower entry fee. The Tay Ten offers an affordable outing at just £12 for members of Scottish Athletics and £14 for non-members. A race medal adds £3 to the entry fee.

Entry information can be found at [www.perthroadrunners.co.uk/tay-ten/](http://www.perthroadrunners.co.uk/tay-ten/)