



## Tay Ten 2024 – final instructions

Thank you for signing up to the Tay Ten (TT), which takes place on **Sunday 28th April 2024 (race starts time at 11:00 am)**. You will already have received a confirmation email with detailed information on the event from Entry Central when you entered the race. However, please read the additional information below:

A **map** of the event location, parking options and facilities can be found [HERE](#). Please take a look, especially at parking arrangements!

**Parking** for competitors will be available at **Perth Grammar School (accessed from Bute Drive), Muirton, Perth, PH1 5AZ, as per map**. Please **DO NOT** park in the Community Campus car park, marked in red on the map.

If you are parking at Perth Grammar School, please bear in mind that **the car park will be locked** at 2pm, so you will need to ensure you have left the venue before this time to avoid your car being locked in! (We only have access to the George Duncan Athletics track until 2pm, hence the cut-off time of 2hrs 30mins for completing the race as detailed on the entry information). There is street parking available; however, please park considerately as this is a residential area.

**Dogs:** Much as we love dogs, we face strict restrictions on their inclusion at PKC facilities (the track, school and the grounds of both all are). We also **strongly discourage** participants bringing their dogs to the Tay Ten as they will **not be allowed** into the track area, in the hall or even in the Bute Drive car park. If you do need to bring a dog, parking is available in the PRR volunteer car park accessed from Gowans Terrace (marked green on map). Please do not park here if you do not have a dog (or are volunteering)! Any dog needing to exit a parked car here should be walked swiftly out to Gowans Terrace.

**Registration:** will be from **09:30-10:30** in **Perth Grammar School games hall**. Access to the hall will be signposted on the day but (see map) occurs through the school building, via a door in the south-east corner of the main car park. There, you will receive your race number.

**Numbers:** **MUST BE WORN ON YOUR FRONT (on your chest and not on shorts)**. Please ensure it is clearly visible (not folded, reduced in size or obstructed by any clothing, vest or waist packs) throughout the race and especially at the finish line for accurate placing and timing. For safety and insurance reasons, swapping of race numbers is strictly prohibited. Anyone found to have given their number to someone else or wearing someone else's number will be disqualified from the race and is likely to be banned from future events organised by Perth Road Runners.

**Timing:** In line with most recent Tay Tens, the race is timed on **gun time**. Please align yourself suitably and considerately at the start line based on your pace and need to pursue a target time.

**Race start:** will be at **11:00 on the George Duncan AA track**. A whistle will sound at 10:50 to gather runners to the start line for a short race briefing.

**Course:** For those who have run the TT before, there is a (safety-driven) change to the route just after the 6-mile mark and the Huntingtower Hotel. This change will be clearly marked and marshalled. The start has been adjusted accordingly: the race now sets off from the outward bend of the GDAA track.

**Toilets:** Please note there are plenty of toilets 1) within the school (often busy) and 2) inside and at the outside ends of the grandstand (typically less busy). These will be extensively signed. There are changing facilities, although these are limited so please arrive ready to run.

**Bag Drop** - There will be an indoor area (in the main hall) to store bags and kit, but please note we cannot guarantee this will be under continual supervision. Bags are left at runners own risk.

**Shelter:** if the weather is poor, the main (registration) hall is the main area of shelter. Please keep the registration clear for arriving athletes. The grandstand seating provides fair shelter with a view of the race.

**Club gazebos:** Clubs may, if they wish, bring their gazebos/tents to pitch inside the track midway along the finishing straight (see map above), although there will be ample shelter inside the school hall and the grandstand seating area. Just check with a (hi-viz-vested) organiser before pitching.

**Headphone and earphones:** **The use of bone conducting earphones is permitted.** Due to the nature of the course, and for the safety of all runners and other path/road users, **all other types of ear/headphone are NOT PERMITTED.** Anyone ignoring this rule will be disqualified from the race.

**Water stations and litter:** A water station will be in place. Runners pass this **twice**: once at 4½ miles (7.5 km) and again at 7½ miles (12km). Water will be handed out in 500ml plastic bottles.

Plastic bottle **drop zones** will be sited ~100m beyond the water station in both directions. If not dropped here, please drop used bottles with/at/by marshals further round the course or in the labelled bins at the track/school hall. **PLEASE DO NOT LITTER**; our ability to run the Tay Ten will be much compromised if this happens.

**Catering:** Catering company **Brew52** will be available for competitors and spectators to buy hot drinks and food. They will accept cash and cards on the day. They will be situated between the school hall and track (see map).

**Results:** *provisional* results will be available on [webscorer's results page](#) during/after the race, and will also be displayed live on a laptop screen within the school hall. Official, tabulated results will be posted on the Tay Ten FB page and Perth Road Runners website later in the day.

**Presentation:** We aim to hold the prize giving in the games hall at around 13:10, once all category winners have been confirmed. Please do stay and support prize winners.

We would once again like to say a big **THANK YOU** to our sponsors:

Fyffes: <https://www.fyffes.com>

Tunnock's: <http://www.tunnock.co.uk/>

**Perth Road Runners greatly look forward to welcoming you on Sunday 28th April and hope you enjoy your run. If you have any questions in the meantime, please email [race@perthroadrunners.co.uk](mailto:race@perthroadrunners.co.uk)**



entrance from Bute Drive for competitor parking

MAIN COMPETITOR PARKING

race HQ (registration, presentation if wet, also toilets)

corridor through school from entrance to registration and toilets

grandstand - toilets at outer ends of stand and also inside M and F changing rooms inside

entry door from car park to registration/race HQ

door from HQ to track

catering

finish line

club gazebo area

start line

FROM PERTH AND A9 INVERALMOND R/ABOUT



entrance from Gowans Terrace for volunteer/dog parking

PRR VOLUNTEER PARKING + DOG PARKING

TAY TEN RACE LOGISTICS

PLEASE DO NOT PARK IN AREA ZONED RED!! - Community Campus parking

