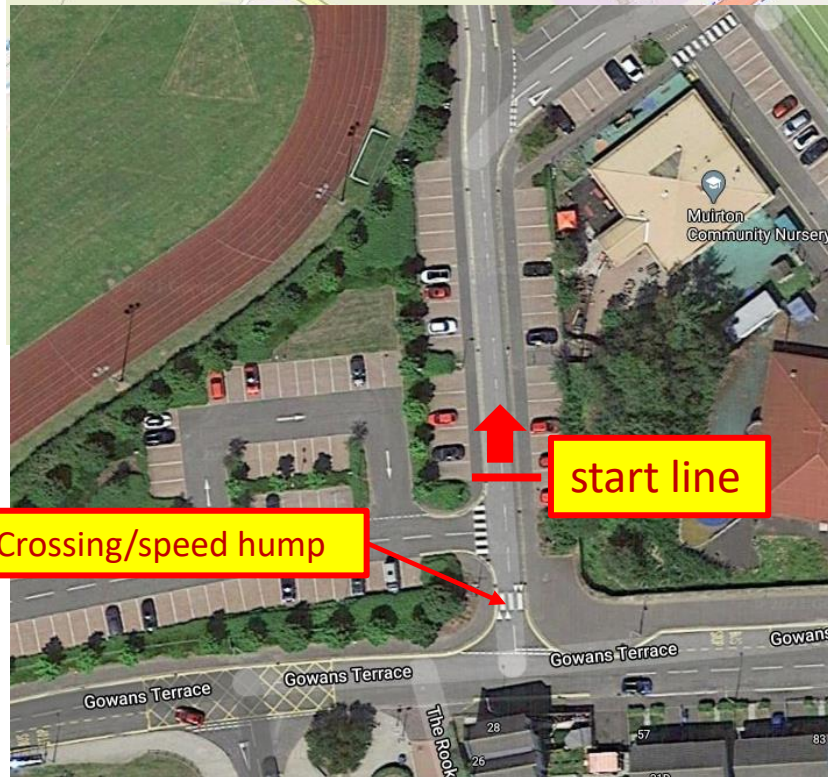
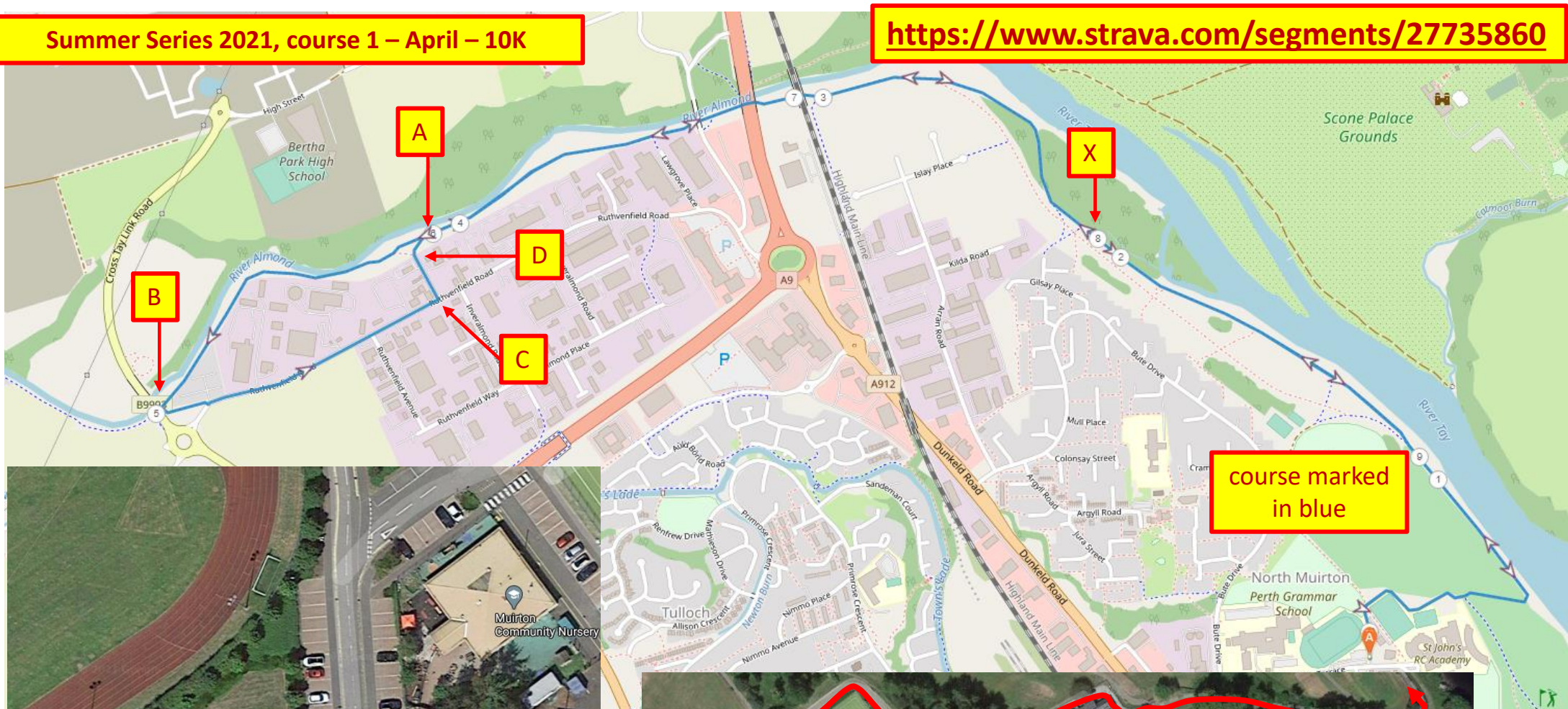
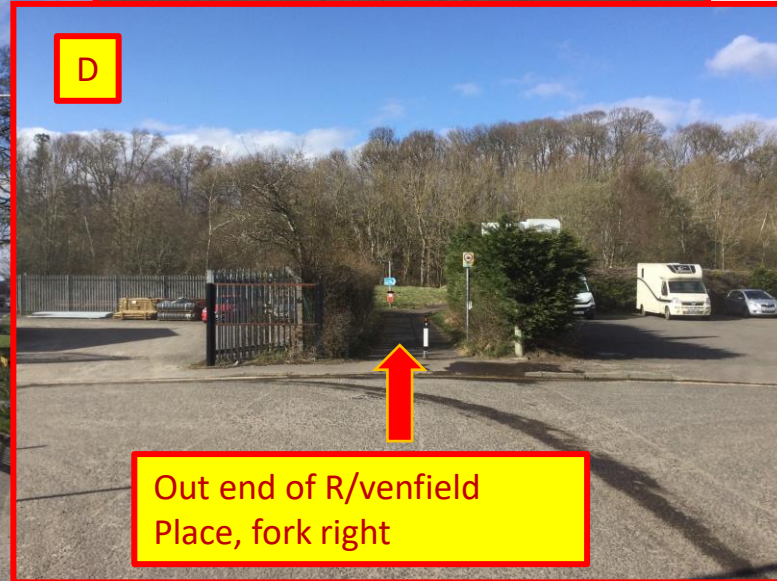
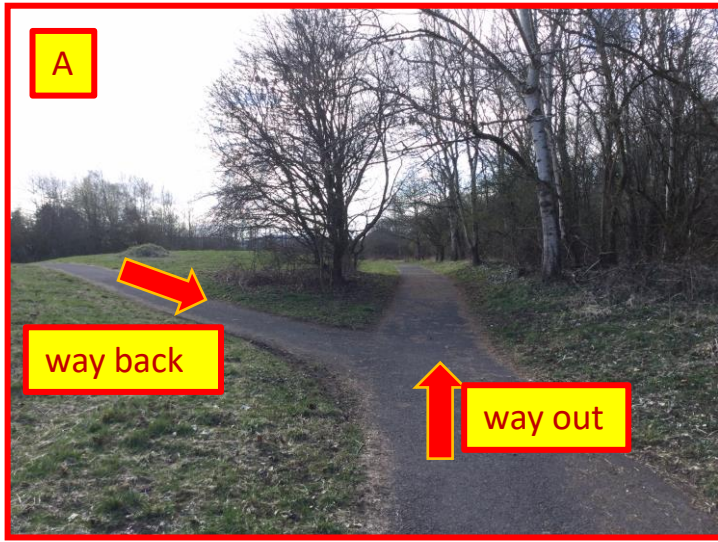






Summer Series course 1 – April

- start is close to E end of George Duncan track
- start line itself just a few metres N of pedestrian crossing
- suggest to run in to/across this from S to make sure not to 'miss' start line
- follow driveway round astroturf pitch, bearing sharp left at dead end corner by college, past/round houses and out onto Perth parkrun course
- stay on parkrun course to its turning point (X)...
- ... but do **not** turn
- instead stay on tarmac path alongside Tay!
- **do not take short cut along grass banks/levees**
- instead stay on tarmac path under the Three Bridges (railway, A9, minor road)
- stay on tarmac path to A, stay straight on, R Almond always just on right
- all way to B, Bertha Park road concrete road bridge
- bear left here, cutting back/very sharp left when path ahead looks a dead end
- this is 5km, halfway
- onto Ruthvenfield Rd, now heading home, through industrial estate
- past recycling depot on left
- just after Plant Glazing on left, at C, turn left into Ruthvenfield Place
- pass out at end, D, and fork right
- you then rejoin outward route at A
- then all the way back to the start, exactly as you headed out, **again avoiding the levee short cut!**
- Finish lines is again just short of the pedestrian crossing

NBs

- Course may be up to 50m short of 10K, so **virtual Tay Ten runners are advised to push on slightly to log a full 10K for that event**
- Do not be too concerned about exact starting/finish lines; Strava will record and apply same to all but do run in from 'beyond' them!
- The few runners without GPS – using manual times – should record from/to the pedestrian crossing