

AULD TOUN 10K ROAD RACE

RACE INFORMATION

RACE DATE

The 2009 event will take place at 7.30pm on Wednesday 27th May 2009.

RACE START POINT

The race starts and finishes within Pittencrieff Park, Dunfermline. The park is well sign posted.

THE COURSE

The race will start and finish in Pittencrieff Park following a two lap course using roads within the Park itself, Chalmers Street at the west side of the City Centre, Pittencrieff Street, the Coal Road and Lovers Loan, Dunfermline. The race will re-enter the Park at various points along the route which will make the event ideal for runners and spectators alike. A map of the course can be viewed on the Auld Toun 10k website at <http://auldtoun10k.co.uk/the-auld-toun-10k-route-map/>

PARKING

Car Parking is available within the large car park at Pittencrieff Park and at the rear of the City Hotel, Dunfermline which is accessed from Chalmers Street. Car parking is also available at several other city centre car parks which are all about a five minute walk to the race start.

REGISTRATION

Competitors are asked to be within Pittencrieff Park no later than 30 minutes before the race start at 7.30pm.

CHANGING FACILITIES

Changing facilities are available within the Glen Pavilion. There are no showering facilities. Polythene bags will be provided to allow runners to leave clothes during the race. The organisers accept no responsibility for loss of clothing or equipment.

REFRESHMENTS

Light refreshments will be available within the Glen Pavilion. There will be a water station on the course and at the finish of the race.

RACE PRIZES

Medals will be presented to all finishers as they cross the line. Individual and team prizes will be presented within the Glen Pavilion at approximately 8.50pm. Age group awards will be presented to the categories M40, M50, M60, F35 and F45. All spot prizes can be collected within the Pavilion after the race. Separate awards will also be presented in relation to the East District 10K Championships.

RESULTS

The race results will be available on the Carnegie Harriers website shortly after the event. The website address is www.carnegie-harriers.co.uk The results will also be posted on the Scottish Athletics website at www.scottishathletics.org.uk .