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APTEK KELSO 10k

Sunday 15TH July 2012

INSTRUCTIONS FOR COMPETITORS

RUNNING NUMBER: You will be issued with your race number at registration. Registration will take place at Kelso Rugby Club, Poynder Place Kelso, TD5 7EH, from 9.30 am. Registration can get very busy and you are requested to give yourself sufficient time to collect your number prior to the race start.

Please note that competitors not wearing numbers will not be allowed to start and all numbers must be clearly displayed at the finish. Failure to do so will result in your time and race position not being recorded and you will be excluded from the official results.

CHANGING/BAGGAGE: Male and female changing will be available at Kelso Rugby Club. Bags may be left in the rugby club at the owner's risk.

PARKING: There is parking space available at Kelso High School which is situated behind the rugby club. No parking is available within the grounds of Kelso Rugby Club or on Poynder Place which is the access road to the rugby club - access is required for emergency vehicles at all times. Please park considerately and note that parking is entirely at the owners' risk.

TOILETS: Toilet facilities are available in the rugby club.

START: There will be a briefing for all runners at 10.45am in Kelso Rugby Club. After the briefing the runners will be taken to the start which is approximately 5 minutes walk from Registration. There will be marshals available to point you in the direction of the start from the Rugby club.

ROUTE: The first 200m is run on grass, starting at the Cobby, an area on the banks of the river Tweed. On leaving the Cobby there is a short uphill section followed by a 1km section which is a gentle uphill to the entrance to the Floors estate. The next 4 km is flat apart from a short downhill section at the 4km marker. The final uphill section at 6km is followed immediately by a downhill section on rough track. The last 3km of the course is either flat or downhill and should result in a fast finish back on the grass on the Cobby.

Some 9km of the course is run in the grounds of the Floors estate. The course is best described as a mixture of road and trail. Some sections are uneven and there may be some loose stones or broken patches in places. After heavy rain the ground may be soft in places.

IMPORTANT NOTES FOR THE SAFETY OF ALL RUNNERS

- **It is important that all runners follow the directions of Race Marshals. Failure to do so could lead to disqualification.**
- **For your safety, please keep to footpaths wherever possible. While on roads, runners are asked to keep as close as possible to the verge of the left hand carriageway unless directed otherwise as traffic will not be stopped.**

DRINKS & REFRESHMENTS: A drinks station will be situated just before the 5km marker and bottled water shall be available at the finish. ***Refreshments will be available after the finish and shall be served in the rugby club on production of your number.*** Non runners will be able to purchase refreshments.

AWARDS CEREMONY: presentation of prizes will take place at Kelso Rugby Club.

DIRECTIONS



From the West and North

Travelling from the North take the **A68** to **Carfraemill Roundabout**, then take the first exit onto the **A697**. Then turn right on to the **A6089** signposted for Kelso. At the first mini roundabout as you enter Kelso take the 2nd exit onto **Edinburgh Road**, continue on **Bowmont Street** and then turn left into Kelso High School which is situated behind the Rugby Club.

From East

Travelling from the East on the A698, at the roundabout take the **3rd** exit onto **A6089/Dryinghouse Lane**, continue on the A6089 along Drying House Lane until the roundabout, go straight over the roundabout and then turn 1st left onto **Inch Rd**; turn right at **Bowmont Street**, and turn **right** into Kelso High School which is situated behind the Rugby Club.

From the South

Directions are the same as travelling from the East except take the 2nd exit at the first roundabout on the A698.

Kelso Crawlers Club and the race organisers wish to acknowledge the support and assistance provided by:

APTEK • THE DUKE OF ROXBURGHE • KELSO RUGBY FOOTBALL CLUB •

BORDERS SEARCH AND RESCUE UNIT • HAZEL LODGE TEAROOM

LOTHIAN AND BORDERS POLICE • RACE OFFICIALS, MARSHALS & HELPERS

FINALLY, WE WISH TO THANK YOU, THE ATHLETE, FOR SUPPORTING OUR EVENT