

CARNEGIE HARRIERS

FESTIVE FOREST RUN 2009

Supported by Norec Ltd

RACE INFORMATION

RACE ENTRY

Entries are only open to members of Carnegie Harriers by completing the Forest Run Entry Form. There will be strictly **NO** entries accepted on the day of the event.

RACE START POINT

The race starts and finishes at the Lochornie entrance to Blairadam Forest. The easiest way to get to the start is by exiting at junction 4 (Kelty) from the M90 motorway, turn left and drive west along the B914 for about one mile and turn right at the junction signposted for Cleish. Follow this single track road for approximately one mile and the Lochornie entrance is on your right hand side.

THE COURSE

The race takes place on forest tracks within Blairadam Forest over a distance of approximately 7 miles. The course can be very muddy in places.

PARKING

There is limited car parking available at the entrance to the forest and we recommend that you share transport if possible. Please meet at Dunfermline Academy of Sport, Pitreavie Playing Fields at 9.30am sharp for this purpose.

REGISTRATION

Runners are asked to be at the race start no later than 15 minutes before the race start at 11am on Saturday 19th December 2009.

CHANGING FACILITIES

There are no changing facilities so come along ready to run.

REFRESHMENTS

There will be water, Lucozade and Mars bar available at the finish for everyone.

RACE PRIZES

Race mementoes will be presented to all finishers as they cross the line. Individual awards will be presented after the last runner finishes to the 1st three men, 1st three ladies, and 1st M40, 1st F40, 1st M50, 1st F50 and 1st M60.

RESULTS

The race results will be available on the Carnegie Harriers website shortly after the event. The website can be found at www.carnegie-harriers.co.uk Results will also be posted on the club notice board.