

LOCH FITTY CROSS COUNTRY RACE

RACE INFORMATION

RACE DATE

The 2010 event will take place at 2pm on Saturday 30th January.

RACE START POINT

The race starts and finishes at the start of the grassland trail at Loch Fitty Fishery, Kingseat by Dunfermline.



THE COURSE

The race is approximately 5 miles and takes place from the start of the grassland trail near to Loch Fitty Fishery on the north side of the loch. It then follows the same route as the Loch Fitty Trail race along undulating grassland trails to a loop at St Ninians Community Woodlands and then returning along the same grassland trails to the finish. The entire course is on grass and therefore spikes, studs or road shoes can be worn.

PARKING

Car Parking is available at the car park at Loch Fitty Fishery.

RACE ENTRIES

All race entries will be taken on the day of the race within the Loch Fitty car park. There is no entry fee. Please ensure that you are there in plenty time and entries will close at 1.45pm.

GRAND PRIX EVENT

This race is the 8th in the 2009 / 2010 Carnegie Harriers Grand Prix.

CHANGING FACILITIES

There are no changing and showering facilities. Please come along ready to run. The organisers accept no responsibility for loss of clothing or equipment.

RACE PRIZES

Awards will be presented to the 1st three men, 1st M40, 1st M50, 1st M60, 1st Junior, 1st three ladies, 1st F40 and 1st F50. This presentation will take place about 3.30pm at the race start / finish area.

RESULTS

The race results will be available on the Carnegie Harriers website shortly after the event at www.carnegie.harriers.co.uk