

Lothian Running Club

Festive Frolics, Beecraigs - Saturday 26th December, 2009

Handicap runs over 7 km and 14 km, first runner starts at 11.00am; Cockleroy Fun Run (1km approx) at 11.15am

The Courses: Both handicap runs use the same, tough loop starting near Cockleroy car park (GR 994744), heading east through Beecraigs, round Beecraigs Loch, up the sawmill hill and returning, via Balvormie, to climb Cockleroy just before the finish. The longer run is two laps of the shorter one. There will be maps available at the start, some marshals on the route and tape at critical unmarked junctions. You can see a map of the course on the Club website - cut and paste this link:

<http://www.lothianrunningclub.co.uk/downloads/fixtures/handicaproute.jpg>

Parking: at the start is limited. Please **do not park on the verges but follow signs to the overflow car parks** at Balvormie, about 500m jog from the start. Please allow plenty of time to park your car responsibly.

The surface: The surface varies, from short sections on tarmac to firm trails within the woods, to rough tracks and includes the ascent and descent (on grass) of Cockleroy. Paths on several parts of the course have been upgraded during 2009 but there are still sections which could be very wet and muddy, depending on the weather, with uneven surfaces and tree roots in places. Obviously snow will present different hazards, as will ice if temperatures are low.

Your handicap: You will be given a number to wear during the run - collect this at the start - and your start time will be marked on the back.

After the race: You are welcome to come to Jack and Marcie Ewing's house (GR 975722 - ask if you don't know where it is) for some soup, bread, etc - you can supplement it with your own après race favourite! Results should be available by about 1.30pm and will be posted on the Club's website - <http://www.lothianrunningclub.co.uk/> - , and <http://www.scottishathletics.org.uk/> as soon as possible.

To enter: In advance preferred, by 23rd December, phone Peter West (01506) 492088 or by email peterwest@blueyonder.co.uk (you can enter on the day at Cockleroy Car Park up to 10.30am) **Entry is free**. When entering, please state which distance you want to run, and give some indication of your current form, eg 10k, 10 mile or half marathon time.