**Beecraigs Bash Fun Run**

**(Enter on the day only)**

**Under UKA Rules. Scottishathletics Licensed Event**

Regretfully we have decided to suspend the Cockleroy Hill Fun Run because clear felling of the woods on the lower slopes has made the start area exposed for youngsters in winter, so we have changed to a sheltered trail run.

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| **When** | Thursday December 26th 2019. Start 11.15. | |
| **Where** | **Beecraigs Country Park**, Nr. Linlithgow.  Registration: Balvormie Car Park. Grid Ref: OS Sheet 65, 998 741  There are toilets near **Balvormie car park** . | |
| **What** | A short fun run/walk on cinder paths through sheltered woodland. The start is just outside registration.  The Trail descends fairly gently for about 500 meters then turns and climbs steadily to finish on higher ground on the opposite side of the car park, near the adventure play area.  Total distance is about 1.3 kilometers with 45 meters of climb.  Certificates, kit-kat & juice to all who finish with a smile.  No prizes.  Plenty of warm / waterproof clothing advised. | |
| **Who For** | Active youngsters and novices aged 5 -105.  Under eights must be accompanied. | |
| **Cost** | **10p** (but half price for senior citizens.) | |
| **Note** | This is held in conjunction with the  **Beecraigs Festive Frolics.**  These are Handicap Trail Races of 7 or 14 Km.  Start times from 11 am. Entry free. | |
| **Details**  **From:-** | | **Trail Races:** Peter West  (01506 492088) [peterwest@blueyonder.co.uk](mailto:peterwest@blueyonder.co.uk)  **Fun Run:** Martin Hyman  (01506 412322) [martinhyman@clara.co.uk](mailto:martinhyman@clara.co.uk) |

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