

The Arbroath Footers 30th 10 Mile Ladies Only Road Race

Sunday 13th May 2018

The race will start at 11.00am from the Arbroath Sports Centre, Keptie Road, Arbroath. Numbers with timing chips are to be collected on race day from 8.30am till 10.30am in the main sports hall.

There will be no entries on the day and no refunds unless the race is cancelled by the organisers. **Numbers are not transferrable.**

The Course

The course is an SAF measured 10 mile course. The route is scenic and undulating climbing steadily from 2-4.5 miles and generally flat thereafter.

There are 3 water stops on the route at 2 miles, 4.5 miles and 8 miles.

The route is very scenic on a bright spring day, however it can be exposed in places so please do come prepared for all weather conditions.

As you finish you will be given a goody bag. Food and refreshments are available to all runners in the main sports hall. Changing facilities and showers will also be available, although hot water cannot be guaranteed.

Prizes

Prizes will be presented to the winners of various categories in the main hall of the Arbroath Sports Centre, soon after the race.

Places	Category
1st-3rd	Open
1st	40-44 year old
1st	45-49 year old
1st	50-54 year old
1st	55-59 year old
1st	60+
1st-3rd	Teams (minimum of 3 team members- first 3 per team to count)

Also

1st Arbroath Footer

1st Local resident with DD11 postcode

Only one prize per person, the race committee's decision is final. A £100 cheque is also on offer for breaking the course record, the course record currently stands at 58 minutes 38 seconds set by Fiona Lothian in 1998. If more than one runner breaks the course record only one cheque will be presented and this will be to the runner who reduces the course record by the biggest margin.

Good luck with your training!

If you require further information please do not hesitate to email: smokies10@arbroathfooters.com

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Arbroath Sports Centre.