

The Arbroath Footers 32nd - 10 Mile Ladies Only Road Race Information

Sunday 1st March 2020

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 9.00 am to 10.30 am 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. there will be some water at the finish area for emergencies only, there is refreshments available inside the hall. Food will be provided for all Runners, you will be given a Tyvek band when you register enabling you to get food, please be mindful of waste when taking food to make sure there is enough for all runners of the race.

Changing facilities and showers will also be available, although hot water cannot be guaranteed.

Prizegiving

The prizegiving will commence shortly after 1.15pm and prizes will be presented to the winners of the following categories.

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.

Due to the race being run on Public Road only Bone Conducting Headphones can only be used.

Good luck with your training!

In addition to the above we will have Physios onsite:

The Dalitso Project, which is based in Arbroath and which provides care, education, food and support to hundreds of orphans in Malawi, Africa. The Dalitso project also has a healthcare clinic and 2 educational centres.

Post event massages are useful for recovery and the prevention of lactic acid build up. It may be that some athletes would benefit from such a treatment, a suggested donation of £5 and all monies raised will be used for the above.

Last Year's Tech T Shirts:

We will have last years Tech T-Shirts for sale on the day, these are priced at £1.00 each fantastic value, grab yours while you can.

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