

Instructions for the Solo runners

Leg 1

1. Please park in the car park behind the Village hall by the bowling greens. **Carry or wear Waterproof top, hat and gloves. Also carry your Mobile.**
2. Leave enough time to pick your numbers up from the Marshals at the back of the Royal Oak.
3. The start is the corner of the wall by the picnic benches at the back of the pub.
4. You will have already been notified of your start times, please don't be late as the first to finish wins and there will be no corrections for late starting. This is the joy of this race, anyone can win. **(If you want to run with someone else, the slower runner needs to leave with the faster. But you need to be confident of finishing before 13:15.)**
5. Make sure you leave some dry warm clothes in your car up
6. The finish is where you start.
7. Please take care and leave space as you past any horses and do not cut corners and stick to the paths so we don't upset any land owners.
8. You can use GPS and take care on the road crossings, though it's a race its just for fun. There are no marshals on you road crossings and no warning signs on leg 1. **It is at your own risk!**

The Start and The Finish



Leg 2 points of note

1. The finish is on the grass verge, keep left as you come out of the farm yard through the little gate. **Stay off the road until safe to cross, make sure the marshal at the start of leg 2 by the Angle Pub has noted you.**
2. Please take care and leave space if you come across any horses / cattle and do not cut corners and stick to the paths so we don't upset and land owners. **(Especially in what was the Sarnie Van Field).**



The Start



The Finish



Notes from Leg 3

1. Hopefully I will have a Marshal and warning signs as you come onto the road at Trowie, **this is a blind spot, so follow his instructions if he is there. If not take care.** There are no other marshals on your road crossings and no warning signs. **It is at your own risk!**
2. **Dangerous Road Crossing at Troway Cross on instruction from marshal and run on the verge)**



3. There will be water at the changeovers.
4. **Anyone who cannot finish, must let me know on 07795 046343.**
5. Most importantly, enjoy and don't forget your race number entitles you for a free drink in the Royal Oak. My guess is the first runners will finish at 12:45 to 13:00 and I hope everyone is in by 13:15. Pub will be open from 12 noon for any supporters.