



5K AND 10K ROAD RACES

WHAT YOU CAN EXPECT AT THE START

Car Parking is in the Scottish Gas Car Park, which can accommodate 500 cars, appropriate directions will be given. The entrance to the car park is from West Granton Road and Waterfront Avenue and can be found to the front and the rear of the Gas Board Headquarters.

THE START – 10.30am

The run begins near the entrance to the Scottish Gas Board Headquarters, 1 Waterfront Avenue, Edinburgh. Other runners cannot wait for you, **be there and have your number by for 10.00am prompt.**

Changing rooms are not available, so come ready for action. You can leave your baggage in your car, with a friend or relative or the secure area provided where you can leave baggage at your own risk. Make sure your baggage is clearly labelled.

Toilets are available at the start. As everyone will wish to go at the same time allow extra time and bring some extra tissue with you.

START

Both races start at the same time.

The assembly line will be 10 meters behind the start line. You will be told when to move forward to the actual start time.

To keep warm at the start wear old clothes that you can throw away just before the start. Don't just drop them where someone may trip over them. Throw them outside the assembly area where they will be collected and donated to a deserving charity.

THE ROUTE

For the most part the surface is excellent but watch your step particularly if the day is wet

The race is mainly on the footway or the Esplanade. You must follow the directions of the stewards and take particular care to keep to the footway where possible. **If you do not follow their instructions you are liable for disqualification.**

MEDICAL SUPPORT

This will be provided at the start, finish and on route.

WHAT TO EXPECT AT THE FINISH

We operate multiple finish systems side by side please be guided by the marshals as to which funnel they direct you to go down. Your time and placing will be specifically worked out for you. You will be kept in a single file so do not duck under the tapes, as you will distort the placings. Keep moving down the funnels to prevent a backlog. If you need medical attention at the finish your number will be removed and passed through the finish system for you.

COLLECTING YOUR T-SHIRT AND MEDAL

Once your number has been recorded and you step out of the finish funnel and you will be guided to tables to collect your T-Shirt and Medal.

AWARDS

Prizes will be given on the day.

For more information see: www.edinburghac.org.uk

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