RUN MHOR – Hidden Glen 10K
Sunday 21st April 2024

Event Information

Dear Participant,

Many thanks for entering the Run Mhor Hidden Glen 10K 2024. Information about the event can be found on the pages below. If the answer to your question is not here please email events@tayfitness.com. Please pay particular attention to the information in RED. We look forward to seeing you on the day,

Tay Fitness Events

Program Of Events

9.30am	Information Desks Open at Monachlye Mhor to pick up your participant t-shirt and for fun run number collection and fun run late entries (IF AVAILABLE).
11.45am	Information desk closes
11.55am	Race safety briefing
12pm	10K RACE STARTS
12.10pm	FUN RUN STARTS (approx.)
12.40pm	First finisher expected (10K)
12pm - 4pm	Lunch available from the food stalls at Monachyle Mhor

Race Registration

ALL PARTICIPANTS WILL HAVE RECEIVED THEIR RACE NUMBER/TIMING CHIP IN THE POST PRIOR TO THE EVENT. RUNNERS WHO FORGET TO BRING THEIR NUMBER TO THE EVENT OR LOSE THEIR NUMBER MUST PURCHASE A REPLACEMENT NUMBER FROM THE INFORMATION DESK AT A COST OF £2.

Late entries for the fun run can register on the day, should there be spaces remaining, and collect their race number between 9.30am and 11.45am

Safety Briefing

There will be a short safety briefing for all participants prior at 11.55am Please ensure you are there on time to hear the briefing.

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Car Parking

The road to the hotel is narrow, windy, single-track and will be very busy! Please aim to arrive at the hotel as early as possible, giving plenty of time to park and collect your t-shirt etc. The hotel is located 20 minutes from Mhor 84, Balquhidder, so allow sufficient time. ALL parking for the event is all based in fields close to the hotel, which are a 5 minute walk from the start line.

On the Day Facilities

On the day facilities, which are available for all participants, family and friends to use are as follows: Toilets, Disabled Toilets and First Aid. If possible, please leave your bags in your vehicle, which will be parked very nearby.

Directions to Monachlye Mhor

From Edinburgh and Glasgow (The South and West) - Follow directions towards Stirling, leaving the M9 at Junction 10. At the roundabout take the 2nd exit for Crianlarich (A84). Follow this road for approximately 40min. You will pass through Doune, Callander and Strathyre. Loof for a sign for Mhor 84, which is approximately 3 miles beyond Strathyre on the right side of the road, it is well signposted. From there follow the road round, drive under the A84 and down to the glen for a further 8 miles to Monachlye Mhor.

From Perth and Aberdeen (The East and North) – Follow directions for Crianlarich (A85) from Perth. You will pass through Crieff, Comrie and St Fillans. When you get to Lochearnhead turn left. Drive for another 3 miles, through Balquhidder Station and you will see signposts for Mhor 84 on your left hand side. From there follow the road round, drive under the A84 and down to the glen for a further 8 miles to Monachlye Mhor.

Event Start and Finish

The start and finish is located at Monachyle Mhor Hotel. As you finish the event you will run through the finishing funnel and under the finishing gantry. You will then receive a medal and a bottle water. Prizes will be awarded to the top 3 men and women, the male and female winner in each category and the boy's and girl's winner of the fun run.

Fun Run

The fun run is open to people of all ages. Children under the age of 5 must be accompanied by an adult, those aged 5 and over can run by themselves at their parent's discretion. The fun run will start just after the 10K at approximately 12.10pm. The fun runners will run out of the hotel, turn left and run along the glen road. After a distance of 500m they will turn around and run back to the finish line at the hotel, where they will receive their finishers medal and a bottle of water. ALL

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children must be collected by an adult at this point. Please do not leave your child unsupervised while you run in the10K, there are not enough marshals available to look after any children.

Event Catering
All catering is provided by Mhor who are hosting the event. Lunch will be available from 12pm to 4pm. Please note the event food vans are operating on a CASH ONLY basis.

Merchandise
Event t-shirts or hoodies, which you may have ordered when registering online for the event, can be collected from the information desk when you arrive on the day of the event. You must collect the size you ordered. If you wish to swap it for another size, this can be done depending on what sizes are still available.

Medical Cover and First Aid
The safety of our participants is paramount. There will be highly qualified medics based at Mhor 84 throughout the event as well as experienced first aiders at each of the water stops. If you feel you require any medical care – before, during or after the event – please contact an event marshal.

Medical Conditions: Please complete the back of your race number with relevant medical conditions. If you have any type of condition or are currently taking medication please write a large 'MC' on the front of your race number and wear it on your front at all times.

Marshals
Around the course and at the start and finish there are a number of event marshals (they will be wearing blue bibs). If you have any questions please ask and they will be able to help you or direct you to someone who can.

Water stops
10K runners will pass 3 water stops at 3, 6 and 8.5 Km. There will be volunteers on hand to give out cups of water, energy drink and fruit. Please dispose of your cups at the tables or by the side of the route so the race marshals can easily collect them.

Distance markers and turn point
Large yellow distance marker signs will be around the course every KM to help you judge your pace and so you know how far you have left to run. There will also be signs alerting you to water stops, turnings etc.

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<u>Electronic Timing and Results</u>
Electronic Chip Timing is being provided by Perfect Timing Scotland. The race numbers contain a disposable timing chip, which will record your time so it is critical you don't swap numbers with anyone. This will enable all runners to receive an accurate finish time. You will receive an email after the event when the results are available online.

<u>Photography</u>
There will be official event photographers present at the event to photograph all competitors. You will receive an email when these photos are available to view online.

<u>Finally…</u>
There are a large number of people who are helping out with the event on the day and have volunteered their time to help make the event a success. Please give these people a smile and a 'thank you' as you run past!