



Loch 2 Lawers 10K and Half Marathon

Sunday 19th September 2021

Event Information

Dear Participant,

Many thanks for entering Loch 2 Lawers 10K and Half Marathon on Sunday 19th September 2021. All the 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**. I look forward to seeing you on the day.

Program Of Events

9am	Registration desk opens at Loch Tay Highland Lodges marina. This is where you will pick up your timing chip and race number.
10.30am	Bacon rolls, soft drinks and hot drinks available from The Boat House (until 11.30am)
10.45am	Registration desk closes for Half Marathon
10.45am	All 10K participants to be onsite at LTHL or arrive after 11.15am
11.00am	Half Marathon start
11.45am	Registration desk closes for 10K
12.00pm	10K Start
12pm	Hot food, hot and cold drinks until 4pm from The Boat House
1pm	First 10K finisher expected
1.30pm	First Half Marathon finisher expected
5pm	The Boat House restaurant and bar open until 8.30pm (booking required)

Race Registration

You must come to registration between 9am and 10.45am (Half Marathon) or between 9am and 11.45am (10K) to collect your timing chip and number. The registration tent will be clearly marked within the event hub.

Safety Briefing

Approximately 10 minutes before each distance is to start, everyone will be gathered together for a short safety briefing. Please respect social distancing.





Compulsory and Recommended Kit

Please could all runners ensure they carry the following kit during the event:

10K – Compulsory

- Mobile phone in waterproof case
- Event number and timing chip (issued by TFE at registration)

10K – Recommended

- 'Hill running' shoes with better grip than 'road' shoes
- 500ml of water or energy drink. You will pass the water stop after 4Km and 6Km but may benefit from carrying your own water to use prior to the water stop.
- Download the 'OS Locate' app for android or Apple phones. The free to download app is a fast and highly accurate means of pinpointing a user's exact location.

Half Marathon – Compulsory

- Mobile phone in waterproof case
- Event number and timing chip (issued by TFE at registration)
- Hydration - 1 - 2 litres of water or energy drink, carried in a rucksack/hydration bladder. You will pass the only waterstop at 4Km and 17Km. During the 13Km between these points you will be entirely self-sufficient for hydration while summiting Ben Lawers and Beinn Ghlas
- Nutrition - energy bars, gels etc, appropriate to your needs. There is no nutrition available on the route, participants must be entirely self-sufficient during the event.
- Spare warm long sleeve layer
- Waterproof jacket with a hood
- 'Hill running' shoes with better grip than 'road' shoes
- Hat and gloves
- A whistle (for use in emergencies)
- Emergency foil blanket (issued by TFE at event registration)

Half Marathon – Recommended

- Waterproof trousers
- Map (OS Map 51) and compass
- Download and use the .gpx navigation file of the route
- Download the 'OS Locate' app for android or Apple phones. The free to download app is a fast and highly accurate means of pinpointing a user's exact location.



10K Participants arrival time

In order to safely manage the start of the Half Marathon event at 11am via the LTHL driveway, we would request that all 10K participants arrive on-site before 10.45am or after 11.15am.

On the Day Facilities

On the day facilities (available for all participants, family and friends to use) are as follows:

- Loch Tay Highland Lodges marina (Event Hub) – Male Toilets, Female Toilets, Disabled Toilets, Male and Female Changing Rooms, Showers
- Stables Bothy – Showers (will be signposted)
- The Boat House Restaurant – Male and Female Toilets, Food and Drink throughout the day

Baggage Drop

There will be **NO BAG DROP** at this year's event. This is a decision we have taken to limit contact and reduce the transmission of COVID 19. Sorry for the inconvenience this may cause.

Directions to Loch Tay Highland Lodges Postcode for Sat Nav is: FK218TY

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 1 hour. You will pass through Doune, Callander, Strathyre and Lochearnhead. Drive through Lochearnhead up Glenogle (A85) and over the other side of the hill. Killin is signposted as you come down the hill, take a right turn onto A827 and follow the road for 3 miles. Drive through the village of Killin past the Killin Golf course. Loch Tay Highland Lodges are 5 miles from Killin on the right-hand side. When you arrive, please follow the directional signage down to the Loch.

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 right. Drive up Glenogle and over the other side of the hill. Killin is signposted as you come down the hill, take a right turn onto A827 and follow the road for 3 miles. Drive through the village of Killin past the Killin Golf course and Loch Tay Highland Lodges are 5 miles from Killin on the right hand side. When you arrive, please follow the directional signage down to the Loch.

Car Parking

Car parking for the event is in a field close to the event hub. There will be signs displayed within Loch Tay Highland Lodges and there will be marshals on hand to give you directions. The field is not suitable for campervans or low cars.





Event Start

The start location is in the Loch Tay Highland Lodges Marina, where the race also finishes. At the start you will walk down to the waters edge and dip your hand in, before turning around and starting your ascent. Your timing chip will not activate until after you have been down to the lochside and then crossed the timing mat at the start line.

Event Finish

As you finish the event you will run through the finishing funnel and towards the finish gantry. You will then receive your medal. Then make your way back towards the The Boat House for a well-earned rest, and hot food. There is no public prizegiving this year. This is a decision we have taken to limit contact and reduce the transmission of COVID 19. Prizes will be posted to participants.

Event Catering

Event Catering is provided by The Boat House, the on-site restaurant at the Lodges.

10.30am - 11.30am - Bacon rolls, soft drink and hot drinks

12pm - 4pm - Hot Food, hot and cold drinks - Menu will be published on our Facebook page.

5pm - 8.30pm - Restaurant and Bar open (booking required)

Medical Cover and First Aid

The safety of our participants is paramount. There will be highly qualified medics from Artemis Outdoors teamed with experienced Hill Safety Team available throughout the day. If you feel you require any medical care - before, during or after the event - please contact an event marshal. The First Aid tent is located at the start/finish line in the marina.

Medical Conditions

All participants with medical conditions should have noted this on their entry form when registering. If you forgot or if your medical conditions have changed please ensure you inform the event registration team.

COVID 19

Although rules have been relaxed regarding Covid 19, for the health and safety of all our staff and runners we still need to ensure that we act respectfully and minimise risk of transmission of COVID 19. We ask you to be mindful that at some points over the day you may be in close proximity to others or in larger crowds. At these times please wear a mask out of respect to others and when you feel is necessary. Please note the rules in Scotland still require you to wear a face mask indoors when not sat down so please ensure you abide by the rules when inside the Boathouse restaurant, toilets and changing facilities. Hand sanitiser will be available outside each facility, please use it as you enter the building.





If you feel unwell or have any of the main COVID 19 symptoms (cough, fever, loss of taste, loss of smell), you should self-isolate and take a PCR test. In this instance you should not attend the event unless the test is negative. If you have any other symptoms (other than the above), we would ask you to complete a lateral flow test and only attend the event if your test is negative. If you do test positive please follow all Government rules and guidelines for your own safety and the safety of others.

Marshals

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

Electronic Timing and Results

Electronic Chip Timing is being provided by Perfect Timing Scotland. Your timing chip ankle bracelet (attached to your left ankle, with the chip on the outside of your leg) will record your time so it is important you don't swap bracelets with anyone. This will enable all runners to receive an accurate finish time, and also allows us to monitor you on the hill. You will receive an email after the event when the results are available online.

Tracking Boxes On The Route

During the event, your position will be tracked across 7 positions (Half Marathon) and 4 positions (10K). Our event control will at all times know between which 2 positions you are and the time you have been on the event. In case of any issues this will enable us to reach you and offer assistance as quickly as possible.

Signage and Key Locations

The entire 10K route and first 6Km and last 4Km of the Half Marathon will be signed using standard event signage – large yellow arrows. After crossing over the road at the Ben Lawers car park, key locations will be marshalled by members of our hill safety team and mountain medics. We advise that you download and use the route .gpx files that we emailed to you.

Photography

There will be an official event start/finish photographer present at the event to photograph all participants along with a couple of 'roving' photographers on the route. The photos will be published online in the days after the event. If you take any of your photos please send them our way via events@tayfitness.com





Event Sponsor: Loch Tay Highland Lodges

We are delighted to welcome Loch Tay Highland Lodges as the headline sponsor for our 2021 event. Featuring Scandinavian built holiday lodges and "award-winning" glamping accommodations LTHL are situated in the central Highlands of Scotland, on the shores of Loch Tay, a few miles from Killin. They are based within Perthshire, one of the most beautiful areas of Scotland; surrounded by mountains, lochs, rivers, and within easy driving distance of Edinburgh, Stirling and Glasgow.

Whether you are looking for a short break away, glamping in one of their new Geo-Domes or are looking for a family in one of their many different lodges overlooking the Loch, you will be spoilt for choice. Take advantage of the great range of watersports and activities available or simply take in the stunning scenery on a walk. With hot tubs now available at many of their accommodations, you can make your holiday even more special by relaxing together after your day in the Highlands.

To book a holiday at Loch Tay Highland Lodges visit www.lochtay-vacations.co.uk

Finally...

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'.

