



THORNHILL 10K & 2.5K – ROUND THE FREWS IN SUPPORT OF BEATSON CANCER CHARITY

Event Information

Dear Participant,

Many thanks for entering the Thornhill 10K & 2.5K – Round The Frews on Sunday 7th May 2023. 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**. We look forward to seeing you on the day,

Tay Fitness Events

Program Of Events

9.30am	Thornhill Village Hall opens for registration, number collection and t-shirt sales.
11.40am	Registration desk closes
11.45am	Race safety briefing
11.55am	2.5K event starts
12pm	10K event starts
12.35pm	First finisher expected (10K)
12pm - 4pm	Lunch available from Thornhill Village hall

Race Registration

MOST PARTICIPANTS WILL HAVE RECEIVED THEIR RACE NUMBER/TIMING CHIP IN THE POST PRIOR TO THE EVENT. **IF YOU ALREADY HAVE YOUR NUMBER, YOU DO NOT NEED TO RE-REGISTER ON THE DAY.** 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.

Safety Briefing

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





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Car Parking

Car parking will be based in fields close to the Thornhill Village Hall. You can access the car park via Mains Farm entrance, please follow the signs and directions of the event marshals. Disabled parking for blue badge holders can be found at the Thornhill Village Hall.

On the Day Facilities

On the day facilities, which are available for all participants, family and friends to use are as follows: Bag Drop, Toilets, Disabled Toilets, Changing rooms, Showers and First Aid.

Directions to Thornhill Village Hall

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 Criarlarich (A84). Follow this road for approximately 15 minutes. You will pass Blair Drummond Safari Park. Look out for the slip road off to the left for Thornhill, past the Smiddy Farm Shop, it is well signposted. From there follow the road for about 5 minutes into the village of Thornhill. Follow signs directing you to the event car park.

From Perth and Aberdeen (The East and North) – Follow directions for Criarlarich (A85) from Perth. You will pass through Crieff, Comrie and St Fillans. When you get to Lochearnhead turn left. Drive for another 20minutes into Callander, turn right at the traffic lights in town and follow signs for Thornhill.

10K Event Start and Finish

The start and finish is located at Thornhill Village Hall. As you finish the event you will run through the finishing funnel and under the finishing gantry. You will then receive a medal and be able to help yourself to some 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. If you are lucky enough to have receive a Golden Participant Number then you will receive bespoke bar of Chocolate from artisan chocolatiers at www.quirkychocolate.com

2.5K Event

The fun run is open to people aged 8 and older on the day of the event. The 2.5K event will start just before the 10K at approximately 11.55am. The 2.5K runners will be running the opposite way through the start line and onto the path at the end of the park. From there the route will be marked with large yellow and black arrows along to Norrieston Farm, where it will merge with the





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10K route and return to the finish line. Participants will receive their finishers medal and are able to help themselves to water. All children must be collected by an adult at this point. Please do not leave your child unsupervised while you run in the 10K, there are not enough marshals available to look after any children.

Event Catering

All event catering will be in the Thornhill Village Hall. There will be stalls selling Soup and Sandwiches, Tea, Coffee and Home Baking. All proceeds from this are being donated to Beatson Cancer Charity.

Event T-Shirts

These will be on sale within the Thornhill Village Hall at a cost of £12. There will be a limited number of T-shirts available.

Medical Cover and First Aid

The safety of our participants is paramount. There will be highly qualified medics based at Thornhill Village Hall 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 2 water stops at 5 and 9Km. 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.





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2.5K runners will pass 1 water stop at 1Km. There will be volunteers on hand to give out cups of water, energy drink and sweets. 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

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.

Electronic Timing and Results

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 important that 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.

Photography

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.

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' as you run past!

