

# **CARNEGIE HARRIERS FESTIVE FOREST RUN**

## **RACE INFORMATION**

### **RACE ENTRY**

Entries are only open to members of Carnegie Harriers by completing the Forest Run Entry Form. There will be strictly NO entries accepted on the day of the event.

### **RACE START POINT**

The race starts and finishes at the Lochornie entrance to Blairadam Forest. The easiest way to get to the start is by exiting at junction 4 (Kelty) from the M90 motorway, turn left and drive west along the B914 for about one mile and turn right at the junction signposted for Cleish. Follow this single track road for approximately one mile and the Lochornie entrance is on your right hand side.

### **THE COURSE**

The race takes place on forest tracks within Blairadam Forest over a distance of just under 7 miles. The course can be very muddy in places, and on the forest roads will be particularly stony.

### **PARKING**

There is limited car parking available at the entrance to the forest and we recommend that you share transport if possible. Please meet at Dunfermline Academy of Sport, Pitreavie Playing Fields at 9.30am sharp for this purpose.

### **REGISTRATION**

Runners are asked to be at the race start no later than 15 minutes before the race start at 11am on Saturday 20th December 2014.

### **CHANGING FACILITIES**

There are no changing facilities so come along ready to run.

### **REFRESHMENTS**

There will be water, hot fruit punch and mince pies at the finish for everyone.

### **RACE PRIZES**

Race mementoes will be presented to all finishers as they cross the line. Individual awards will be presented after the last runner finishes to the 1st three men, 1st three ladies, and 1st M40, 1st F40, 1st M50, 1st F50, 1st M60 and 1st M70.

### **RESULTS**

The race results will be available on the Carnegie Harriers website shortly after the event. The website can be found at [www.carnegie-harriers.co.uk](http://www.carnegie-harriers.co.uk) Results will also be posted on the club notice board.