

# **CARNEGIE HARRIERS FESTIVE FOREST RUN**

## **2019 EVENT INFORMATION**

### **RUN DATE / VENUE**

Organised by Carnegie Harriers Running Club, the Festive Forest Run takes place in Blairadam Forest, near Kelty, Dunfermline. It is a closed, members only run and, as such, is not permitted by Scottish Athletics.

The run first took place in 1992 and has been held every year since the club's formation. It traditionally takes place on the last (or second last) Saturday before Christmas.

This year's run will take place on Saturday 21<sup>st</sup> December 2019 starting at approximately **12:30 pm** with an earlier start at **12:15 pm** for those looking for a more leisurely run.

Further information will be emailed to members and posted on the Members Group Facebook page in advance.

### **THE COURSE**

The run is approximately 7 miles long, over an "undulating" course. It takes place mainly on good forest road and tracks although there are several patches where it can be very muddy. Trail shoes are recommended.

It starts and finishes at the Forestry Commission depot at Clentry (where they sell the Christmas trees).

Dogs are not permitted in the run.

### **ENTRIES**

Entry to the run is restricted to fully paid up members of Carnegie Harriers Running Club, aged 16 or over. Members are asked to complete an online event entry form in advance. Although there are prizes on offer, the emphasis is on taking part in the event and having a good time.

### **RUN LIMIT**

There is no limit on the number of members who may take part.

### **PARKING**

In the weeks leading up to Christmas, parking at the Forestry Commission depot at Clentry is restricted as priority is given to members of the public wishing to purchase Christmas trees. Members are therefore asked to park at Baxters where a shuttle facility will operate to and from the run start point. Members may also wish to car share from Halbeath Park and Ride or Queen Anne High School.

### **CHANGING FACILITIES**

There are no changing facilities therefore members should you come along ready to run with a change of warm clothing for after the run.

### **REFRESHMENTS**

A range of post-range refreshments will be available.

## **PRIZES**

There are trophies for the first placed male and female runners.

Individual prizes will be awarded in the following categories:

First three men and women regardless of age, and the first placed men and women in the following age categories: junior (16 -20), 40 – 49, 50 – 59, 60 – 69, and 70 and over.

## **RESULTS**

The run 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)