**GRAHAM CLARK MEMORIAL RACE**

**2019 INFORMATION**

**ENTRIES OPEN SHORTLY on ENTRYCENTRAL**

**RACE DATE / VENUE**

Organised by Carnegie Harriers Running Club, the Graham Clark Memorial Race takes place at Knockhill Racing Circuit by Dunfermline. For 2018, it is being held under Licence 10919 from **scottish**athletics.

The race was first held in 2004 in memory of club coach Graham Clark. It now also incorporates the Andy Soutar and Catherine Wilson Memorial Trophies, both of who were well respected club members.

The date of the race in 2019 will be **Tuesday 6th August**. The race will start at approximately 7.30 pm but may be delayed if there is pre-booked activity on the track. Information will be emailed out to entrants and posted on the club website in good time if this is to be the case.

**THE COURSE**

The race involves three full, clockwise, undulating laps of the circuit, a total distance of 3.9 miles. The race is all on tarmac, suitable for ordinary trainers or racing shoes.

Dogs are not permitted in the race.

**ENTRIES**

Runners are encouraged to pre-enter online through EntryCentral. Competitors must be at least 15 years old to enter the race, in accordance with UKA Rules. The entry fee for pre-race entries is £5.00 for members of Scottish Athletics and £7.00 for non-members. Race numbers must be collected on the night between 6 pm and 7.15pm.

On receiving an email to confirm their entry to the race, competitors should check that their entry details are correct and advise the Race Director if any details need to be amended.

It is a condition of entry that there are no refunds of entry fees and the swapping of numbers is not permitted. In the unfortunate event that a runner needs to withdraw from the race, they should advise the Race Director.

Entries will only be accepted on the night between 6.00 pm – 7.15 pm if the race limit is not reached. The “on the night” entry fee is £7.00 for SA members and £9.00 for non-SA members.

**RACE LIMIT**

There is a race limit of 250 runners for this event and no further race entries will be accepted once the race limit is reached. A waiting list may be operated if the race is over subscribed.

**PARKING**

There is ample parking available within the grounds of Knockhill Racing Circuit. Anyone attending the race must follow the marshals’ directions.

**CHANGING FACILITIES**

There are very limited changing facilities at Knockhill Racing Circuit, therefore we recommend that you come along ready to run. The organisers accept no responsibility for loss of clothing or equipment.

**REFRESHMENTS**

A free buffet, teas and coffees will be available after the race.

**CHARITY DONATIONS**

The entire proceeds of the race are donated to a local charity (or charities) chosen by club members.

**RACE PRIZES**

The Graham Clark trophy will be awarded to the outright winner of the race, male or female.

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 (under 20), 40 – 49, 50 – 59, 60 – 69, and 70 and over.

Additionally, the Andy Soutar Trophy will be presented to the first male Carnegie Harrier aged 50+ and the Catherine Wilson Trophy to the first female Carnegie Harrier aged 50+.

Prizes will be allocated strictly in age categories.

**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