

CARNEGIE HARRIERS DEVILLA FOREST 5K

2020 RACE INFORMATION

RACE DATE / VENUE

Organised by Carnegie Harriers Running Club, the Carnegie Harriers Devilla Forest 5k (3.1 miles) is a trail race taking place in Devilla Forest, starting and finishing within the grounds of the Scottish Police College at Tulliallan, Kincardine. The race is run under UK Athletics Rules and Scottish Athletics Licence.

The 2020 race will take place on Sunday 9th February, starting at **11.05 am**.

THE COURSE

The Devilla Forest 5k follows a relatively flat anti-clockwise loop around the Moor Loch within Devilla Forest, predominantly on forest roads. The course will be marshalled and well-marked at all junctions. The safety of all is paramount and it is a condition of entry that competitors must follow the instructions of the marshals at all times.

Devilla Forest is a working forest and, as such, any work taking place on the race route may require the route to be amended on race day. Any changes will be notified to entrants as soon as known.

The route is predominantly along forest roads suitable for ordinary trainers or trail shoes, but not spikes.

Dogs are not permitted in the race.

ENTRIES

The race is pre-entry only through EntryCentral. **There are no entries on the day.** Competitors must be at least 13 years old to enter the 5k race. The entry fee is £6.00 for SAL members and £8.00 for non-SAL members.

Race numbers and timing chips must be collected from 9.00 am on the day from the Registration Area located in the Assembly Hall with the Scottish Police College.

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. No changes can be made after Wednesday 5th February.

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 as soon as possible so that their place can be offered to the next person on the waiting list.

RACE LIMIT

There is a race limit of 200 runners for this event. Once the race limit is reached a waiting list will be operated.

PARKING

Ample car parking is available within the grounds of the Scottish Police College. Anyone attending the race (runners or supporters) must only enter the Police College by the main entrance and follow the marshals' directions. They should not follow any Sat Nav directions through Devilla Forest as these routes are unsuitable for cars and upset local residents.

CHANGING FACILITIES

Changing, showering and toilet facilities are available at the Recreation Hall in the College grounds. The organisers accept no responsibility for the loss of clothing or equipment and it is the responsibility of runners to make sure they have all their belongings before leaving the race venue.

REFRESHMENTS

There is a Starbucks café, situated next to the registration area which will be open to all (runners and supporters) from 9.00 am to 2.00 pm. In addition, all runners will receive a bottle of water and snack bar at the finish line.

CHARITY DONATIONS

We donate part of the proceeds of the race to a local charity (or charities) chosen by club members.

RACE PRIZES

We have been very fortunate to have secured sponsorship from Run4It.

Individual prizes will be awarded in the following categories:

First 3 men and women, regardless of age, first 3 men and women aged 40 - 49, first man and woman aged 50 – 59, first man and woman aged 60 - 69, first man and woman aged 70 and over, first 3 male and female juniors under 18). There will also be a team prize for the first three runners from a recognised running club, regardless of age or gender.

Prizes will be allocated strictly in age categories.

RESULTS

The full 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