

# **INVERNESS HARRIERS 10K**

## **RACE DAY INFORMATION**

**REGISTRATION** - will be available from **11am** at the **Road Race Sunday tent nearest the Fun Fair**. You will be able to collect your number and chip there (see attached map)

**Bring a copy of this e mail and identification to confirm your entry.**

**You are not allowed to transfer your number to another runner as this could invalidate the race insurance. (UKA Rule 209.4 applies)**

**START/ ROUTE** - The start is on the riverside road next to registration tent and will be prompt at 2pm so please familiarise yourself with the area before start time. The route follows the river down to the main bridge and crosses to the town side following the river through a series of small roads and walkways to the harbour front on Shore Street and continues out Stadium Road near Inverness Caledonian Thistle football ground where there will be a water station. Here the route turns and comes back on itself to Portland Place and crosses Waterloo Bridge where the route then follows the opposite side of the river back up through Huntly Street and Ardross Street to the finish at Bught Park. *(Remember to give a wave to our prize sponsors [RUN 4 IT](#) on your way past their shop on Huntly Street.)*

We have been given assurance that access through the phase 2 works site of the flood scheme is available as it will still be under construction and runners should be aware as they run through the area at the Friars Bridge on both sides of the river as they approach and run under the bridge. If for any reason you have to drop out of the race through illness or injury you should report to the nearest marshal or sweep up vehicle (whichever is nearest) and give them your number so that officials know at the finish line.

**FINISH** - The finish is at the same place where the race starts and runners will be funnelled onto the park at the end where the chips must be removed and returned to marshals helping at the end. Runners will be charged £5 for any unreturned chips. Medals will be given to all finishers.

**INVERNESS GALA** - As stated on the entry form this is a new race which is being piloted this year and we encourage everyone to visit the other attractions on the day to support Highland Council who have supported Inverness Harriers in the build up to this race to make it happen. We hope to make this an annual fixture on the calendar with larger entries. Any feedback is very welcome to make our event better for (hopefully) next year. Send your responses to [chasmf169@hotmail.co.uk](mailto:chasmf169@hotmail.co.uk)

Enjoy your run and we look forward to seeing you on the day.

Good luck

Charlie Forbes

Inverness Harriers.

