



Fife Olympiad



Glenrothes Road Running Festival

Sunday 23rd June 2013

Michael Woods Sports and Leisure Centre, Glenrothes

10K Road Race

15 years + 10.30am
Entry: £12 (£15 on the day)
Scottish Athletics Members Entry: £10
(£13 on the day)
Late entries desk will close at 10.00am

4K Fun Run

10.50am
Entry on the day: £3

2K Fun Run

Choose to walk, jog or run 9.45am.
Entry on the day £2

Junior Track Jog

For preschool children, 10.15am
300m run. Entry on the day £1

How to Enter

10K Road Race

On line at www.entrycentral.com
Download an entry form from www.fifeleisure.org.uk
Send S.A.E to: Michael Woods Sports and Leisure Centre, Viewfield Road, Glenrothes
KY62RB or Pick up an entry form at this address
Email: rr.festival@fife.gov.uk Telephone: 01592 583305

Junior Track Jog / 4k Fun Run / 2k Fun Run

Pre-Enter at Michael Woods Sports and Leisure Centre (formerly the FIPRE) or at the trackside on race day
For further information see:
<http://www.fifeleisure.org.uk/events/roadrunning.html>



Glenrothes

--	--	--	--

ROAD RUNNING FESTIVAL

Sunday 23rd June 2013

Michael Woods Sports and Leisure Centre, Glenrothes

Entry Form

Late entries for 10k close at 10am on Sunday 23rd June 2013

Male		Female		Age on 23.06.2013	
------	--	--------	--	-------------------	--

PLEASE PRINT

Name _____

Address: _____

Town: _____ Postcode: _____

Tel: _____ Mobile: _____

Email: _____

Scottish Athletics Affiliation No: _____

Athletics Club: _____

10K Road Race 10.30am, Age 15+

Entry fee £12 (£15 on the day)
Scottish Athletics Members £10 (£13 on the day)

I enclose a cheque (made payable to **FIFE OLYMPIAD**)

I enclose cash

I certify that I am medically fit and enter at my own risk and that the organisers will in no way be held responsible for any injury or illness incurred as a result of the event nor for any property lost or damaged.

Signature: _____ Date: _____

Return completed form to:
Glenrothes Road Running Festival,
Michael Woods Sports & Leisure Centre, Viewfield Road, Glenrothes KY6 2RB
www.fifeleisure.org.uk

The GLENROTHES ROAD RUNNING FESTIVAL is organised by the Fife Olympiad Committee in conjunction with the Fife Sports and Leisure Trust, and is held at Michael Woods Sports and Leisure Centre (formerly the Fife Institute) on 23rd June 2013 at 10.30a.m.
The 10K race is open to anyone over 15 on the day of the race.

There will also be other races on the morning for all the family including a 2K, 4K Road Races, and a Fun Run for the under fives.

For information on these please use the web site <http://www.fifeleisure.org.uk/events/roadrunning.html> or contact

the organisers at rr.festival@fife.gov.uk

Please note that the Michael Woods Sports and Leisure Centre Viewfield Road Glenrothes KY6 2RB has replaced the former Fife Institute, Glenrothes

10K Race Information

This 10K race being held on 23rd June 2013 will be manually timed. Please note that the details of this and other events to be held on the day are available on the Fife Sports & Leisure Trust website (see below). The details below will not be posted out to competitors so please take a note of these for your own use or refer to

<http://www.fifeleisure.org.uk/events/roadrunning.html>

1. ARRIVAL & CAR PARKING

Runners should arrive NO EARLIER than 8.30am and NO LATER than 10.00am.

Roads in and around the Michael Woods Sports and Leisure Centre will be closed (controlled by the police) to allow the 2K race to start at 9.45.

PARKING WILL BE AVAILABLE AT ADAM SMITH COLLEGE; SALTIRE CENTRE AND CABLE ROAD. ANYONE PARKING WITHIN THE SPORTS CENTRE MAIN CAR PARK MAY EXPERIENCE DELAYS ON EXITING DUE TO THE MARSHALLING OF RUNNERS STILL COMPLETING THE 4K AND 10K RACES

2. ASSEMBLY

The assembly for the 10K ROAD RACE commences at 10.20am on the track (east of the main building) **RACE STARTS AT 10.30am**

3. RUNNING NUMBER

YOUR RUNNING NUMBER WILL BE AVAILABLE FOR COLLECTION FROM THE GAMES HALL OF THE MICHAEL WOODS SPORTS AND LEISURE CENTRE FROM 8.30 UNTIL 10.20 ON THE DAY OF THE RACE. THE ORGANISERS WOULD APPRECIATE IF THE RUNNING NUMBERS COULD BE COLLECTED BEFORE THE DEADLINE ABOVE.

It is essential that you bring sufficient safety pins to attach it to the **FRONT** of your clothing (please complete medical details on the back of the number prior to the race). Runners not wearing a number or not displaying their number clearly on their **FRONT MAY NOT BE RECORDED**.

The number displayed at the front also assists the finish team who will be directing you to the finishing line.

4. TOILET FACILITIES Are only available, including those for any disabled athletes, inside the Michael Woods Sports and Leisure Centre.

5. ROUTE

a) PLEASE KEEP TO THE SIDE OF THE ROAD On no occasion will traffic be completely stopped.

b) Your RACE will be preceded by a Police Motorcyclist / cyclist.

c) All Race Marshals will be wearing a fluorescent yellow bib for identification Team Leaders wear orange and will be in radio contact with the medical services provided during the race.

d) The race route can be found on the Fife Sports and Leisure Trust web site.

<http://www.fifeleisure.org.uk/events/roadrunning.html>

PLEASE NOTE THAT AFTER 12 NOON STEWARDS/MARSHALLS WILL BE WITHDRAWN