



BALLOCH ^{to march}
to CLYDEBANK ₂₀₁₈

13.1

**RUNNER'S
INFORMATION**

Your Safety and Third Parties:

Runners are responsible for their own safety and should take care during the race particularly at road junctions. Please follow the Highway Code, show consideration for other road users, do not impede pedestrians or motor vehicles on the race route and follow any instructions given by race marshals or the Police. Where there are pavements or footpaths use them. In particular runners should take care on the busy A812 road between Renton and Dumbarton where vehicles can legally travel at up to 60mph, run in single file on this section of the route and leave sufficient space for motor vehicles to pass without crossing the double white line. The wearing of ipods and other musical devices is not permitted in this race under UK Athletics Rules. Runners and their supporters should note that Seaforth Road where the race finishes is a private road, which will not be closed for the duration of the race. Vehicles belonging to Clyde Shopping Centre Management and Staff and delivery vehicles must be allowed unimpeded access during the race. Competitors disregarding any of these instructions may be disqualified.

Transport:

Entry Fee includes transport by bus from Clydebank Leisure Centre, Garth Drive, Clydebank G81 1BF to Loch Lomond Shores, Balloch. Buses will depart no later than 8am and runners should ensure that they arrive at Clydebank Leisure Centre in good time. Runners should arrive changed and ready to run as there are no changing facilities available prior to the start of the race.

PLEASE NOTE THAT THE CLOCKS GO FORWARD ONE HOUR ON 25TH MARCH

Parking:

There are parking facilities in the car park adjacent to Clydebank Leisure Centre. Runners and their supporters travelling to Loch Lomond Shores by car should park in the overspill car park on the right hand side of Ben Lomond Way shortly after the entrance to Loch Lomond Shores.

Directions:

To Clydebank Leisure Centre from Glasgow

Take Clydeside Expressway (A814) westbound from Glasgow for about 3 miles to the end of the Expressway at a mini roundabout. Bear right at the mini roundabout into Dumbarton Road. Continue for a further 2 miles then cross boundary into West Dunbartonshire and Glasgow Road. After a further ¾ mile turn left into Cart Street. Continue into Garth Drive and the leisure centre is on the right.

To Loch Lomond Shores from Glasgow

Take M8 westbound from Glasgow towards Greenock. Leave M8 at Junction 30 and by M898 and cross Erskine Bridge. Leave Erskine Bridge on left hand lane by slip road signposted A82 Crianlarich. Continue on A82 for about 11 miles through Dumbarton to the Stonymollan Roundabout on the outskirts of Balloch. Turn right at Stonymollan Roundabout on to A811 Stirling Road and left (first exit) at next Roundabout at McDonalds. Shortly thereafter bear right (second exit) at a mini roundabout at the entrance to Loch Lomond Shores clearly marked. Parking is in the overspill car park on the right. To get to the start turn left out of the car park & left at the mini roundabout into Balloch Road. Pier Road is on the left. Runners intending to drive direct to Loch Lomond Shores will require to make their own arrangements for recovery of their vehicle as transport from Balloch is not provided by the organisers after the race.

Toilets:

Toilet facilities will be available from 8.30am at Loch Lomond Shores in the toilets adjacent to Jenners. Access to the toilets is from the door adjacent to the bus and car parks on the opposite side of the store from the pedestrian concourse. Toilet facilities will also be available in Clydebank Leisure Centre.

Changing and Showers:

Changing and showers will be available in Clydebank Leisure Centre after the race.

Baggage:

As space is limited, one small bag only per runner may be taken on the bus. One bus will return to Seaforth Road, Clydebank with the bags after the start of the race. To reduce risk of loss all clothing should be packed in bags which are zipped shut and clearly marked with the runners name and address or race number. Please do not leave your clothing in carrier bags or other receptacles from which items can fall or be dropped while in transit. Please do not leave valuables on the bus.

The Course:

A generally flat course with minor inclines between Dumbarton Gateway Services and the Dunglass Roundabout and between Bowling and Old Kilpatrick. The course is not suitable for wheelchair athletes.

Start

The race starts in Pier Road, Balloch about 60 metres from the junction with Balloch Road.

Route:

The race follows the following route:-

Pier Road, Balloch Road, path beside River Leven to Renton, footpath to join B857 Main Street, Renton shortly after the junction of Main Street and Station Street, Lennox Street, Renton Road, A812 from Junction with A82 to Dalreoch, Glasgow Road (A814) across the Artizan Bridge, Station Road, Bankend Road, Bonhill Road, Crosslet Road, cycle path (National Cycle Network Route 7), Geils Avenue, Third Avenue, then cycle path to Dunglass Roundabout, A814 (Dumbarton Road) through Bowling & Old Kilpatrick to Dalmuir, then Duntocher Road, Singer Road, footpath, North Avenue, Fleming Court, footpath under Kilbowie Road to Seaforth Road.

Finish:

In Seaforth Road, Clydebank at entrance to cul-de-sac north of the Forth and Clyde Canal.

Race Time Limit:

As there is a time limit of 2 hours 30 minutes Race Officials will not be at the finish after 11.30am. However First Aid Officials will patrol the course until the last runner completes the race.

Water Stations:

There will be 2 water stations on the race route – at Station Road, Dumbarton near the 5 miles mark and in the centre of Old Kilpatrick about 10 miles from the start. Water will also be available at the finish.

First Aid Services:

Will be supplied this year by West Coast EMS and the First Aid Officials will patrol the course until the last runner completes the race. If you have a medical condition, which you consider that the First Aid Officials should be aware of, please mark a cross in red ink on the front of your race number and details of the condition on the reverse of the number. If details of the condition are notified to the Race Organiser prior to the race date, these details will be passed to the Chief First Aid Official.

Prizes:

Individual:

Vouchers to the values shown will be awarded to the following individual winners of the open race. One individual prize per athlete for the open race.

Men	Women
1st - £100	1st - £100
2nd - £75	2nd - £75
3rd - £50	3rd - £50
4th - £30	4th - £30
5th - £20	5th - £20
1st Vet O/40 - £40	1st Vet O/40 - £40
2nd Vet over O/40 - £25	2nd Vet O/40 - £25
3rd Vet - O/40 - £15	3rd Vet O/40 - £15
1st Vet O/50 - £20	1st Vet O/50 - £20
1st Vet O/60 - £20	1st Vet O/60 - £20

Team

1st Male Team – 3 @ £25
2nd Male Team – 3 @ £20
1st Female Team 3 @ £25
2nd Female Team 3 @ £20
3 to count for all Teams

Championship Medals will be awarded to:

First male athlete who is a member of a Club affiliated to Dunbartonshire AAA
First female athlete who is a member of a Club affiliated to Dunbartonshire AAA
First Male Club Team affiliated to DAAA
First Female Club Team affiliated to DAAA

Competitors

A technical t-shirt will be awarded to all finishers.

Presentation of Prizes:

Presentation of prizes will be held in Clydebank Leisure Centre as soon as possible after the race. The results will be squared off after the first 100 places to facilitate the presentation. Prizes which are unable to be determined in time for the presentation of prizes will be posted to the prize winners.

Sponsors:

We are fortunate to be sponsored by:



Strathmore

Race Information

Online Enquiries:

ballochtoclydebank@ntlworld.com

Telephone Enquiries

Des Gilmore: 01413393502 (Evening) 0141 330 5961 (Work)

Website:

<http://dunbartonshireaaa.co.uk/>

Promoters:

Dunbartonshire Amateur Athletic Association