

Team Strides 27th Lochaber Marathon
Under SAL/BAF rules
Incorporating British Masters Athletics Federation Championship

Sunday 18th April 2010 11am start

Registration: Saturday 17th April 2.30pm - 6pm
Sunday 18th April 8.30am - 10.30am
Nevis Centre, An Aird, Fort William PH33 6AN

Course records: Male: Simon Pride Forres Harriers 2:21:21
Female: Claire Pauzers Herne Hill 2:50:12
Prize for new course record: £1,000 & week's holiday

Entry fee postal: £23.00 scottishathletics member/£25.00 non member
Cheque/postal order payable to: Lochaber Athletic Club
Send to: Clare Rumgay, 4 Callart Road, Kinlochleven, Argyll PH50 4QR with stamped self addressed envelope
Online entry at www.lochaberac.co.uk

PLEASE USE BLOCK CAPITALS

Surname..... First name.....

Date of birth.....

Address.....

..... Postcode.....

Phone no.....

e-mail.....

Athletic Club.....

scottishathletics membership no.....(entry fee £25 must be paid without valid no)

Are you entering the BMAF championship? yes no BMAF no.....

If yes, enter BMAF club/association.....

Best marathon time.....or is this your first?

Declaration:

Please enter me for the Lochaber Marathon. I declare that I will be **over 18 years old on the day of the race** and am medically fit to take part. I understand that the race organisers shall not be liable for any loss, damage or injury which I may suffer, and which may arise directly or indirectly before, during or after the race. I agree to abide by the rules of SAL/BAF. When race limit is reached, there will be no exchange of numbers or reserve list.

Signature.....Date.....

Your e-mail address will be passed to marathonphotos.com who will cover this event. If you do not wish your e-mail address to be passed on, please tick box

Closing date for BMAF entrants is 4th April 2010

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Sunday 18th April 2009; 11am start

Race Information

Accommodation including B&B, hotels, self catering, bunkhouse and camping/caravanning are widely available in Fort William. It is advisable to book early for venues closest to the race start.

Registration is at the Nevis Centre, An Aird, Fort William PH33 6AN. This will be on Saturday 17th April from 2.30pm till 6pm and on Sunday 18th from 8.30am till 10.30am. Here you'll be given your race number and race t shirt. The event is hand timed, so you must wear your number on your front and keep it visible during the race and particularly at the finish.

The course is accurately measured and considered a fast, flat route; good for securing a PB. There is a race limit of 600 entrants and last finish times are typically around 5½ to 6 hours.

Start/Finish is at Fort William Shinty Club field, adjacent to Nevis Centre car park.

Race Safety

A briefing will take place in the main hall at the Nevis Centre at 10.45am prior to the race. All runners must attend this briefing.

- The marathon is an out and back route quickly leaving Fort William and going along the A830 Mallaig road
- The road remains open to traffic, so competitors must run no more than two abreast and run facing oncoming traffic while on the road
- Where there is pavement, you must run on this and not in the road, even to pass other runners
- Road crossings and the turnaround point are marshaled by the event and Northern Constabulary and you MUST obey their instructions at all times
- If you are wearing an i-pod/mp3 player, you must remain aware of the traffic around you
- The road may be busy during the race and there is very little parking; do not encourage supporters to drive or cycle the route. No pacing or buddying - running or cycling - is allowed
- Marshals will be out on the route; anyone reported as obstructing traffic or otherwise compromising safety will be reported and may face disqualification
- Medics are positioned on the route; inform any marshal or drinks station if you or fellow competitor needs help

Drinks Stations are positioned along the route as shown on the attached map. Water and Lucozade Sport are the drinks in use, in 330ml sports cap bottles. There is no facility to place your own drinks at the stations.

Prize Giving will take place in the Nevis Centre at approximately 4pm. There is a prize list of over 70 prizes and all finishers receive a medal and race t shirt.

Refreshments/changing: Showers and changing are available at the Nevis Centre and tea, coffee, filled rolls and biscuits are provided for all competitors after the race.

Race Convenor is Clare Rungay, 4 Callart Road, Kinlochleven, Argyll PH50 4QR; tel: 01855 831718; e-mail: clare.rungay@btinternet.com

Lochaber Marathon Route Map

