



Breathing Space Callander 10k – Spring

Sat. 6th May 2017

Event Information Pack

Age Categories and Prices

Online entries close at 5pm the Thursday before the event

1k entries will be taken on the day at a fee of £3

Callander 10k 5k and 1k Age Categories			Prices		
Under 18s must have signed permission from a responsible adult.				Online	On the day Subject to availability
10k	Junior	15-17		£12.50	£15
	Senior	18-35			
	Vet	36-50		£15	£18
	SuperVet	51 - 60			
	WonderVet	61+			
5k	Pre Junior	10 - 14		£12.50	£15
	Junior	15 - 17			
	Senior	18-35			
	Vet	36-50		£15	£18
	SuperVet	51			
1k	0-9 years – Under 5s must be accompanied by an adult. Entry for the 1k will be taken on the day				£3

The Route

Please also see Route Maps on Web Site.

Race Start

Both the 10k and the 5k race will start in Callander meadows near the river and next to the mini golf course.

The two races cover the same route for the initial part of the race.

Runners will leave the meadows and run up the hill to cross the main street into Tulipan Crescent. They will then turn in between the buildings onto the Lower Woods Walk taking them Right onto a forest foot path at the foot of Callander crags.

This path comes out at the crags car park on Bracklin road where runners turn right and proceed down the hill.

Runners then turn left onto Aveland Road and run along the golf course before turning right onto Livingston Avenue. Runners will continue along the pavement and follow the road around into Murdiston Avenue to go under the bridge at the end of the street and onto the path behind the shortbread factory.

Runners will come out at the back of St Kessocks church in the main square and will cross Ancaster Square onto the pavement on the main street before crossing the road at the zebra crossing by the Waverley Hotel.

The race will then proceed down South Church St. and over the foot bridge that crosses the river Teith.

Immediately after the foot bridge 5k runners will turn right – past the primary school and cross the road at the zebra crossing on Bridge End. 5k runners will then cross the red bridge (road bridge) and turn left back into the meadows car park. Runners will follow the course of the river around the meadows and do a loop to the finish line where the race started.

After crossing the foot bridge 10k runners will turn left – and run up the side of the rugby pitch to cross over the small drive onto the steep dipped path. This will come out on the main road and signs will take runners Right, down the pavement to the crossing point into Coilhallan Woods. Runners then face a steep incline up the forest path to join the forest track which comes out onto the Invertrossachs Road. Runners will turn left here and then turn Right over the Gartchonzie Bridge to run up the road and cross at the top onto the Bochastle footpath.

This path comes out near Kilmahog where runners make their final road crossing and join the cycle track for the last leg back to the finish line.

The 1k Race and fun run – will start at the foot of St Kessocks mound (Marshals will inform runners where to gather. The race then runs along the side of the river and cuts off on a circuit around the meadows to finish at the main finishline.

Event Timings

Date and Time	Event	Location	Notes
Sat 6th May			
09.00 – 10.30	Event Registration	Callander Meadows (By Callander Meadows Car Park FK17 8AJ	Registration for the 5k and 10k will close promptly at 10.30. Registration for the 1k race will remain open till 12.00
10.45	Race Briefing	Start Line	The toilets are a short walk from registration. Please make sure that you are back at the start line by 10.45 for race briefing.
11.00	Race Start 10k and 5k		
12.30	Race start 1k		
14.00 (Approx)	Prize	Prize giving will take place at the finish line.	Prize giving will take place after all runners have finished the race. Please stay till the end of the race and support late finishers if you can.

Route Markings

The Route will be marshalled and signed with arrows and tall luminous poles which confirm that you have gone the right way.

Water

There will be one water stop on the 10k route. If you require water other than this please make arrangements to carry it yourself.

There will also be water at the finish line.

Parking

Parking for this event is in The Meadows Car Park in Callander and in Station Rd. Car Park. Please be aware that both car parks are pay and display and they are now checked.

Spectator Points

The main spectator point for this event will be Callander Meadows at the start/ finish line.

Another good point for spectators is in the centre of town at Ancaster Square – runners will cross the square.

Toilets

There are public toilets in Station Rd. Car Park in Callander.

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We look forward to seeing you on the day