



Lasswade Athletics Club

10 Mile Road Race



Lasswade 10

Sunday 16th April 2023

Entries: <https://www.entrycentral.com/Lasswade-Road-Race>



SAL/UKA affiliated £16.00

Unaffiliated £18.00

Entries limited to 400 (No entries on the day)

Individual & Team Prizes

Free Food & Refreshments for Every Entrant

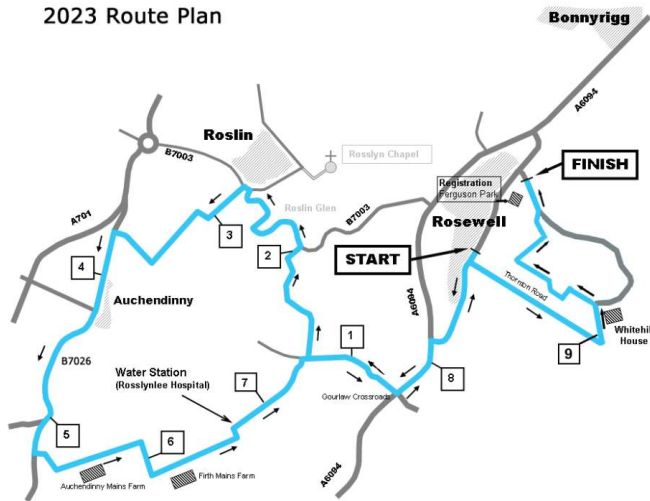
Race Start: 12.00 noon

Registration: 09.45 am until 11.15 am

Whitehill Welfare FC, Ferguson Park, Rosewell, EH24 9AP

Course Details

2023 Route Plan



Our annual 10 mile road race is held over a testing course and attracts all standards of runner.

It is also an ideal training run for those contemplating spring/early summer marathons, especially London and Edinburgh.

There will be a time limit of 2.5 hours for the race, after which, route signs will be removed and course marshals will disperse.

Registration is at Ferguson Park, Rosewell which is a short walk from the finishing area where changing, showering and toilet facilities will be available.

The start line is at the south side of Rosewell, just a 5 minute walk from Ferguson Park.

Prizes

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|---|----------------------------|
| ❖ First 3 Senior Men & First 3 Senior Women | First £100/£50/£25 voucher |
| ❖ First Male Masters (40+) & First Female Master(40+) | First £50 voucher |
| ❖ First Male Team & First Female Team
(Teams must be registered with Scottish Athletics) | Boxed medals - 3 to count |
| ❖ First Midlothian Male & First Midlothian Female | Trophies |

Individual winners can opt to take the highest prize and forfeit the age category prize, e.g. a Master winning the Senior Men's/Women's Race can claim the Senior Men's/Women's 1st prize and forfeit the relevant Master's 1st prize.

Further information from Barbara Howie 0131 663 4697 or Keith Kong 07538 878649