



LASSWADE ATHLETICS CLUB

VMH SOLICITORS LASSWADE 10 MILE ROAD RACE

Sunday 3rd March 2024



INSTRUCTIONS FOR COMPETITORS

RUNNING NUMBER: Details of your race number will be emailed to you. ***Please bring this email with you to Registration as confirmation of entry*** and you will be issued with your race number, baggage label and plastic bag for clothes. Registration will take place at Ferguson Park (Whitehill Welfare FC), Carnethie Street, Rosewell, EH24 9AP, Midlothian, from 09.45 until 11.15. Registration can get very busy and you are requested to give yourself sufficient time to collect your number prior to the race start.

Please note that competitors not wearing numbers will not be allowed to start and all numbers must be clearly displayed at the finish. Failure to do so will result in your time and race position not being recorded and you will be excluded from the official results. Be prepared to display your number to the marshals throughout the course if it is not on display. Please remove your number on completion of the race especially if congregating near the finish line to avoid any confusion of the time keepers and judges.

CHANGING/BAGGAGE: male and female changing and limited shower facilities will be available at Ferguson Park. For runners' convenience, a baggage label will be issued with your race number on it. Please attach this label to the plastic bag given to you on the day. Bags will be collected at the race start and taken to the stand at Ferguson Park for safe-keeping. After you have finished the race please remember to keep your number as this will be needed for identification when collecting your bag and for entry to the post race buffet.

Lasswade Athletics Club does not accept responsibility for the loss or damage to any personal belongings contained within the bags.

PARKING: On-street parking is available in Rosewell village although, as the race is very popular, spaces can become limited. Parking will not be permitted on the main street at the east end of Carnethie Street, between the entrance to Whitehill House and the entrance to Ferguson Park. Please park considerately and note that parking is entirely at the owner's risk. Please consider using public transport or car sharing if possible.

TOILETS: toilet facilities are available in the changing rooms at Ferguson Park. Additional portaloos will also be provided at Ferguson Park and at the race start. ***In previous years we have received complaints about runners relieving themselves at the race start in Rosewell. There is a lot of goodwill from the local community towards our event so please respect residents' property and use the facilities provided.***

LITTER: All runners and supporters should not litter throughout the course. The residents of Roslin work hard to keep Roslin Glen free of litter and this benefits you, the runner, so please respect the local villages. Be prepared to leave any unwanted bottles from water stations with the nearest marshal.

START: All runners must be at the start, which is approximately 10 minute walk from Registration, by 11.50am as the race will start at 12 noon prompt. A mini-bus will be at the start to collect any baggage which will be taken back to Ferguson Park. Please remember to attach the label issued with your race number to the bag.

ROUTE: the route is undulating. From the start, there is a gentle incline for approximately a mile, thereafter the route levels before dropping into Roslin Glen, the lowest point on the course at approximately 2.5 miles. After a steep rise of 400 metres, the route is fairly easy before dropping into Auchendinny at the 4 mile point. There is a gradual climb to 6 miles. Thereafter, apart from a small hump between 7 & 7.5 miles, the route is downhill towards Rosewell village. The final stages are gently undulating as the route turns off Carnethie Street on the approaches to Rosewell and into Thornton Road which leads into the grounds of the Whitehill Estate. The route continues back towards Rosewell turning right along a track past Whitehill House (note that this section has been altered from previous years). The finish is approximately 300 metres from Ferguson Park. Please keep to the left at all times and do not cut corners especially if it means running on the opposite side of a carriage way.



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LEAD CAR: A lead car will be in operation. There are sections of the course where the lead car will need to be diverted from the race route and runners should follow the directions of the marshals and not follow the lead car.

SWEEPER BUS: Due to reasons beyond our control, the sweeper bus will follow the tail of the race up to Firth Mains Farm only. At this point, a "sweep runner" will take over until the sweeper bus can rendezvous with the tail of the race. The bus will then continue to Thornton Road before returning to Whitehill Welfare Football Club.

TIME LIMIT: There is a time limit of 2½ hours to complete the race, after which, the signage will be removed and the marshals shall disperse.

IMPORTANT NOTES FOR THE SAFETY OF ALL RUNNERS

- **THE USE OF EARPHONES AND HEADPHONES IS NOT PERMITTED AND THIS WILL BE MONITORED THROUGHOUT THE RACE BY MARSHALS. AS THIS IS CONSIDERED A CRITICAL HEALTH & SAFETY ISSUE, RUNNERS ARE ADVISED THAT THEY RISK DISQUALIFICATION IF THEY FAIL TO COMPLY WITH THIS RACE RULE.**
- It is important that all runners follow the directions of Race Marshals. Failure to do so could lead to disqualification.
- For your safety, please keep to footpaths wherever possible. While on roads, runners are asked to keep as close as possible to the verge of the left hand carriageway (i.e. the opposite side from oncoming traffic) unless directed otherwise as, apart from the start, traffic will not be stopped.
- Keep to the footpath on the left hand side whilst running on the B7026 (3.5 to 5 miles), through the village of Auchendinny and up to the turn off to Auchendinny & Firth Mains farms, except for a short section just past the 4 mile mark where there is no footpath and runners should use the left hand side of the carriageway.
- Do NOT enter any fields at Firth Mains Farm (~miles 6 to 7). Spectators should avoid supporting the runners in this area and all dogs should be kept on a lead and noise kept to a minimum. We would expect that runners and spectators do not litter throughout the course, but more so at this part of the course where bio security must be maintained in the adjacent fields.
- Whilst running on the A6094 and through Rosewell village, use the footpath on the right hand side, i.e. from Gourlaw Crossroads (7.5 miles) to Thornton Road (8.25 miles).
- Be aware of traffic when crossing the A6094 at Gourlaw crossroads. Marshals shall try to direct runners to cross the road as close to the crossroads as possible, however, if the road has to be used for a short time, keep close to the verge on the left hand carriageway (opposite side from oncoming traffic) and follow the marshal's directions as to when it is safe to cross on to the footpath. Police are in attendance at this junction.

DRINKS & REFRESHMENTS: Drinks stations will be situated at approximately 3.5 miles and 6.5 miles and bottled water shall be available at the finish. Refreshments will be available after the finish and shall be served at Whitehill Welfare FC **on production of your number**.

AWARDS CEREMONY: presentation of prizes will take place at Ferguson Park at approximately 1.45 pm.

FINALLY, WE WISH TO THANK YOU, THE ATHLETE, FOR SUPPORTING OUR EVENT



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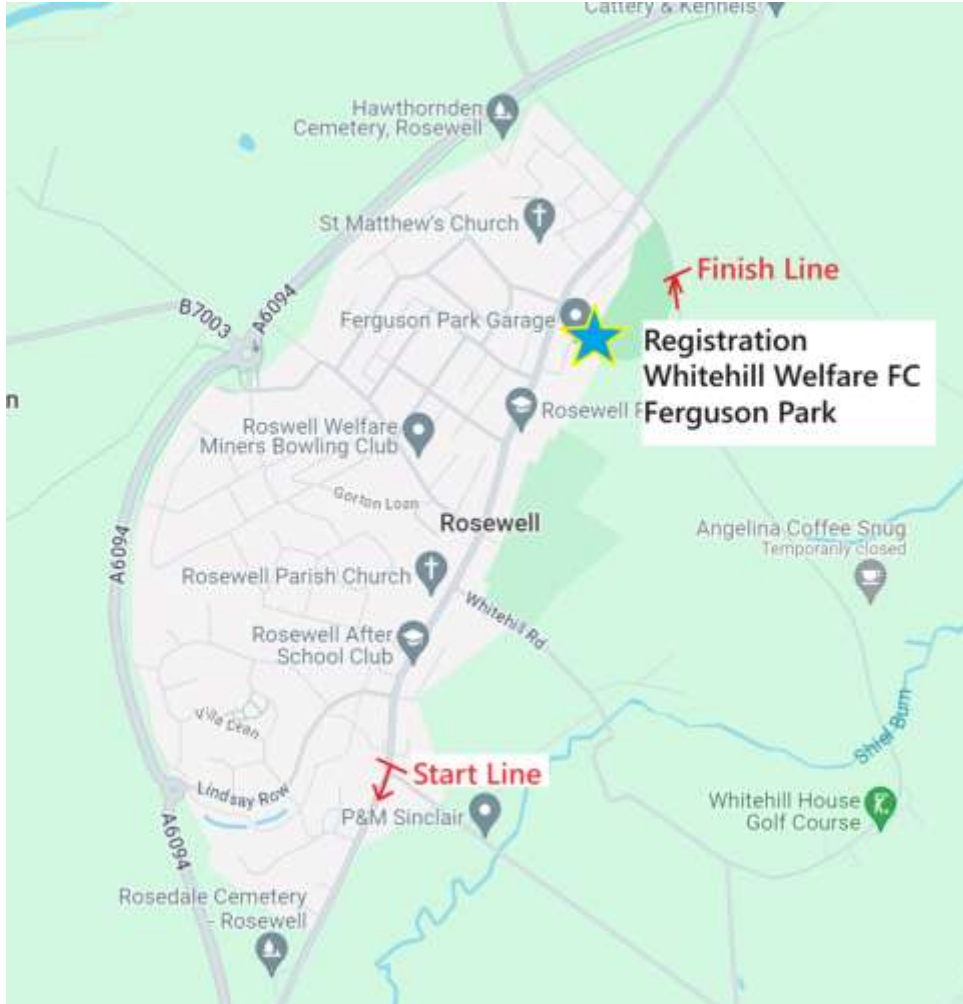
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DIRECTIONS

Registration: 9:45am to 11:15am Whitehill Welfare FC, Ferguson Park, Carnethie Street, Rosewell, EH24 9AP.



Lasswade Athletics Club and the race organisers wish to acknowledge the support and assistance provided by our sponsor, VMH Solicitors.



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