



'The Most Historic Run in Scotland – For Chest Heart & Stroke Scotland'

Sunday October 27th 2019

EVENT INFORMATION

WELCOME:

On behalf of Chest Heart & Stroke Scotland, I am delighted to welcome you to the eighth award winning '**Culloden Run**' event. By taking part in this event, which is set in and around one of Scotland's most iconic, historic and emotive landmarks, you are directly helping to support people who are striving to get their lives back after surviving life-changing chest, heart and stroke illness across all of Scotland's communities. Thank you for your much-needed support. **Culloden Battlefield** is the scene of the last major battle fought on British soil back in **1746** and CHSS are most grateful to the **National Trust for Scotland** for allowing the event to be based at the world class **Culloden Visitor Centre** and for their valued support as an event partner. Please note that no part of the event will impinge on the sanctity of the battlefield area which is the last resting place for many brave souls involved in the battle. £5 from every runner's entry fee will go to NTS Culloden to support ongoing projects at the Centre. CHSS would also wish to recognise and thank the many other organisations, agencies, businesses, individuals and especially the local community who have all been extremely supportive and helpful in making this event possible. **Please read this event information carefully** to ensure that you fully understand the event details and programme and to ensure we all play our part in making the event an **enjoyable, successful and safe** event for everyone. Culloden is a very special place indeed and I sincerely hope that you will enjoy your participation in '**the most historic run in Scotland**'

GETTING TO THE EVENT:

Event registration and all event facilities are located at the **NTS Culloden Visitor Centre** (post code **IV2 5EU**) approx 5 miles east of Inverness. The centre is well-signposted throughout the region by the standard brown 'visitor attraction' road signs. Car parking and drop offs for the event are in a separate field by the centre which will be well-signed and marshalled; please try and car-share wherever possible. For safety reasons there is no parking or drop off at the Centre for event participants; please follow the event signs and the event marshal's guidance. Regrettably, there is no public transport service to Culloden Moor on a Sunday. For recommended travel directions and for more information about NTS Culloden please go to this link:

<https://www.nts.org.uk/visit/places/culloden/planning-your-visit>

REGISTRATION:

Race Numbers are given out on Event Day. All runners in both races are required to attend '**Race Registration**' on event day morning which will be located inside the Visitor Centre and clearly signed. Registration will be open from **0900 until 1020** and there will be separate registration tables for the 10K and the 17.46k runs where runners will be provided with their individual event running number with embedded timing chip and safety pins. **Please note the following:**

- **Individual running numbers** will be listed on the event website www.thecullodenrun.com from Monday 21st October and updated every few days for last week entries. Runners should check and make a note of their individual running number prior to arrival at registration (but don't worry as numbers will also be listed and displayed prominently at the event)
- **There are NO new entries or changes of runner on the day of the event** and individuals **must** register in person and **must not** register/run under another person's details. **Online entry closes at midnight on Thursday 24th October**
- Any **medical condition** that the organisers should be aware of **must be** noted on the back of the individual running number in the space provided. **Important: if you have been ill or feel unwell you must not take part – it's not worth it!**
- Running numbers **must be worn on the front of your running top** fixed with 4 safety pins and be **clearly visible** at all times and **must not** be altered, defaced or changed in any way.
- **There are different types of running numbers and timing chips** for the 10K and the 17.46k races and you must only take part in the race that you have entered for. **If you wish to change race entry** then you must contact the event organisers **before event day** to be allocated a different race number (it's not a problem!)
- **Remember - your individual running number will be detailed on the event website from Monday 21st Oct onwards**
- **REALLY REALLY REMEMBER - The clocks go back AT MIDNIGHT on Saturday...**

FACILITIES:

There are **no separate changing or shower facilities** available at the event but a large room is set aside and will be signed where runners can change (discreetly...) and to **leave any bags**; valuable items **must not** be brought to the event and individuals **remain responsible** for their own possessions at all times. There will be plenty of **portaloos** adjacent to the Start/Finish line as well as the centre toilets. There is a large and excellent **café/restaurant and shop** at the Visitor Centre which along with the state of the art interactive exhibition and guided tours will be open all day. There is plenty to enjoy at Culloden so please feel free to **bring family and supporters** along to enjoy the day out

RACE BRIEF:

There will be a short but important race brief and welcome at 1030 at the Visitor Centre which all runners **must attend** to hear important event safety instructions and any last minute unforeseen event changes

RACE WARM UP AND START:

The **Start/Finish line for both races** is located at the same point by the **Visitor Centre car park** close to the Centre buildings. **The 17.46k race will start at 1045 prompt and the 10K race will start at 1100 prompt. Please be at the start area 10 mins before your race start time for the Warm Up and don't run over the race timing mats before the race starts!** Please try and assemble at the start line area according to your predicted run time; quicker towards the front and not as quick towards the back as this makes for a far safer start and sensible early pace judgement. The overriding aims are to enjoy the run safely and to finish comfortably

RUN ROUTES:

Details of the running routes for both the Culloden 10K and the Culloden 17.46k races can be found on the event website along with a route map. Both races share the same route up to the 8.5Km point and follow a generally anticlockwise direction. Both routes have been accurately measured by an official Scottish Athletics course measurer and will have incremental kilometre **distance signs** at each kilometre. There will be manned **water stations** on the route at the 5km point for both races and at the 10km/14km point for the 17.46k race. Both race routes will be **well-signed and marshalled** throughout. Both routes are set on good surface roads and rural lanes but runners **must** keep to the **left hand side** of the roads at all times; although the run route is set on quiet country roads these roads are still open to traffic. There will be a **safety lead and sweep vehicle** at the front and back of each race but please note there is no pressure to go quicker – it's about finishing safely in whatever time it takes, run, jog or crawl! Please see the event website for more route detail

RACE FINISH:

Approaching the finish line, runners will be directed into a **finish funnel lane** and their finish time will be automatically recorded by the race timing system; **please stay in finish order as directed**. From the finish line runners will be directed to collect their well-earned **event medal** and **goody bag**

ADDITIONAL SAFETY NOTES:

- The event will be **fully signed** with specific event signage and competent and briefed **event marshals** will be in place and clearly identifiable as will all event related vehicles
- There will be **qualified medical cover** at the event and a dedicated **communication network** and event safety plan in place
- Runners **MUST** follow **ALL** marshals' instructions throughout the event
- If you are ill or feeling unwell you **must not** take part. **Make sure** you are fit enough to take part before the event
- **No dogs are allowed to accompany runners on the route and dogs are not allowed in the Visitor Centre**
- **No buggies or wheeled equipment are permitted on the race course**
- **Make sure** you wear suitable well-tested running kit and shoes – **don't** wear anything new or borrowed on the day. Remember that Vaseline is the runner's best friend...
- Bring along additional kit in case of bad weather (unlikely of course...) and for after the run to keep warm and dry (**come prepared for all eventualities** – sunglasses to woolly hats!)
- **Make sure** you are well-hydrated before, during and after the event – bring plenty of fluids
- **GOLDEN RULE:** Any runner withdrawing or retiring after the race has started for any reason **MUST** inform the nearest event marshal or the finish line team as soon as possible. If you are injured, become unwell or need help in any way you **MUST** inform the nearest marshal as soon as possible

RESULTS AND PRIZES:

- There will be a **small number of small prizes (please remember it is a charity fundraising event...)** awarded to the first male and female in each age category in each race and also a small number of spot prizes in some goody bags. Remember that everyone really is a winner!
- **Get your Kilt on:** There will be a prize awarded to the first **'kilted'** runner back in both the 17.46k and 10K races kindly donated by the Clan Donald Society of the Highlands & Islands and the 1745 Society. Sincere thanks to both for these kind donations
- The **finishing times** for all runners will be posted as quickly as possible after the event on the Race Timing website – <http://www.thistletimingresults.co.uk/>

- There will be a short **prize-giving ceremony at approx 1.30pm** at the Visitor Centre
- For the purposes of the **'Culloden Run'**;
 - a **Senior** is defined as aged between 16-39
 - a **Veteran** is defined as aged between 40-49
 - a **Super-Veteran** is defined as aged 50+
 - A **Vintage** is defined as aged 60+
 - A **'Local'** is someone who lives at a Culloden/ Culloden Moor post code address

HOW CAN YOU SUPPORT CHEST HEART & STROKE SCOTLAND?

- **GETTING SPONSORED:**

You really can directly help people with life-changing illness that CHSS support by **getting sponsored** for your run; **why not just try and match your entry fee in sponsorship?** If you would like another event sponsor form please just get in touch or why not set up an online sponsorship page at www.chss.org.uk/set-up-my-page or a JustGiving sponsorship page at www.justgiving.com/chss

- You can also bring any sponsorship or donations along on event day to the **Help Desk** or you can send it in after the event (details will be in your goody bag)

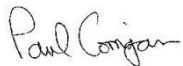
- **MORE RUNNERS AND HELPERS:**

Please spread the word about the Culloden Run; **online entries will be taken until midnight on Thursday 24th October.** If you know someone who might be interested in **helping out on the day** with marshalling please just get in touch; they will be very welcome and well looked after too!

AND FINALLY...

Have a very **safe trip** to iconic Culloden and **our sincere thanks** for supporting the event, CHSS and most importantly people who are affected by life-changing illness conditions who, thanks to your help, will have the best possible chance of living a stronger, longer and independent life...

See you on the day! **(Don't forget the clocks go back on Saturday night...)**



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#No Life Half Lived in Scotland