



# THE GLENLIVET 10K

*'The Most Beautiful Run in Scotland'*

Sunday April 5<sup>th</sup> 2020  
**Race Start - 11am**



## EVENT INFORMATION

### WELCOME:

On behalf of everyone at Chest Heart & Stroke Scotland, we are delighted to warmly welcome you to the eleventh **'Glenlivet 10K Road Race'**. By taking part in this stunningly scenic running event you are directly helping to support people who have survived life-changing chest, heart and stroke illness and who are trying to recover their lives - **thank you very much indeed for being a CHSS Superhero!** We are also very grateful to the many organisations, agencies, businesses, individuals and especially the Glenlivet Distillery and local community who are all extremely supportive and helpful in making this fantastic event happen. Please read this event information carefully to ensure that you fully understand the event details and programme and to ensure that we all play our part in making the event an enjoyable, successful and safe event for everyone. Glenlivet is a very special and amazingly beautiful place and we sincerely hope that you will **'feel the spirit of the glen'** during your run – enjoy!

### TRAVEL TO THE EVENT:

Event registration and all event facilities are located at the beautiful award winning **'Glenlivet Distillery'** (post code AB37 9DB) which is well-signposted throughout the region by the standard brown *'visitor attraction'* signs. Event parking will be opposite the distillery and will be well-signed and marshalled; **please do not park in any other areas or at the distillery**. From a best practice environmental perspective **please try** and car-share wherever possible. Recommended travel directions are:

- **From Aberdeen (approx 75 miles):**
  - A96 to Huntly
  - A920 to Dufftown
  - B9009 to Glenlivet - Follow signs for Glenlivet Distillery via B9008 and B9136
- **From Elgin (approx 27 miles):**
  - A941 to Craigellachie
  - A95 to Ballindalloch (Delnashaugh)
  - B9008 to Glenlivet - Follow signs for Glenlivet Distillery via B9008 and B9136
- **From Inverness (approx 53 miles):**
  - A9 to Carrbridge
  - A939 to Dulnain Bridge
  - A95 to Ballindalloch (Delnashaugh)
  - B9008 to Glenlivet - Follow signs for Glenlivet Distillery via B9008 and B9136
- **From Aviemore (approx 32 miles):**
  - A95 to Ballindalloch (Delnashaugh)
  - B9008 to Glenlivet - Follow signs for Glenlivet Distillery via B9008 and B9136
- **From Ballater (approx 33 miles):**
  - A939 to Tomintoul
  - B9008 to Glenlivet - Follow signs for Glenlivet Distillery via B9008 and B9136

## REGISTRATION:

All runners are required to attend '**Race Registration**' which will be located in the sumptuous '**Malt Barn**' building at the distillery. This room also acts as the '**event hub**' for all facilities and activities and will be well-signed. Registration is open from **0900 until 1020** and is where entrants will get their individual event running number with attached race timing chip and safety pins

**There are no entries on event day** and all pre-registered runners **must** register in person and **must not** register or run under another person's details. Any **medical condition** that the organisers should be aware of **must be** noted on the back of your individual race number given out at registration (pens are provided). **Important: if you have been ill or feel unwell you must not take part – it's just 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

**Race Numbers:** Runners individual race numbers will **be listed on the event website from the Monday morning on the week of the event and updated daily during that week.** There will also be race number lists posted at the event hub on race day. **Please ensure you know your race number before coming up to the relevant registration desk**

## FACILITIES:

There are **no separate changing or shower facilities** at the event but the very large registration room has **ample space** for runners to change (discreetly...) and to **leave any bags**; valuable items **should not** be brought to the event and individuals **remain responsible** for their own possessions at all times. There are plenty of 'very, very nice' **male and female toilets** in the event hub building. There will be **refreshments** available for purchase in the event hub building and at the distillery visitor centre and the amazing shop and visitor tours will be open all day too and are well worth a visit. Family, friends and supporters are all very welcome to come along on the day

## RACE BRIEF:

There will be an **important** race brief and welcome at **1030** in the registration room and all runners **must attend** to hear important event safety instructions and any last minute unforeseen event changes

## RACE START:

The Race Start will be at **1100 prompt** and the start line is approx 500 metres from the event hub building. **Please be at the Start Area for 1045 for a warm-up session and don't run over the Race Timing mats before the Race Start!** 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

## ROUTE:

The circular race route is an **accurate** 10km course as measured by an official Scottish Athletics course measurer and will have kilometre **distance signs** at each kilometre. There will be **two water stations** on the route at approx 4km and 7.5km and the entire route will be **well-signed and marshalled** throughout. The route is set on good surface country roads and lanes and follows an anti-clockwise direction from the distillery. Being located in the beautiful 'Braes of Glenlivet' the route is obviously not flat and there is a steady 2km hill climb (**infamously known as the 'Steady Incline'...**) to Gallow Hill after approx 1.5km into the race; however once this is past the route descends and meanders through an amazing rural landscape back to the finish by the River Livet. 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 sweep vehicle**

following the last runners around the course but there is no pressure to go quicker – it's about finishing safely in whatever time it takes, run, jog, walk or crawl! More details on the route and the event can be found at [www.theglenlivet10k.com](http://www.theglenlivet10k.com)

### RACE FINISH:

Approaching the finish line, runners will be directed into a **finish funnel lane** and their finish time will be recorded by the race timing system. From the finish line, runners will be directed to cross the lovely footbridge over the River Livet where they will receive their well-earned **event medal and drinking water will be available (please note that as part of our environmental commitment we will no longer be giving our plastic bottles)** and then directed back to the distillery event hub, a short cool down walk away, where they will receive their **event goody bag in the event hub**.

### 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
- **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 number of small prizes awarded for the quickest male and female runners in each age category and also a number of spot prizes
- **The 2020 event finishing times** for all runners will be posted on the Race Timing website: <http://www.thistletimingresults.co.uk/>
- **All previous Glenlivet race results can be found at** <https://www.chss.org.uk/supportus/fundraise-for-us/events/glenlivet-10k/results-photos/>
- There will be a short **prize-giving ceremony at approx 12.45pm** in the Event Hub room
- For the purposes of the '**Glenlivet 10K**';
  - a **Senior** is defined as aged between 15-39
  - a **Veteran** is defined as aged between 40-49
  - a **Super-Veteran** is defined as aged between 50-59
  - a **Vintage** is defined as aged 60+
  - a **Local** is defined as a runner having a home address postcode starting AB37

### SPONSORSHIP & DONATIONS – Be a Fundraising Superhero!

You really could help someone get their life back on track by getting **sponsored** for your run. If you could just raise **£10 in sponsorship or as a donation that really would make a positive impact on helping someone recover their life after life-changing illness**. If you would like a CHSS official sponsor form please just get in touch and we can email or post one to you or even easier why not set up an event online sponsorship page at this link <https://justgiving.com/chss>

You can bring your valued sponsorship or donations to the Registration Help Desk on event day or you can send it in after the event (details will be in your goody bag) If you have any **unwanted clothes or bric a brac** in good condition (not electrical items) at home then why not bring these along to the event for our **CHSS Charity Shops!** Just bring items along in a strong bag to Registration Help Desk and we'll be very grateful indeed and will get this valued stock into our Charity Shops immediately – another great way to help people who have survived major illness get their lives back

#### **ACCOMMODATION:**

If you are looking to stay overnight in the beautiful Glenlivet area, then have a look at these websites:

<http://www.glenlivet-cairngorms.co.uk> and <http://www.glenlivetnews.org.uk/services.php>

#### **AND FINALLY...**

- All information about the Glenlivet 10K Road Race 2020 is on the event website which is updated regularly
- Individual Race Numbers will be listed on the event website from Monday before the event
- Race Numbers will be issued on Event Day at Registration and are not posted out

**Your efforts at the Glenlivet 10K will help people  
who have survived a life-changing illness...  
Survival is good – but getting your life back is better!  
Thank you for being a CHSS Superhero...**

Have a very safe trip to beautiful Glenlivet; thank you for supporting CHSS; see you on the day!

***Paul Corrigan***

***Ashleigh Jedan***

***Oliver Middleton***

***CHSS Event Team North Scotland***

***Tel: 01463 701195***

***Email: paul.corrigan@chss.org.uk or ashleigh.jedan@chss.co.uk***