



2019 Antonine Trail Race: RACE PACK

FIRST REMINDER: The clocks go back at the weekend! Remember that. You will not be allowed to start an hour early!

Welcome to the 2019 Antonine Trail Race. We thank you for entering and playing a part in a race we are proud of. This will be the 8th running of the event set up by Robert Sanderson in 2012 and the course has been kept the same as last year.

We've posted plenty about this on Social Media and in our email updates and there is a link to a Garmin record of the route below. We hope you enjoy the changes. The route is now even more contained to trail, staying within Croy Hill, Dumbreck Marsh, Twechar and Bar Hill. The main change that we made last year, as a reminder, was the removal of any canal running and the addition of a loop back to The Boathouse and up the ATRX course to the start line of the 10k route there. It will be well marked! It is slightly hillier and more trail as well. Thank us later.

This pack will contain all the information we think you will need ahead of race day. Please take the time to read this pack before asking any questions. The chances are it will be included within the info below. Your race team will be busy all week with their own work and lives as well as setting up the race so you'd be helping us with this!

2019 Charity Partner: Strathcarron Hospice

We are proud to support our friends at Strathcarron Hospice this year and we will be donating profits from the race to them once all costs and expenses have been realised. We have already donated £500 from the ATRX in May and will significantly increase this after the ATR. You don't have to do anything here as part of your entry is earmarked for Strathcarron. You've done your bit already by taking part.

2019 Food Bank Drive: Where you can help on the day

Kilsyth Community Food Bank will be with us on race day to do a food drive. This is optional but we ask all runners to try and bring whatever they can to support this local charity. Non-perishable foods please, tins, dried pasta, etc. Sanitary towels, toiletries and so on are welcome too. Thanks for your support! 230 people each dropping a small bag off can make a massive difference.

2019 additional charity initiative – pre loved running gear

We will have a collection of your preloved gear (shorts, tees, trackies and shoes that are in decent condition please) at registration – if you could tie the shoes together with the laces and put a note inside them confirming the size that would help the grateful recipients to sort these easily.

SECOND REMINDER: The clocks go back at the weekend! Remember that. You will not be allowed to start an hour early!



RACE DETAILS

Time: Sunday 27th October, 10:00am

From: Antonine Sports Hub, Croy (next to Croy train station), G65 9HD

Registration: from 08:30am at the Sports Hub

Race brief: 09:45am at start line

Timing: Manual

Numbers: Allocated on arrival

FANCY DRESS & HALLOWEEN

It is Halloween weekend and fancy dress is optional but there will be a spot prize or two for the best dressed. This is totally subjective and down to taste and our judges cannot be bribed. Not even with cake. We have a belief that this event could grow into a Halloween special each year. So, if you are not too serious, get dressed up and have fun.

TRANSPORT AND PARKING – PLEASE DO NOT PARK IN THE VILLAGE OF CROY

Croy Train Station is right next to the start line. There are trains from Edinburgh, Glasgow and Stirling (and beyond).

Parking is available at Croy Train Station and we would ask as a courtesy that you use the furthest away car park (around 200 metres) to park in. It is important that we maintain good relations with Scotrail and we appreciate your support in this matter. Please car share where you can.

Parking at the Hub is for race crew only.

Bags can be left in the Sports Hub at your own risk.

COURSE

The course is over mixed terrain with long spells of landrover trail, forest trail, lush grass, a wooden boardwalk and hard packed paths. A good hybrid shoe is always advised. There will be at least 4 or 5 distinct sections of >500 metres that will be muddy. Very muddy. Make sure you have some grip. We mentioned the course changes and in effect we have swapped tarmac for single track trail, hills and a wee bit of mud. It is a trail race after all!

The race starts just next to Croy Station and then meanders over Croy Hill, to Auchinstarry. Here we go into Dumbreck Marsh and do a loop of sorts through some flat but at times boggy stretches. The course rejoins the traditional route close to St Pat's Sportsfield. From here we head through Twechar, up over the Creecywood Trail and Bar Hill, descending towards Croy. We then drop to the Boathouse from there and up the ATRX starting hill. The last few miles are up over Croy Hill, and retracing the opening 3k back to the base chiefly.

Here is a link to a Garmin record of the route from where you can download a GPX of the route: <https://connect.garmin.com/modern/activity/3015417515> . Whilst there will be many marshalls on the course and we will endeavour to mark the route as thoroughly as possible, by their very nature, trail races can lead to some getting waylaid – please do yourself a favour and use the GPX file.

Note, we will shorten this slightly by moving the start / finish up the trail.



FACILITIES

There is a coffee kiosk at Croy Station. This provides some basic foods, hot drinks and snacks. There is a nearby Tesco (about 1 mile) and a shop in Croy for last minute snacks. There is talk of some cake being brought at the end and we hope the speedier runners aren't too greedy.

There are toilets available at the Sports Hub and also a couple of changing rooms for boys and girls.

The shower facilities are available for use. PLEASE ONLY USE THE TOILET FACILITIES DOWNSTAIRS IN THE HUB – THESE WILL BE MARKED ACCORDINGLY.

MARKING AND MARSHALLS

We will be marking the course diligently but cannot legislate for people tampering with signage. If you can, use a GPX. Arrows will be painted into the ground also.

There will be marshalls dotted around at key points and will be wearing hi-vis vests and generally being the best folks you could have out there. Don't be scared to high-5 them.

If, in the unfortunate event, you need to drop out please do so at the next marshall point and they will get in touch with the race director immediately. If you cannot make it to the next marshall point, please call the race director directly. The Race Director's number is below.

First aiders from St Andrew's ambulance will also be present on the course.

WATER STOP

There will be a water station at around 6.5-7 miles. Just after the wooden boardwalk at Dumbreck Marsh. This will be obvious on the day.

The lovely folks at ACTIVE ROOT are helping us with some samples in your goody bag and at the water stop. It is a delicious and brilliant drink. Enjoy it!

We will **NOT** be providing bottles or cups but instead all runners are asked to carry a soft flask or bottle which they can refill at this station. This is to reduce the waste footprint of the race and to keep the trails free of any discarded bottles. There may be sharing cups on hand. That means you get to share slabbers and germs too.

GOODY BAGS

Goody bags will be collected after the race. If you have ordered a tee you will get this at registration.

MEDAL - You only get one of these if you finish! This year we have again gone for a Coasteel - a medal that doubles as a coaster. Or perhaps a Christmas decoration. Or some other use. You choose!

PRIZE GIVING

The Prize Giving will take place around 1pm. There will be prizes for:

- Top 3 males
- Top 3 females
- Male and female V50 1st place

MANDATORY KIT

A mobile phone with the number of race director George Houston in it. This is 07584 565398. We expect all runners to dress appropriately for the weather and we are not your mummies. Use your own smarts.

If you are dressing up we suggest a Borat mankini might not be the best.



At time of writing the weather looks set to be Scottish. The course was wet this morning (19/10) and at the last recce run, even had a water feature in the marsh area, so you will defo want some grip!

RULES We have only a few rules but they are sacrosanct:

1. Respect the marshalls. They have given their time up for free so you can run!
2. Always follow the marshall's instructions, especially at road crossings. Failure to do so could result in being DQ'd.
3. Running under a false name/number will result in immediate disqualification from this and all future races. If you are also a member of a running club or SAL, we reserve the right to inform them too. And your parents/carers.
4. Don't litter. Anyone caught littering will be banned from future races and DQ'd on the day. We understand the odd gel top or paper flies off but be conscientious and if you can lift one bit of litter from the trail to bring home all the better
5. The trail is shared with others. Respect them and they will respect you. Smile, say hello and remember you are doing something great!
6. No dogs. The race is under SAL permit
7. Have fun!
8. Do eat yellow snow (this is advisory only, you crack on if you want)

SPONSORS AND SUPPORT

We would like to recognise the generous help and support of the following for this year's race:

- TUNNOCKS
- CO-OPERATIVE
- JORDANHILL GARDEN SUPPLIES
- ACTIVE ROOT

See you on Sunday,

The ATR team

FACEBOOK: <https://www.facebook.com/antoninetrailrace/> www.antoninetrailrace.com

LAST REMINDER: The clocks go at the weekend! Remember that. You will not be allowed to start an hour early!