

RACE INFORMATION

BALLOCH TO CLYDEBANK HALF MARATHON

Sunday 08th March 2009

Race Starts: 9.30am at Loch Lomond Shores, Balloch

Entry Fee:

Postal entries

£12 Scottish athletics registered - £14 unregistered

Entries:

By post to:

Robert Rogerson, 10 Iona Way, Kirkintilloch, Glasgow G66 3QF (please enclose a stamped self addressed envelope and make cheque or postal order payable to DAAA)

Minimum Age:

All entrants must be 17 years of age or over on 8th March 2009.

Race Limit:

The race shall be limited to 500 athletes.

Closing Date:

Entries Close Friday 27th February 2009 (OR EARLIER IF FULLY SUBSCRIBED)

Entries will not be accepted on the day of the race.

Race numbers for entries received after Monday 23rd February to be collected at Jenners main entrance Loch Lomond Shores on race day.

Your Safety and Third Parties:

*Runners are responsible for their own safety and should take care during the race particularly at road junctions. Please show consideration for other road users, do not impede pedestrians or motor vehicles on the race route and follow any instructions given by race marshals or the Police. Where there are pavements or footpaths use them. In particular runners should take care on the busy A812 road between Renton and Dumbarton where vehicles can legally travel at up to 60mph, run in single file on this section of the route and leave sufficient space for motor vehicles to pass without crossing the double white line. **The wearing of ipods and other musical devices is dangerous as it may prevent runners from hearing passing traffic and is not permitted in this race.** Runners and their supporters should note that Seaforth Road where the race finishes is a private road, which will not be closed for the duration of the race. Vehicles belonging to Clyde Shopping Centre Management and Staff and delivery vehicles must be allowed unimpeded access during the race. Competitors disregarding any of these instructions may be disqualified.*

Transport:

Entry Fee includes transport by bus from the Playdrome, Abbotsford Road, Clydebank to Balloch. Buses will depart **no later than 8.30am** and runners should ensure that they arrive at the Playdrome in good time.

Runners should arrive changed and ready to run as there are no changing facilities available prior to the start of the race.

Parking:

There are adequate parking facilities in the car park adjacent to the Playdrome and neighbouring car parks. Runners and their supporters travelling to Loch Lomond Shores by car should park in the overspill car park on the right hand side of Ben Lomond Way shortly after the entrance to Loch Lomond Shores.

Directions:

To the Playdrome from Glasgow

Take Clydeside Expressway (A814) westbound from Glasgow for about 3 miles to the end of the Expressway at a mini roundabout. Bear right at the mini roundabout into Dumbarton Road. Continue for a further 2 miles then cross boundary into West Dunbartonshire and Glasgow Road. After a further ¾ mile turn right into Argyll Road (signposted for the Playdrome and Clyde Shopping Centre) and turn left into Chalmers Street at a roundabout after passing under a railway bridge. Turn first right into Abbotsford Road and the Playdrome is on the right.

To Loch Lomond Shores from Glasgow

Take M8 westbound from Glasgow towards Greenock. Leave M8 at Junction 30 and by M898 and cross Erskine Bridge. Leave Erskine Bridge on left hand lane by slip road signposted A82 Crianlarich. Continue on A82 for about 11 miles through Dumbarton to the Stonymollan Roundabout on the outskirts of Balloch. Turn right at Stonymollan Roundabout on to A811 Stirling Road and left (first exit) at next Roundabout at McDonalds. Shortly thereafter bear right (second exit) at a mini roundabout at the entrance to Loch Lomond Shores clearly marked. Parking is in the overspill car park on the right. To get to the start turn right out of the car park & right at the mini roundabout. The entrance to the pedestrian concourse is on the left and Drumkinnon Tower is on the right of the pedestrian concourse facing the shops. **Runners intending to drive direct to Loch Lomond Shores will require to make their own arrangements for recovery of their vehicle as transport is not provided by the organisers after the race.**

Toilets:

Toilet facilities will be available from 9am in the toilets adjacent to Jenners. Access to the toilets is from the door adjacent to the bus and car parks on the opposite side of the store from the pedestrian concourse. There are also toilets at Balloch Bus Station at the junction of Balloch Road and Carrochan Road. Toilet facilities will also be available **after the race only** in the Playdrome.

Changing and Showers:

Changing and showers are available in the Playdrome after the race.

Baggage:

As space is limited, one small bag only per runner may be taken on the bus. One bus will return to the Playdrome with the baggage after the start of the race. To reduce risk of loss all clothing should be packed in bags which are zipped shut and clearly marked with the runners name and address or race number.

The Course:

A generally flat course with minor inclines between Dumbarton Gateway Services and the Dunglass Roundabout and between Bowling and Old Kilpatrick. The course is not suitable for wheelchair athletes.

Start

The race starts in the pedestrian concourse outside Jenners at Loch Lomond Shores.

Route:

The race follows the following route:-

Ben Lomond Way, Pier Road, Balloch Road, Old Luss Road, Luss Road, North Main Street, Alexandria Cross (Fountain), Main Street, B857 through Renton, A812 from Junction with A82 to Dalreoch, Glasgow Road (A814) across the Artizan Bridge, Station Road, Bankend Road, Bonhill Road, Crosslet Road, then follow cycle path route to Dumbarton Gateway Services, footpath along A82, Dunglass Roundabout, A814 (Dumbarton Road) through Bowling & Old Kilpatrick to Dalmuir, then Duntocher Road, Singer Road, footpath, North Road, footpath under Kilbowie Road to Seaforth Road.

Finish:

In Seaforth Road, Clydebank at entrance to cul-de-sac north of the Forth and Clyde Canal.

Race Time Limit:

As there is a time limit of 2 hours 30 minutes Race Officials will not be at the finish after 12noon.

However First Aid Officials will patrol the course until the last runner completes the race.

Water Stations:

There will be 2 water stations on the race route – at Station Road, Dumbarton near the 5 miles mark and in the centre of Old Kilpatrick about 10 miles from the start. Water will also be available at the finish.

First Aid Services:

Will be supplied again this year by St Andrews Ambulance Association and the First Aid Officials will patrol the course until the last runner completes the race. If you have a medical condition, which you consider that the First Aid Officials should be aware of, please mark a cross in red ink on the front of your race number and details of the condition on the reverse of the number. If details of the condition are notified to the Race Organiser prior to the race date, these details will be passed to the Chief First Aid Official.

Prizes:

Individual:

Sweatshop Vouchers will be awarded to the following individual winners.

One individual prize per athlete.

Men	Women
1 st - £80	1 st - £80
2 nd - £50	2 nd - £50
3 rd - £40	3 rd - £40
4 th - £25	
5 th - £15	
1 st Vet O/40 - £40	1 st Vet O/40 - £40
2 nd Vet over O/40 - £25	2 nd Vet O/40 - £25
3 rd Vet – O/40 - £15	
1 st Vet O/50 - £20	1 st Vet O/50 - £20
1 st Vet O/60 - £20	1 st Vet O/60 - £20

Team

Sweatshop Vouchers will be awarded to the following team winners.

1st Male Team – 3 @ £15

2nd Male Team – 3 @ £10

1st Female Team 3@£15

2nd Female Team 3@£10

3 to count for all Teams

Championship:

Medals will be awarded to the first male and female athletes to finish who are members of Clubs affiliated to Dunbartonshire AAA and also the First Male and First Female Team affiliated to DAAA.

Competitors

Medals will be awarded to all finishers.

Presentation of Prizes:

Presentation of prizes will be held in the Playdrome, 2 Abbotsford Road, Clydebank at 12 noon. The results will be squared off after the first 100 places to enable the presentation to be held within this timescale. Prizes which are unable to be determined within the first 100 runners will be posted to the prize winners.

Sponsors:

We are fortunate to be sponsored this year by:

P & A General Store, Old Kilpatrick

Sweatshop, Anniesland

West Dunbartonshire Sports Council

Barr Soft Drinks

Loch Lomond Shores.

Food and Drink:

A selection of snacks and drinks will be on sale at the Playdrome after the race.

Race Information

Online Enquiries:

ballochtoclydebank@ntlworld.com

Telephone Enquiries

Des Gilmore: 01413393502 (Evening)

John Hamilton: 01419428160

Website Enquiries

For further details/updates log on to www.ballochtoclydebankhalfmarathon.co.uk

Promoters: Dunbartonshire Amateur Athletic Association