



**Saturday 29th May 2010**

Isle of Tiree

Scottish Hebrides

**Scottishathletics Permit Event**  
Promoted under UK Athletics rules

Thank you for entering the Tiree 10k; I hope you enjoy the day. This event is locally funded by Tiree Fitness, Tiree Medical Practice, Concise Aerospace, Active Schools, the Co-op and Chocolates & Charms.

### **Race Day Information**

**Registration will be at An Talla from 11am.** This year all the events will start and finish within walking distance from An Talla. That means there is a new course for the 10k!! New records to set and new places to visit on route.

### **10Km Run and Walk - Start time 1pm on the beach**

The new course will actually start on Sorobaidh Beach (between Balinoe and Crossapol) and make its way to Hynish. The road is twisty and undulating with spectacular scenery out to sea and over towards Mull. The course goes right up to and around the Hynish Centre before returning back along the road past Island House to return to the beach to the finish line. So it's an "out and back" course and obviously it does involve a beach run again!

### **Power Push - Start time 1pm at An Talla**

For mums (or dads) and toddlers. The Power Push will go from An Talla along the road past Island House and around to Balinoe. It returns on the same route back to the finish line at An Talla.

### **Under 16s Run - Start time 1:15pm on the beach**

Starts on the beach and does a loop around Balinoe to finish back on the beach.

### **Family Fun Run - Start time 1:15pm on the beach**

Is the length of Sorobaidh Beach and back. But be warned, there is a surprise at the end of the beach!!

### **Watch out for:**

**Cattle grids, soft sand, uneven ground:** Take your time crossing these to avoid injury

**Single track roads:** The roads are open so be considerate of other users, use the verges and pockets to let vehicles pass. As the course follows an out-and-back layout you will be passing people coming the opposite way. Please ensure you keep to the LEFT HAND SIDE of the road.

**Big steep hills:** No chance, Tiree is flat so you should have no bother with these! The new course is undulating but there are certainly no big climbs.

**The sun:** There are several water stations along the 10k route. If it is a hot day please be prepared to carry extra water and wear sun cream

Above all, enjoy the event. There will be **goodie bags and medals** at the finish and the **prize giving** will be at An Talla at about 4:30pm.

In the evening there will be a **Fun Run Family Dance** with live music from TRAIL WEST and a fully licensed bar. This will raise funds for the local Windsurf Club so please come along to support this event. All ages are welcome. Come along; dance, relax, meet people. There will be some amazing raffle prizes!!!

## FAQ

### **What time do I need to be at the hall?**

All events start at 1pm so you will need to be registered in time to get to the start line on the beach. Registration opens at 11am and will close about 12:45pm.

### **How do I get from the hall to the start line?**

It's a few minutes walk down the road and along a track. There will be marshals directing you the right way.

### **Can I do the event to raise funds for charity?**

You're welcome to do whatever fundraising you like leading up to the event. On the day the Tiree Pipe Band will be marching and playing around the course and will be collecting money for their funds. The evening dance will also raise money for the local Windsurf Club. Other than that the event is non-profit making.

### **How can I find out the results?**

Results will be emailed and also displayed on [www.tireefitness.co.uk](http://www.tireefitness.co.uk). Provisional results will hopefully be up at the hall for the evening dance.

### **How do I get to Tiree?**

For all Tiree information go to [www.isleoftiree.com](http://www.isleoftiree.com)

Any other Questions? Just give me a call or drop me an email. Happy training!

Contact me at: [will@tireefitness.co.uk](mailto:will@tireefitness.co.uk)

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The event website is [www.tireefitness.co.uk](http://www.tireefitness.co.uk)