



## Event Info

*Thank you for entering the Tiree 10k & Half Marathon 2018. We're looking forward to welcoming you to Tiree, and hope the information below helps you have the best experience on this lovely island.*

*More details are on the website, and if there's anything that's not clear just let us know. We'll see you soon!*

### The essentials

**Event date:** Saturday 5th May 2018

**Venue:** An Talla – community hall at Crossapol

**Registration and race number collection:**

Friday 6-8pm

Saturday 10am-1pm

**Race briefings:**

Friday 7pm

Saturday 12pm

**Race start time:**

2pm on Sorobaidh Beach (a short walk from the hall).

The 10k and the Half Marathon both start at the same time.

**The finish line:** On beach where you started – there will be a podium presentation after our first finishers are in.

**Food & Drink:** The famous Chocolates & Charms Café returns this year and will be serving a range of food and drink all day at the hall.

**Evening dance:** Tickets will be on sale throughout the day. Doors open at 8pm and there's a prize giving at 9pm. Bar closes 1am. The hall will be full so it's worth getting your tickets early, and priority will be given to runners.

**Fundraising:** The event this year is raising funds for the Oban Mountain Rescue Team, we're pleased to be able to support their essential work and it's a charity we've formed a partnership with over recent years so great to know that we can do our bit to help them.

# The Course

The course follows single-track roads along the coast, with stunning views out to sea and distant islands. The roads remain open, but there's not too much traffic, but please do take care and be courteous to other road users. In particular:

- Keep to the left hand side of the road and let traffic over-take
- Take care while crossing cattle grids
- Wave and smile to everyone! – including lambs in the fields!

The course is well marked out and there are mile markers as well as route arrows to guide your way.

There are water stations at 3, 6 and 10 miles and at the finish. We'll most likely have additional stations but these are the key places to stay hydrated.

Course maps and further information can be found at <http://www.tireefitness.co.uk/events/tiree-10k/>

## Kids events

There are kids races for under 16's. All finishers get a medal and prizes are up for grabs too - these will be presented on the beach after the finish. Sign up is at the hall on Saturday, and races start at 12:30pm.

## Finish Times

Results will be displayed at the dance and within 24hrs on the website. To help us get your time correct please make sure you:

- Wear your **race number on the front** and clearly visible, especially at the finish
- **Don't swap numbers** with anyone else
- If you change layers while you're running be sure to **keep your number visible**

*"Since the event started in 2006 it's been a pleasure to see it become so popular with visitors and with local residents. Tiree is a really special place to be out running, so enjoy the day, encourage each other, give it your best effort, and we'll see you at the finish!"*

Will Wright - Tiree Fitness  
Contact: [will@tireefitness.co.uk](mailto:will@tireefitness.co.uk) Tel: 07867 304 640

# FAQ

## **How do I get to the hall?**

The hall is located at Crossapol which is about 4 miles from the pier, and a mile from the airport. There's local travel info at <http://www.isleoftiree.com/> including the Ring n Ride bus service which should be booked in advance

## **Do the 10k runners start at the same time as the Half Marathon runners?**

Yes – you will follow the same course for the first 4 miles and then the half marathon runners will split off to go their own way. It will be clearly marked and marshalled

## **I've entered the Half Marathon, can I change to the 10k?**

Yes, just let us know as soon as possible and we'll amend your entry

## **I cant do the event anymore, do I need to tell anyone?**

Yes, it's really helpful to have an accurate start list – so if you let us know that would be great

## **Can I run for a charity?**

Yes definitely, and if there's anything we can do to help your fundraising efforts just let us know. We're happy to post on our website, Facebook page etc

## **Is there a place to leave a bag at the hall?**

Yes, there's a room you can leave things and although we've never had any bother we'd still advise that no valuables are left in your bag

## **Can I run with a dog?**

Sorry this is a no – single track roads, lots of runners, occasional traffic, open farm land, lambing in progress – we have to say no to running with dogs during this event

## **Can I get lunch at the hall?**

Yes, the Chocolates and Charms café is serving hot and cold food all day

## **Is there a bar at the dance?**

Yes, there is a licensed bar open from 8pm to 1am, and tickets are on sale during the day

## **Can children come to the dance?**

The dance is for ages 14yrs and over. Unfortunately we have limited space at the hall so just don't have capacity to open it up to all ages

## **Are the buses on?**

The Ring n Ride bus and private hire coaches can be booked by phoning 01879 220 419 and leaving a message with contact and journey details