



Saturday 23rd May 2009
 Isle of Tiree
 Scottish Hebrides

Scottish Athletics Permit Event
 Promoted under UK Athletics rules

Tiree's Premier running event!

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

Race Day Information

Registration will be at An Talla. A coach service will then take participants to the start line. **Please be at the hall at least half an hour before your coach leaves.**

10k Walkers	Coach leaves at 1:15pm
Power Push	Start outside An Talla at 1:30pm
10k Runners	Coach leaves at 2pm
Under 16s Run	Start outside An Talla at 2:15pm
Family Fun Run	Coach leaves at 2:45pm

On route to 10K

The coach will take you to the start line at Kilkenneth. The route passes through Sandaig. Follow the road past Heylipol Church and onwards past Chocolates and Charms (Tiree made chocolate and Jewellery). The route then winds round to Balinoe and across the beach to the finish line. Note: the finish line is on the beach, please make your way back to An Talla after finishing.

The **Power Push** is a new event for mums (or dads) and toddlers. The Push will go from An Talla, past Island House and Chocolates & Charms, up to Heylipol Church and back.

The **Under 16s Run** starts outside the hall and does a loop around Balinoe to finish on the beach.

The **Family Fun Run** is the length of Crossapol Beach. The coach will take you to the start line and the finish will be on the beach so please walk back up to An Talla where the chocolate fountain will be waiting!

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 to let vehicles pass

Big steep hills: No chance, Tiree is flat so you should have no bother with these!

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 approx 4.30pm.

In the evening I've organised a **10k Family Dance with live music at An Talla** with 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!!!

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

For more info on Tiree go to: www.isleoftiree.com

Contact me on: will_wrightpt@yahoo.co.uk or 01879 220 421 or 07768 462613